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Indian Native Games

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CONTENT

Sl. No.	Topic	Pg No.
Class: I		
1.	Madurai Board	- 17
2.	Paramapadham	- 19
3.	Aakku paakku vethala paakku	- 21
4.	Athali Puthali	- 22
5.	Kaaya Pazhama	- 23
6.	Kokku para para	- 24
7.	Paruppu Kadayal	- 25
8.	Thoppukaranam	- 26
9.	Voothal	- 27
10.	Yoga	
1)	Pawanmuktasana	- 27
2)	Hasta utthanasana	- 29
3)	Sukha pranayama	- 30
11.	Killa parandi	- 31
12.	Kulaiyakulaiya mundirikkai	- 32
13.	Nadai Vandi Ottam	- 33
14.	Potato race I	- 34
15.	Train game	- 35
Class: II		
1.	Sonaikattam	- 37
2.	Vatta Pallanguzhi(Brainvita)	- 39
3.	Achu Pootu	- 40
4.	Ainthu Pandhu	- 41
5.	Color color what color	- 42
6.	Concentration game	- 43
7.	Kannu moodi porul solle	- 43
8.	Kombu varaithal	- 44
9.	Nellikkai Vilaiyattu (Isai nalkkali)	- 45
10.	Yoga	
1)	Pawanmuktasana	- 46
2)	Akarna Dhanurasana	- 49
3)	Dirgha Pranayama	- 51
11.	Kalla manna	- 51

Sl. No.	Topic	Pg No.
12.	Kappal viduthal	- 52
13.	Kichu Kichu thambalam	- 53
14.	Kulam kara	- 55
15.	Kurungu vilayattu	- 56
16.	Lemon & Spoon	- 57
17.	Oothamani	- 58
18.	Potato race II	- 59

Class III

1.	Pallanguzhi- Pasuppandi	- 60
2.	Sokattan	- 61
3.	Ilai varaithal	- 63
4.	Keenduthal	- 64
5.	Koppari Kopparai	- 65
6.	Oothukai (Voothumuthu)	- 66
7.	Poo Parikka Varugiom	- 67
8.	Yoga	
1)	Pawanmuktasana	- 68
2)	Marjari asana	- 71
3)	Vajrasana	- 73
4)	Thadasana	- 74
5)	Thoracic breathing	- 75
9.	Anir Pillai	- 76
10.	Kallu koduthan kale vaa	- 77
11.	Kankatti Vilayattu	- 78
12.	Orukudam thanni	- 79
13.	Pachai kuthirai thanduthal	- 80
14.	Sakku Ottam	- 82
15.	Thavalai vilayattu	- 83
16.	Uyir Eluppu	- 84

Class IV

1.	Pallanguzhi- Sarippandi	- 85
2.	Square Game - I	- 86
3.	Thayakattam	- 87
4.	Kuthu Vilaiyatu	- 88
5.	Otraiya Rettaya	- 89

Sl. No.	Topic	Pg No.
6.	Yoga	
1)	Pawa-nmuktasana	- 90
2)	Vyaghrasana	- 95
3)	Ananda Madirasana	- 96
4)	Tiryaka Tadasana	- 97
5)	Clavicular breathing	- 98
7.	Eliyum Poonaiyum	- 98
8.	Ettukodu	- 100
9.	Fill the bottle	- 102
10.	Kudiraisilli	- 103
11.	Mukkaal oottam	- 104
12.	Needle and Thread	- 105
13.	Pambaram-Oya kattai	- 106

Class V

1.	Aadu puli Aattam	- 107
2.	Nanku Katta Thayam	- 108
3.	Pallanguzhi-Ethirpandi	- 110
4.	Square Game- II	- 111
5.	Pottu thodal	- 112
6.	Thattangal- Moondram Kal	- 113
7.	Yoga	
1)	Pawanmuktasana - I	- 114
2)	Pawanmuktasana - II	- 114
3)	Pawanmuktasana - III	- 118
4)	Kati Chakrasana	- 121
5)	Shashankasana	- 122
6)	Padahastasana	- 123
7)	Yogic Breathing	- 124
8.	Madhu madhu	- 124
9.	Paanail Amaruthal	- 126
10.	Skiping- Basic Jump	- 126
11.	Thodu vilayattu	- 127
12.	Turathi pidi	- 128
13.	Villu kuchi	- 129

Sl. No.	Topic	Pg No.
---------	-------	--------

Class VI

1.	Ettukatta Thayam	- 130
2.	Nakshatra Vilayattu (Star Game)	- 131
3.	Pallanguzhi-Arisipandi	- 132
4.	Square Game- III	- 133
5.	Ceesangal	- 134
6.	Desiya kodi varaithal	- 135
7.	Thattangal- Ainthamkal	- 136
8.	Yoga	
1)	Pawa-nmuktasana - III	- 138
2)	Tiryaka Kati Chakrasana	- 142
3)	Bhadrasana	- 143
4)	Shashank Bhujangasana	- 144
5)	Nadi Shodhana Pranayama	- 145
9.	Aadum Onayum	- 146
10.	Goli gundu-Sadhura Pendha	- 147
11.	Kannamuchi	- 148
12.	Kilithattu	- 149
13.	Kottan kottan	- 151
14.	Malla khamba	- 152
15.	Nungu Vandi Vilayattu	- 153
16.	Odipidithal	- 154
17.	Paandi- Otrai silli	- 155
18.	Pillayar pandhu	- 157
19.	Skipping- Criss Cross	- 158

Class VII

1.	Padaivettu	- 159
2.	Pallanguzhi-Muthupandi	- 160
3.	Sonalu Kattam	- 161
4.	Poopandhu	- 163
5.	Thattangal -Ezhamkal	- 163
6.	Yoga	
1)	Kawa chalasana	- 165
2)	Savasana	- 166
3)	Simha garjasana	- 167
4)	Pranamasana	- 168

Sl. No.	Topic	Pg No.
5)	Druta ukthasana	- 169
6)	Surya Namaskaram	- 169
7)	Sheetali pranayama	- 171
7.	Adi Murai -Silambam	- 172
8.	Ezhu kallu (Sachakai Silli)/ Seven stones	- 173
9.	Goli gundu-Otrai Kuzhi Attam	- 174
10.	Kiti pullu	- 175
11.	Nondi vilayaattu	- 177
12.	Paandi-Irratai Silli	- 178
13.	Poykkal Nadai	- 180
14.	Reverse Skipping - Basic jump	- 181
15.	Uppu mootai	- 181
Class VIII		
1.	Pallanguzhi-Thaichipandi	- 183
2.	Patthukatta Thayam	- 184
3.	Square Board	- 185
4.	Yoga	
1)	Advasana	- 186
2)	Sukhasana	- 187
3)	Ardha ushtrasana	- 188
4)	Samakonasana	- 188
5)	Surya Namaskaram	- 189
6)	Seetkari pranayama	- 189
5.	Adi Murai -Maan Kombu	- 190
6.	Balancing race	- 191
7.	Goli gundu- II	- 192
8.	Kurinji vanji	- 193
9.	Mandhi ottam	- 194
10.	Oonjal Aaduthal	- 195
11.	Paandi-Vanoordhi Silli	- 196
12.	Per cholli vilayaduthal	- 197
13.	Pidi pandhu	- 198
14.	Reverse Skipping - Criss cross	- 199
Class IX		
1.	Pallanguzhi-Kasippandi	- 200
2.	Singam-Game Board	- 201

Sl. No.	Topic	Pg No.
3.	Thanjavur kattam	- 202
4.	Mathaadu	- 203
5.	Nalu Moolai Vilayattu	- 204
6.	Vaal varaitthal	- 205
7.	Yoga	
1)	Jyestikasana	- 206
2)	Ardha padmasana	- 206
3)	Ushtrasana	- 207
4)	Dwikonasana	- 208
5)	Surya Namaskaram	- 209
6)	Bhramari pranayama	- 209
8.	Adi Murai - Kalari	- 210
9.	Ezhu Vandī	- 211
10.	Goli Gundu- Mukkuzhi Attam	- 212
11.	Pambaram-Udaitha kattai	- 213
12.	Pattam Viduthal	- 214
13.	Skipping - Side swing	- 215
14.	Su Vilayattu-Kho-kho	- 216
Class X		
1.	Pachisi	- 218
2.	Pallanguzhi-Kattupandi	- 221
3.	Rectangle Board	- 222
4.	Raja manthiri	- 223
5.	Thuun Vilayattu	- 224
6.	Yoga	
1)	Makarasana	- 225
2)	Padmasana	- 226
3)	Trikonasana	- 227
4)	Supta vajrasana	- 229
5)	Chandra Namaskaram	- 230
6)	Ujjayi pranayama	- 232
7.	Adi Murai - Kuthu Sandai	- 233
8.	Chain game	- 235
9.	Goli gundu-Vatta Pendha	- 236
10.	Mandi kunjū	- 237
11.	Mutti Udaithal	- 238

Sl. No.	Topic	Pg No.
12.	Naalu moolai kal	- 239
13.	Pambaram-II	- 240
14.	Reverse Skipping - Side swing	- 240
Class XI		
1.	Chaupar	- 242
2.	Pallanguzhi- Rajapandi	- 244
3.	Panchakeliya	- 245
4.	Thennaimaram Vilayattu	- 246
5.	Yoga	
1)	Matsya kridasanas	- 247
2)	Siddhasana (boys)	- 247
3)	Utthita lolasana	- 248
4)	Chandra Namaskaram	- 249
5)	Utthasana	- 250
6)	Bhastrika pranayama	- 251
6.	Adi Murai - Karate	- 251
7.	Air Yoga	- 253
8.	Kavan/kavanai	- 254
9.	Kozhikunju	- 255
10.	Paanai Udaithal	- 255
11.	Ring Ball	- 256
12.	Skipping - Double Under	- 257
13.	Tee Pantham / Panthukol	- 257
14.	Urimaram Eruthal	- 258
Class XII		
1.	Chandel Mandal	- 259
2.	Kattam Amaithal (Make a Square)	- 259
3.	Kurankattam	- 260
4.	Pallanguzhi- Seethaipandi	- 262
5.	Yoga	
1)	Siddha yoni asana (Girls)	- 263
2)	Swastikasana (Boys)	- 264
3)	Dolasana	- 265
4)	Chandra Namaskaram	- 265
5)	Koormasanam	- 265
6)	Kapal bhati pranayama	- 267

Sl. No.	Topic	Pg No.
6.	Adi murai- Nun Chak	- 267
7.	Air Yoga	- 269
8.	Kabaddi	- 270
9.	Kankatti kattam podal	- 271
10.	Kayar izhuthal	- 272
11.	Mal yutham	- 273
12.	Nizhalil olithal	- 274
13.	Paandi-Rocket Silli	- 275
14.	Reverse Skipping - Double Under	- 277
15.	Slow cycle race	- 277
16.	Uriyadi	- 278

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Initiative for Moral and Cultural Training Foundation [IMCTF] is grateful to the dedicated team of Trustees, members of Organising Committee and eminent scholars from diverse fields for their totally voluntary work and support for compiling the ten volumes magnum opus from the various ancient texts for competitions and games based on the six themes of the IMCTF, namely --

- i. Conserve Forest and Protect Wildlife
- ii. Preserve Ecology
- iii. Sustain Environment
- iv. Inculcate Family and Human Values
- v. Foster Women's Honour
- vi. Instil Patriotism

In addition, the revised set of the above mentioned six themes' compilation have been completed by the IMCTF.

The west-centric modernity has belittled all the values and virtues in the young minds. IMCTF's endeavour is to retrieve, revive and re-instate these magnificent assets back to Bharat maata's children who can guide the world at cross roads. With this stimuli, various associates of IMCTF came forward voluntarily to contributed their might.

In order to promote reverence to the aforesaid six values through competitions, the IMCTF sought the contribution of the Trustees, Organising Committee members, teachers and various eminent scholars to work for building literature base drawn from our ancient literatures and traditional lifestyle.

The volumes totalling to several hundred pages are the output of tireless efforts by the team of scholars, artists and teachers who have toiled hard to study, identify and select relevant materials from hundreds of ancient scriptures and literary works by various saints and seers.

A large corpus of literature on

1. Devotion –
 - i. Tamizh
 - ii. Hindi
 - iii. Sanskrit
2. Personality Development –
 - i. Tamizh
 - ii. Hindi
 - iii. Sanskrit
 - iv. English

3. Arts and Crafts -English
4. Culture and Fine arts - Tamizh and English
5. Traditional Games [Indian Native Games] – English and Tamil

has been compiled for the use of students in the competitions to be conducted for lakhs of students.

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Preface

The Initiative for Moral and Cultural Training Foundation [IMCTF] has worked on how to impart and implant values in the consciousness of students. This will enable them to handle the contemporary world which is founded on West-centric modernity, without deviating from the basic and fundamental values ancient Indian civilisation

The IMCTF training modules —“Samskarams”as they are known in ancient Indian thought—are founded on six basic themes. These connect the core of the culture of India to the contemporary challenges namely Conservation of Forests and Protection of Wildlife; Preserving Ecology; Sustaining Environment; Inculcating Family and Human Values; Fostering women’s honour and Instilling Patriotism.

As part of its culture based training of students, the IMCTF has been conducting competitions under various heads for school students during the Hindu Spiritual and Service Fair, yearly event. The IMCTF is concerned that games’ competitions are ceasing to be training of body and moulding the character of the students. Games are becoming commercial. Nine out of ten students cannot afford the commercial model of games that are intruding the schools with high cost coaches and costly instruments which are beyond their reach. Also character buildinggames are not career escalators as the modern games have become.

The purpose of the games is to build body, mind and values. All games must be affordable for all categories of students. Games must build character and friendship. Games must cost nothing. Games must be aligned to an idea. With these objectives the IMCTF has with the voluntary support of a number of teachers revised games for students of all classes in which it will hold competitions. All games are traditional and cultural games played for generations and since time immemorial. The IMCTF effort is also to connect the students of today to the traditions and culture of India. The package of games designed for the students is intended to achieve that purpose.

The compilation of the games is the work of an editorial team who worked voluntarily and tirelessly. This book is a gift to the students, teachers, parents, educational institutions and public. It will help to preserve a huge cultural capital.

The IMCTF is grateful to all those who have toiled to make this project a huge success. The IMCTF is sure that the effort put in by them is a huge leap in the last three years. Thus IMCTF's goal to build values in the young boys and girls which ultimately Builds the Nation as Value Building is Nation Building.

S.Gurumurthy

Chairman, Academic Council

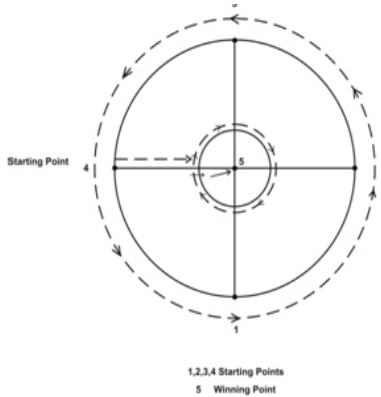
IMCTF

Class - I

1

Madurai Board

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 5 years



Materials Required:

- Game board
- Each player have one game piece or Coin
- 4 Cowries

Traditional Reason:

Build human and their relation

Scientific Reason:

This game improves the concentration analytical calculation, friendly attitude, and patience.

Goal:

The goal of the game is to make the coin as *pazham* before it cut by the opponent player as Per the conditions.

How to play:

1. Two or four players could play this game
2. It is circular board with one inner and one outer circle. The circles are

cut in to 4 parts by one vertical and one horizontal line. The player has to move along the circle first and then the inner circle and reach the midpoint passing through the hurdles.

3. Each player has one coin. And cowries are used as the game pieces.
4. The players have to sit opposite to each other.
5. As there are no squares or dots in the board, a novel method is used to move the game pieces. The finger measurement is adopted as per the throw of the cowries.
6. If the player puts *onthi*, his coin is moved on the board along the line drawn to two fingers, measures. Similarly for *Champa*, *munthi*, *vellaiyapillai* and *ettu* the movement s are made for 4 *virarkkadai*, *three virarkkadai*, one *jan* (extension of all the five fingers in a hand from thumb to small finger) respectively.
7. The game pieces have to be moved along the direction shown by the arrow marks in the game board.
8. The winner will be the one who reaches *pazham*.

Rules to play:

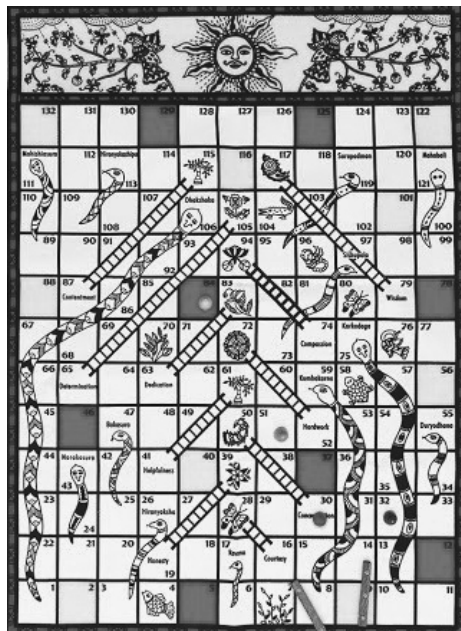
- ❖ Players have to decide a common one to whose hand to be taken in to account for measuring. This can be a third person or any one of the player.
- ❖ No second throw allowed for *onthi* and *munthi*. For other counts second throw is permitted.
- ❖ The opponent's coin should be cut in the outer circle. The cut coin should start again from the beginning.

Throws are as per given bellow:

Position of Cowries	Words used	Count	Measurement
3-Outside and 1- Inside	<i>Onthi</i>		<i>One IranduVirakadai</i>
2-Outside and 2-Inside	<i>Champa</i>	Two	<i>NaluVirakadai</i>
1-Outside and 3-Inside	<i>Munthi</i>		<i>Three MunruVirakadai</i>
4- Inside	<i>Vellaiyapillai</i>	Four	<i>Oru Jan</i>
4- Outside	<i>Ettu</i>	Eight	<i>OruMuzham</i>
4- O	<i>Ettu</i>	Eight	<i>OruMuzham</i>

Type of the Game : **Board**
 No. of player : **Minimum 2**

Category : **Boys/Girls**
 Age Group : **5 years**



Materials Required:

- Game board
- One game pieces for each player
- Dice

Scientific Reason:

Paramapadham Teaches about good and evil, Introduce children to chance and luck and inculcates a deeper spiritual message.

Goal:

The goal of the game is to reach the *paramapadham* (winning point).

How to play:

1. The game can be played by two or more players.
2. Game Pieces may be anything like Seeds, Coins, Shells, etc the only requirement is each has to be different to identify which belongs to the respective player

3. Players place their game pieces on the space on the board labelled "0" and can start only when they get 1 (*Thayam*) when they roll the dice. The dice is rolled in clockwise direction or may also decide by all the players rolling the dice and the one who get the largest resulting number will take the first turn.
4. The first player rolls the dice and mark off the number rolled starting on the "1" spot on the board. All players take turns rolling the dice and moving their markers.
5. If the marker reaches the number which has bottom of the ladder he climbs the ladder and go to the top of the ladder and continue from there, and If the marker reaches the number which has the face of the snake then he needs to go down to the box where it has its tail and continue from there.
6. The winner of the game is the one who first reaches the *paramapadam* (winning point).

Rules to play:

- ❖ A player gets an extra turn if he gets 1, 5, 6 while rolling but he needs to move the marker each time he rolls the dice as he needs to follow the ladder or snake for each turn
- ❖ If the player gets three '6' in a row while rolling he must return to '0' that is the beginning of the board and should not move until he roll's another 6 on his turn.
- ❖ In some boards there will be directions written on the boxes For example, if it says "go back three spaces" Follow the directions and go back 3 boxes.

Reference:

<http://www.traditionalgames.in/home/board-games/paramapadham>

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 5 years

Materials Required:

- Draw a circle in the Floor (ground)

Scientific Reason:

This game builds patience among the kids and teaches them the counting and pointing skills.

Goal:

The goal of the game is to teach the children counting.

How to play:

1. Minimum of 3 players can play this game.
2. All the kids sit in a circle, keep their hands on the ground (palm facing the ground), and stretch their fingers.
3. A kid from the group starts the game by singing a particular song given below.
4. While singing one of his hands will be in the ground and the other hand will be used to point and count the hands of other players. For each word in the song one hand is counted for example while saying *aakku* one hand is counted. The count will go in clockwise direction.
5. The player has to close his finger if the song ends in his hand. Then the player again starts singing and counting
6. If the hand with closed finger is pointed for the second time then that kid's hand should not be counted again
7. The game is continued until the number of hands is reduced to single. Whose hand remains up to last is the winner

Rules to play:

- ❖ If the hand with closed finger is pointed for the second time then that hand is out of the game.

Song

*aakkupaakuvethalapaakkuthaamthoomkoyya
asakalakadibuskalakadi
balasundaramenperukoya*

Type of the Game	: Indoor	Category	: Girls
No. of player	: Minimum 2	Age Group	: 5 years



Scientific Reason:

This game is for developing the speaking skills and the memory of children.

Goal:

The goal of the game is to make the children aware about their own relative's names.

How to play:

1. The game can be played by 3 or more players.
2. The players have to sit in a line with their palms touching the ground.
3. One of the players will touch each hand in the ground with his fore finger and singing a song.

Song

*"Athali Puthali
Akkal Thangai Machan Maaman
Thatha Paatti Amma Appa
Ena Uravu Ellam Undey!
Appa Paer Sollu"*

4. Like this each relatives name will be asked to the child, if he gives wrong answer then that hand will be out of the game.
5. The winner will be the one whose hand stays till the last.

Rules to play:

- ❖ If one of the hands is out from the game then his other hand can play until gives the wrong answer for the question.

Type of the Game	: Indoor	Category	: Boys/ Girls
No. of player	: Minimum 2	Age Group	: 5 years



Materials Required:

- A slate or paper to write down the points
- Pencil or chalk to write down the points

Scientific Reason:

This game enhances the writing skills, listening skills and finger strength of children.

Goal:

The goal of the game is to make the child to make the symbols as per the conditions.

How to play:

1. The players will be paired first.
2. One child will be the commander and the other one do the symbol
3. When says "kaay" the players have to show the symbol of "kaay" by making the fingers cross with forefinger and middle finger.
4. When says "pazham" the players have to break the finger cross and show the symbol of "pazham".
5. After the time duration the pairs will change as the commander will be the one who do the symbols and the one does the symbol will be the commander.
6. The winner will be the one who gets maximum points.

Rules to play:

- ❖ Time duration will be fixed.
- ❖ Every right symbol will gain 1 point.
- ❖ If the player shows the wrong symbol then it will not be counted.

Type of the Game	: Indoor	Category	: Boys/ Girls
No. of player	: Minimum 3	Age Group	: 5 years

Materials Required:

- Draw a circle in the ground

Scientific Reason:

The game gives the wide knowledge about the flying and not flying things, etc. The game teaches the kids to be cautious and to observe keenly. The game improves the kids observing power.

Goal:

The goal of the game is to identify the flying things.

How to play:

1. The game can be played anywhere depending upon the size of the group.
2. All the players need to sit in a circle with their hands touching the ground.
3. One player in the group will be the commander and the other players should do actions according to the commands given by the commander.
4. The commander should name an item along with the “para para” (Fly Fly), for Example if the commander says “*Koku Para Para* (Crane Fly Fly)” The kids should repeat “*Koku Para Para*” and shake their hands as crane will fly, and if he says “*Plate Para Para*” No actions will be made by the players as Plate will not Fly.
5. The Players need to hear carefully what the commander says and should judge whether the commander is saying a flying object or a non-flying object and should act accordingly.
6. The commander will command slowly at the beginning and will increase the speed in order to eliminate the players from the game. The last single player in the game is the winner of the game.

Rules to play:

- ❖ If any of the players from the group makes any action for object that was called by the commander that does not fly, then that player will be out for rest of the game.
- ❖ If any of the players from the group does not make any action for object that was called by the commander that fly, then that player also will be out for rest of the game.

Reference:

<http://www.traditionalgames.in/home/indoor-games/kokku-para-para-kokku-para-para>

Type of the Game	: Indoor	Category	: Girls
No. of player	: Minimum 2	Age Group	: 5 years



Song
"Paruppu Kadai
Appavukku Konjam
Ammavukku Konjam
Pattikku Konjam
Thathavukku Konjam
Pappavukku Konjam"

Scientific Reason:

By playing this game the children learn the importance of sharing, identify various food items cooked at home, and the sensory nerves will be activated and child will improve sensitivity.

Goal:

The kids have to distribute the food items to the relatives as per the rules.

How to play:

1. The parent or an elder of the kid stretches the kid's fingers, describes the food items one by one, and assign it to each finger virtually.
2. Once all the fingers are assigned with one food item, the person takes the kid's palm and pretends it as a plate and takes the assigned food items from the fingers and mix them all in the palm. Then he should pretend as if he takes some food from the kid's hand and feed him, then that person should distribute it to others in the family by mentioning their names and the relationship (like father, mother, sister, etc.) with the kid. All the actions are done virtually.
3. Once the food is distributed to others the parent pretends that he/she washes the vessel (i.e.) the kid's palm and moves his finger starting from the fingers of the kid to the shoulders singing "*nandu oruthu nari oruthu*" repeatedly and tickle the kid when he/she reaches the shoulder, this amuses the kid and the kid starts laughing.

Rules to play:

- ❖ The following song will be sung by the parents or elder one while acting like feeding

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 5 years

Scientific Reason:

It is said that this practice is a request to stimulate the wisdom and intelligence. It is also said that the practice has been evident in the ancient *Gurukula* Systems, where the seers asked their pupils to practice this technique in order to stimulate and energize the brain and its functions. The practice of ear piercing too has its real reasons being the stimulation of the pituitary and pineal glands, due to the effect of the pressure in the ear lobes

Goal:

The goal is to do the *Thoppukaranam* in the given manner.

How to play:

1. Stand with your feet pointing ahead, about shoulder width apart. Place your left hand on your right ear lobe, thumb on the front of the lobe with fingernail facing outward and index finger behind the ear lobe.
2. Place your right hand on your left ear lobe, so that your thumb is on the front of the lobe facing outward.
3. Press both earlobes simultaneously; making sure your left arm is inside your right.
4. Pressing into the earlobes in this manner, inhaling through the nose, squat down as fully as you can, keeping your back straight.
5. Exhale through the mouth as you come up.
6. The winner will be the one who does the maximum number of times in the given time period.

Rules to play:

- ❖ A time limit will be fixed.
- ❖ The child has to do this in write manner else he will be disqualified.

Reference:

<http://www.myogacenter.com/2012/12/thoppu-karanam-or-super-brain-yoga.html>



Type of the Game : **Indoor**
 No. of player : **Minimum 1**

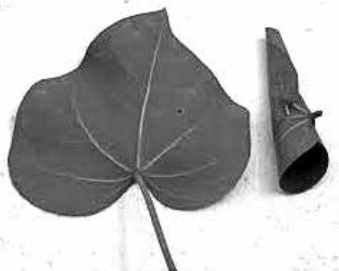
Category : **Boys**
 Age Group : **5 years**

Materials Required:

- *Poovarasu* leaf (Portia-leaf)
- Midrib of coconut leaf

Scientific Reason:

This game is a breathing exercise with which the child will calm down, relax and take control of their emotions and also develop the creative skills of the child.



Goal:

The Goal of the game is to make a Whistle using the given leaf.

How to play:

1. The player have to make a Whistle using the *Poovarasu* leaf (Portia-leaf) in the given time period.
2. The player have to roll the leaf and make the Whistle, the proper Whistle will be the one which gives proper sound of the Whistle.
3. The winner will be the one who makes the perfect Whistle from the given materials.

Rules to play:

- ❖ The players can only use the given materials to make the Whistle

Type of the Game : **Indoor**
 No. of player : **Minimum 3**

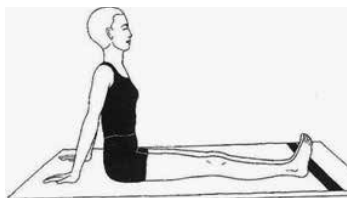
Category : **Boys/Girls**
 Age Group : **5 years**

1. Pawanmuktasana

Prarambik Sthiti (base position)

Sit with the legs outstretched.

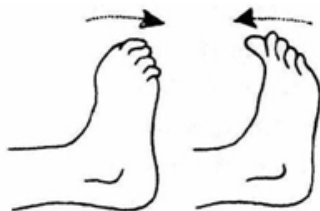
Place the palms of the hands on the floor to the sides and just behind the buttocks.



a) PADANGULI NAMAN

Padanguli Naman (toe bending)

Sit in the base position with the legs outstretched and the feet slightly apart. Place the hands beside and slightly behind the buttocks.



Lean back a little, using the arms to support the back.

Keep the spine as straight as possible.

Be aware of the toes. Move the toes of both feet slowly ankles relaxed and motionless.

Hold each position for a few seconds.

Repeat 10 times.

Breathing:

Inhale as the toes move backward.

Exhale as the toes move forward.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, mental counting and the stretching sensation produced by the movement.

Scientific Reason:

Padanguli Naman is very helpful in preventing conditions like arthritis that affect the toe joints of the body.

b) MUSHTIKA BANDHANA



Step: 1



Step: 2

Mushtika Bandhana (hand clenching)

Sit in the base position or a cross-legged pose.

Hold both arms straight in front of the body at shoulder level.

Open the hands, palms down, and stretch the fingers as wide apart as possible.

Close the fingers to make a tight fist with the thumbs inside.
The fingers should be slowly wrapped around the thumbs.
Again open the hands and stretch the fingers.
Repeat 10 times.

Breathing:

Inhale on opening the hands.
Exhale on closing the hands.

Rules:

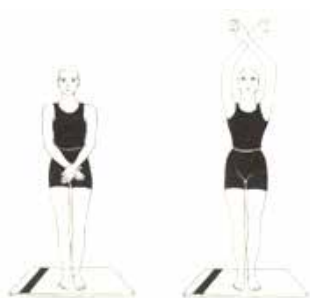
- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- *mudra* with breathing.
- ❖ On the breath, mental counting, stretching sensation and movement.

Scientific Reason:

Mushtika Bandhana helps to improve the strength and flexibility of the wrists considerably and the joints loosen up well. They help in strengthening and toning the hands. They relieve pain in the shoulders and upper back and are especially beneficial to individuals who work long hours typing.

2. Hasta utthanasana

Hasta Utthanasana (hand raising pose)



Stand erect with the feet together and the arms by the sides.

Relax the whole body and balance the body weight equally on both feet.

Cross the hands in front of the body.

Inhale deeply and slowly raise the arms above the head, keeping the hands crossed, Synchronies the movement with the breath.

At the same time, bend the head slightly backward and look up at the hands.

Exhale and spread the arms out to the sides so that they form a straight line at shoulder level.

Inhale and reverse the movement, re-crossing the arms above the head.

Exhale and lower the arms straight down the front of the body so that they are once again in the starting position.

Mantra:

Om Ravaya Namaha

Rules:

- ❖ The participant have to tell the mantra.
- ❖ Meditation is assessed on their posture- *mudra* with breathing.
- ❖ On the breath synchronized with the movement, the stretch in the arms and shoulders and the expansion of the lungs.

Scientific Reason:

This asana rectifies round shoulders and removes stiffness from the shoulders and upper back. The deep, synchronized breath improves breathing capacity. This asana also influences the heart and improves blood circulation. The whole body, especially the brain, receives an extra supply of oxygen.

3. Sukha pranayama

Sukha Pranayama (Natural Breathing)

Sit comfortably in any meditative posture. Sit erect.

Keep the palms on the knees and observe your natural breathing.

Feel the breath flowing and out of the lungs. Let the breathing be natural.

Feel the abdominal movement while breathing. While inhaling,

let the abdominal wall move out and while exhaling let it move in.

Keep your minds clear, only “observing” your breathing. While inhaling, feel the power and energy flow and while exhaling imagine throwing out tension, stress and disease.

**Rules:**

- ❖ Meditation is assessed on their posture- *mudra* with breathing.

Scientific Reason:

Sukha Pranayama provides deep relaxation to the body and mind, strengthens the nervous system and respiratory system, improves concentration, and relieves stress, depression and hypertension.

Type of the Game : **Outdoor**
 No. of player : **Minimum 3**

Category : **Girls**
 Age Group : **5 years**



Song

*Killa killa paraandy
 Keechu muchu paraandy
 Unga appanperuyenna?*

Materials Required:

Scientific Reason:

Increasing memory power, Identifying things category wise, Eyes are refreshed.

Goal:

The goal of the game is to remember and follow the pattern of the answer and tell the answer correctly

How to play:

1. The game can be played by 3 or more players.
2. The players Should sit in a circle with placing their palm on the ground (floor).
3. Any one of the player will be selected and he will pinch each hands with a song and ask question.
4. The player who is pinched first should say any one name of the flower/ fruit/ vegetable/ plant/ bird.
5. The first player who answers should start the second round by singing and questioning.
6. The pinched player should answer.
7. The other players should follow the first players' category. (flower , fruit , Vegetable, plant, bird)

Rules to play:

- ❖ If the same answer is repeated or if it is not answered or if it is answered in different category , they will be eliminated.
- ❖ If anyone failed to say any name then he will be out of the game.

Type of the Game	: Outdoor	Category	: Boys/ Girls
No. of player	: Minimum 5	Age Group	: 5 years



Materials Required:

- A towel rolled like a rope

Scientific Reason:

It is a good physical exercise; it improves proper blood circulation and strengthens the muscles.

Goal:

The goal of the game is to put the rope behind the players without noticed by them and sit in their position.

How to play:

1. The playing material will be a towel rolled like a rope.
2. All the players need to sit in a circle inwards seeing each other.
3. One player is chosen to be the 'out' person.
4. The 'out' person should take the rolled towel and run around the circle formed by the players.
5. The 'out' person while running should put the towel at the back of anyone player sitting in the circle in such a way that the players sitting in the circle does not notice it and continue running.
6. If the player sitting notices the towel is behind him he can take it and should chase the 'out' person and try to touch the 'out' person before he sits in the empty place of the player who is chasing. If he touches the 'out' person then he will be the 'out' person for the second round, if in case he sits then the player who is chasing with the towel will be the 'out' person and he should continue playing as in the first round.

7. If the player sitting in the circle doesn't know that the towel is behind him the 'out' player running should come and pick the towel and hit the player in his back and give the towel to him and ask him to run, and he sits in that place.
8. The winner will be the one who last at the end

Rules to play:

- ❖ The 'out' person is selected by any choosy method.
- ❖ Players sitting in the circle who noticed the towel is dropped behind a player should not say it to the concern player.
- ❖ The player who is running with the towel will sing 'Kulaikulaiyaaaimundirikkai' as a question and the players sitting in the circle will sing 'NariyaNariyasuthivaa' as an answer to the question. All the players have to sing at the time they run.

Song

'Out' person

"Kulaikulaiyaaaimundirikkai"

"NariyaNariyasuthivaa"

The players sitting in the circle

"KollaiyadipavanEngirukkan?"

"KoottathillruppanKandupidi"

Reference:

<http://www.traditionalgames.in/home/indoor-games/kulai-kulai-yaa-i-mundirikkai-kulai-kulaiyay-muntirikkay>

13

Nadai Vandi Ottam

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 3	Age Group	: 5 years

Materials Required:

- *Nadai Vandi*
- Chalk or powder to marking the lines.

Scientific Reason:

Nadai vandi is used by babies when they start walking in Indian tradition. Mostly this is substituted by walkers. This competition *Nadai vandi ottam* is to bring back our traditional way of walking. That is necessary for a healthy bones spine and legs. By standing erect while holding *Nadai vandi* and pressing their feet blood circulation from feet to head enhances the brain development the child learns to calculate its



steps and build self confidence in the open air. Few ill effects of walker are referred in the website given below.

[http://consults.blogs.nytimes.com/2010/02/22/
the-dangers-of-baby-walkers/?_r=0](http://consults.blogs.nytimes.com/2010/02/22/the-dangers-of-baby-walkers/?_r=0)

Parents should know that walker use typically delays motor development – and that it delays mental development even more. Beyond this, walker use is dangerous.

<http://www.dynamicchiropractic.com/mpacms/dc/article.php?id=40186>
[http://www.babycentre.co.uk/x554838/
should-i-buy-my-baby-a-baby-walker](http://www.babycentre.co.uk/x554838/should-i-buy-my-baby-a-baby-walker)

[http://hipdysplasia.org/developmental-dysplasia-of-the-hip/prevention/
baby-carriers-seats-and-other-equipment/](http://hipdysplasia.org/developmental-dysplasia-of-the-hip/prevention/baby-carriers-seats-and-other-equipment/)

Goal:

- ❖ The goal of the game is to reach the finishing line in the *Nadai Vandī*

How to play:

1. A starting and finishing line will be drawn.
2. All the players will stand in the starting line with the *Nadai Vandī*.
3. At the count of 3 the participant have to move towards the finishing line in the *Nadai Vandī*
4. The winner will be the one who reach the finishing line first.

Rules to play:

- ❖ The players have to use the *nadavandi* for moving.

14

Potato race I

Type of the Game	: Outdoor	Category	: Boys / Girls
No. of player	: Minimum 5	Age Group	: 5 years

Materials Required:

- Chock or powder to draw circles
- Draw respective number of circles in the ground
- Respective number of Potatoes for each circle

Scientific Reason:

This game enhances the concentration and also good exercise for muscles.

Goal:

Goal of the game is to collect the materials as per the conditions as soon as possible.

How to play:

1. Place a box or circle in the starting line according to the number of players.
2. From the starting line four circles should be drawn on each track in 30mts difference.
3. One Potato should be kept in each circle.
4. As soon as the player listens to the whistle sound he has to collect one Potato from the circle at a time and drop it in an allotted box and so on.
5. The winner is the one who collect the maximum number of potatoes one each from the 1st 2nd 3rd & 4th circles in the given time period as soon as possible.

Rules to play:

- ❖ The competitor can take only one potato at a time.
- ❖ The competitor can take the potatoes only from his area.
- ❖ The competitor can only take the potatoes of the next circle after he completed the previous one.
- ❖ If a potato drops in between the race or place out of the circle / Box will not be calculated.

15

Train game

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 5 years

Materials Required:

- Chalk or powder for marking

Scientific Reason:

This game enhances the team work, co ordination and concentration skills among the children.

Goal:

Reach the starting point collecting all the team members as per the rules.

How to play:

1. This is a team game.
2. Each team will have 4 members minimum
3. Starting point is drawn. Circles will be drawn in an equal distance as per the number of team members.
4. From the starting point each circles a team member will stay in the circle.
5. The first team member (engine) will start from the starting point and the second team mate (bogie) will join him holding the waist.
6. Likewise all the members will join and make a train and have to reach the starting point without breaking the train.
7. The winners will be the team who reach first to the starting point as per the conditions.

Rules to play:

- ❖ If any team break the train then they will disqualified.

Class - II

1

Sonaikattam

Type of the Game : **Board Game**

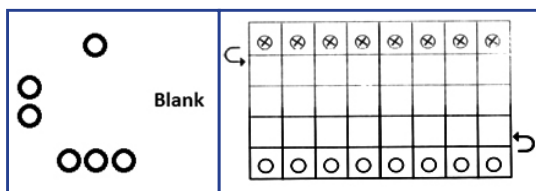
Category : **Boys / Girls**

No. of player : **Minimum 2**

Age Group : **6 years**

Materials Required:

- Game board
- Two rectangular throwing pieces
- 8 game pieces or coins for each player



Scientific Reason:

This game improves the power of concentration and calculation, friendly attitude, understanding, patience.

Goal:

The goal of the game is cut all game pieces of the opponent before he reaches the final square.

How to play:

1. The game is played by 2 persons or 2 groups.
2. The board contains five rows of horizontal squares. The vertical line could be increased or decreased according to the no of players. There will not be any change in the horizontal lines. Usually it contains eight horizontal and five vertical squares.
3. Each side has eight game pieces. The two rectangular throwing pieces are known as Sonaikattai with dots (1, 2& 3) on three sides and no marking on the fourth side.
4. Either the players or group keep all their eight games pieces in the first eight horizontal squares.
5. The first coin could be moved to the second row and other coin follow suit, putting thayam.
6. If one side start from the right, the other side should start from the left.
7. The coins reach the second row and the first row falls vacant. It is known as melthayam.

8. There are two improvements after the coin reach the second row. They could overtake the earlier coins and make necessary moves according to the counts unlike their position in the first row.
9. Then the players should try to cut the opponents game pieces.
10. He could move his coins which are in rear to leap over his own coins to cut or safeguard the coins.
11. When the coin come to their respective second rows they face each other and the centre row is ready for the battle as most of the cutting take places there only. Hence the third row is called the battlefield.
12. In case he reaches the last row and there are more coins of the opponents on the board he could start from the opposite side and cut the opponent's coins. Then only he can win the game.
13. If one player cuts all the game pieces of the other player before reaching the last square of the last row, he is declared the winner.

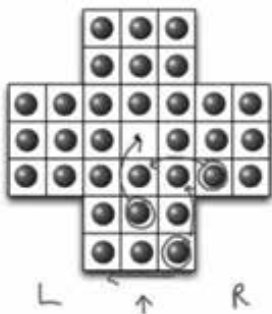
Rules to play:

- ❖ Each coin in the first row could move if only the players put thayam.. It is known as thuvaithal or starting
- ❖ Thayam is necessary to move the coin from first row; actual counts are not taken into consideration till all coins move to the second row.
- ❖ All the coin should come to the second row to use the other counts only after putting one count and no overtaking is possible in the first row
- ❖ Pairing is not allowed in this game. Hence two coins cannot be stationed in one square.
- ❖ There is no second throw after cutting a coin.

The calculation is made in the following manner.

Throw	Count	Conditions
One dot	1 (also called Thayam)	second throw allowed
Two dots	2	no second throw
Three dots	3	no second throw
No dot	4	no second throw
1&3 dots	4(also called sonai)	second throw allowed
2&2 dots	4(also called Vennappanar)	no second throw
3&2 dots	5	second throw allowed
3&3 dots	6	second throw allowed

Type of the Game	: Board Game	Category	: Boys / Girls
No. of player	: 1 Player	Age Group	: 6 years



Materials Required:

- Game board
- 32 Marbles

Scientific Reason:

This game enhances the concentration and strategic skills and planning.

Goal:

The aim of the game is to leave only ONE marble on the board.

How to play:

1. The game can be played by one player.
2. There are a set of marbles placed on the board with only the centre portion left vacant.
3. All you have to do is move one marble over the other either horizontally or vertically
4. As soon as you do this, the marble over which you took the other marble will taken out from the board.
5. Continue moving one marble over the other till you have no other option.
6. The game is over when there is no chance for moving over the adjacent marble.

Rules to play:

- ❖ Diagonal moves are not allowed.

Type of the Game	: Indoor	Category	: Boys / Girls
No. of player	: 1 Player	Age Group	: 6 years



Materials Required:

- 61 Tamarind seeds
- Chock or marker to draw lines

Scientific Reason:

This game enhances the concentration, accuracy and the finger ability of the children.

Goal:

Goal of this game is to collect the seeds as much as possible

How to play:

1. The game can be played by 1 or more players.
2. 60 tamarind seeds will arrange in 6 rows with 10 seeds in each row, likewise many sets are arranged.
3. One seed will be given to each player for stroking.
4. One boarder line will be drawn 30 cm from the arranged seeds.
5. The player will try to stroke the arranged seed by his seed from the border line.
6. The seeds which are hit by the player will become the player's.
7. Within the time period who gain more seeds will be the winner.

Rules to play:

- ❖ A time period will be set.
- ❖ The seeds will not re-arrange after the stroke.

Type of the Game	: Indoor	Category	: Boys / Girls
No. of player	: Minimum 2	Age Group	: 6 years



Materials Required:

- A pen and pencil to mark the points.

Scientific Reason:

This game is for developing concentration of the child.

Goal:

The goal of the game is to skip the hits from the opponent.

How to play:

1. The game will be played by 2 or more children.
2. One player has to show his/ her hands together in front of the opposite player.
3. The opponent will try to hit the hands shown by singing the verse like "Kottaprandhuvandhu un kannaisuduthu par! suduthu par! "
4. If the player hits (touch) the hands of the opponent, then he can hit the opponent 5 times.
5. If the player missed to hit, the chance goes to others.
6. The winner will be the one gets more points.

Rules to play:

- ❖ When the player hit the hands of the opponent then he get a point and chance to hit the opponent 5 times.
- ❖ Instead of showing the hands together, the player can hit the thighs of the opponent player.

Type of the Game	: Indoor	Category	: Boys / Girls
No. of player	: Minimum 5	Age Group	: 6 years

Materials Required:

- Playing area with different colors

Scientific Reason:

This game teaches the kids how to take decisions by coordinating with others and to observe what others speak. This game makes the kids to be familiar with the different colour shades.

Goal:

The goal of the game is to make aware the children about the colours.

How to play:

1. One from the group of players is selected as the commander by any selecting method. The commander is selected by any one of the choosy method.
2. Other than the commander the rest of the people discuss between them, and selects a colour.
3. The group stands away from the commander to some extent. Such that the group is in one end and the commander is in the other end.
4. The group ask the commander to choose the colour with a statement as "colour colour what colour do you choose" the commander replies the group with a colour.
5. This is continued until the colour the commander chooses matches the colour decided by the group.
6. When the commander chosen colour matches with the group decided colour, the group has to run and touch the colour without getting caught in the hand of the commander.
7. The winner will be the one who stay in the game without caught by the commander.

Rules to play:

- ❖ If a person is caught by the commander the person will be out. Then a new commander will be select and the game continues.

Reference:

<http://www.traditionalgames.in/home/indoor-games/color-color-what-color>

Type of the Game	: Indoor	Category	: Boys / Girls
No. of player	: Minimum 3	Age Group	: 6 years

Materials Required:

- A board
- Chalk
- Pen and paper

Scientific Reason:

The game enhances the memory of the child and the observation skills.

Goal:

The goal of the game is to write down the things which are written in the board after wiping it from the board.

How to play:

1. This is an individual game.
2. Each player will get a paper and pen.
3. A board will be placed in front and there some names will be written(like Mango, jasmine, Chennai, book etc)
4. After one minute the board will be wiped. The players have to write the names written on the board in the given paper
5. The winner will be the one who write the maximum number of items written on the board.

Rules to play:

- ❖ The players have to write the names which are written in the board.
- ❖ The names which were not written will not be calculated.

Type of the Game	: Outdoor	Category	: Boys / Girls
No. of player	: Minimum 3	Age Group	: 6 years

Materials Required:

- One pillow or an opaque sack
- Some house hold materials (Like spoon, bowl, pencil, pen book.. etc)

- A cloth for blind fold
- A pen and a paper

Scientific Reason:

This will enhance the memory skills and the sensing skills in the children.

Goal:

The goal of the game is to identify the materials in the sack or pillow by touching it.

How to play:

1. This is an individual game.
2. The players will be blind fold with the cloth.
3. A sack with some house hold things like spoon, bowl, pencil, pen book Etc are given to the player.
4. The players have to touch and identify the things.
5. Then the blind fold will open and the player have to write the names of the things in a paper.
6. The one who writes the maximum items name will be the winner.

Rules to play:

- ❖ 1 minute will be given to the child to check the materials in the sack or pillow by touching while blind folded.

8

Kombu varaithal

Type of the Game	: Indoor	Category	: Boys / Girls
No. of player	: Minimum 3	Age Group	: 6 years

Materials Required:

- An incomplete drawing of a horned animal (like Deer, cow, etc) on a board or a chart
- A cloth for blind folding
- Pencil or chalk

Scientific Reason:

The game will enhance the guessing sense and alertness in the children

Goal:

Goal of the game is to draw the incomplete picture while blind folded.

How to play:

1. This is an individual game.
2. An incomplete drawing of a horned animal (without horn) will be fixed on a wall or board convenience to the players.
3. The players will be blind folded with a cloth.
4. The players will be get a marker or pencil and have to complete the picture by drawing the horn guessing its position.
5. The winner will be the one who makes the correct drawing.

Rules to play:

- ❖ The players can follow the audience instructions.
- ❖ The audience can give either right or wrong instructions.

9

Nellikai Vilaiyattu (Isai nalkkali)

Type of the Game	: Indoor	Category	: Boys / Girls
No. of player	: Minimum 4	Age Group	: 6 years



Materials Required:

- Chairs

Scientific Reason:

This game enhances the concentration reflex action skills and also the listening ability.

Goal:

The Goal of this game is to sit in the chair while the music is off.

How to play:

1. The game is played by 4 or more players.
2. Put chairs in a circular shape and the number of chairs are one less than the number of players.

3. Music will be played the players will run around the chairs in clockwise direction.
4. When the music stops the players have to sit on a chair.
5. The players without the chairs will be out.
6. The winner will be the one who remains at the end.

Rules to play:

- ❖ The number of chairs should be less than the number of players.
- ❖ The players can only run in clockwise direction can't moved in the anti-clockwise direction.
- ❖ After every round one chair will be removed and the game continues.

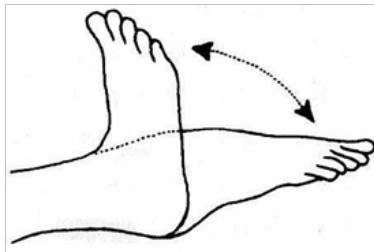
10

Yoga

Type of the Game	: Indoor	Category	: Boys / Girls
No. of player	: Minimum 3	Age Group	: 6 years

1. Pawanmuktasana 1:

a) GOOLF NAMAN



Goolf Naman (ankle bending)

Remain in the base position.

Keep the feet slightly apart.

Slowly move both feet backward and forward, bending them from the ankle joints.

Try to stretch the feet forward to touch the floor, and then draw them back towards the knees.

Hold each position for a few seconds.

Repeat 10 times.

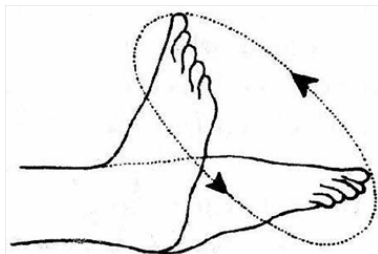
Breathing:

Inhale as the feet move backward. Exhale as the feet move forward.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- *mudra* with breathing.
- ❖ On the breath, mental counting and the stretch in the foot, ankle, calf and leg muscles or joints.

b) GOOLF CHAKRA



Goolf Chakra (ankle rotation)

Remain in the base position.

Separate the legs a little, keeping them straight.

Keep the heels on the ground throughout the practice

Stage 1:

Slowly rotate the right foot clockwise from the ankle 10 times and then repeat 10 times anti-clockwise. Repeat the same procedure with the left foot.

Stage 2:

Place the feet together. Slowly rotate both feet together in the same direction, Keeping them in contact with each other. Do not allow the knees to move. Practice 10 times clockwise and then 10 times anti-clockwise.

Stage 3:

Keep the feet separated. Slowly rotate both feet from the ankle together but in opposite directions. The big toes should touch each other on the inward stroke of each foot. Do 10 rotations in one direction and then 10 rotation in the opposite direction.

Breathing :

Inhale on the upward movement. Exhale on the downward movement.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- *mudra* with breathing.
- ❖ On the breath, mental counting and rotation.

c) MANIBANDHA NAMAN

Manibandha Naman (wrist bending)

Remain in the base position or a cross-legged pose.

Stretch the arms in front of the body at shoulder level.

Keep the palms open and fingers straight throughout the entire practice.

Bend the hands backward from the wrists as if pressing the palms against a wall with the fingers pointing toward the ceiling.

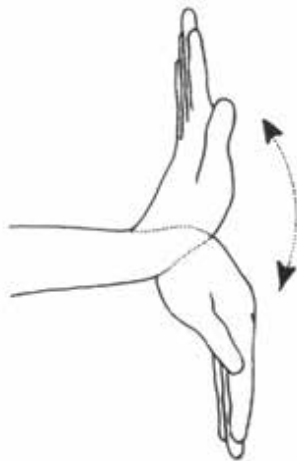
Bend the hands forward from the wrists so that the fingers point toward the floor.

Keep the elbows straight throughout the practice.

Do not bend the knuckle joints or fingers.

Bend the hands up again for the next round.

Repeat 10 times.



Breathing:

Inhale with the backward movement.

Exhale with the forward movement.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- *mudra* with breathing.
- ❖ On the breath, mental counting, movement in the wrist joint and stretching of the fore arm muscles.

d) MANIBANDHA CHAKRA

Manibandha Chakra (wrist joint rotation)

Remain in the base position or a comfortable cross-legged pose, but keep the back straight.

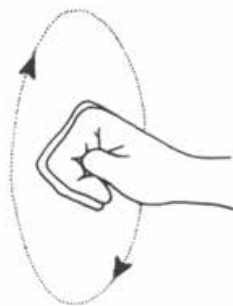
Stage 1:

Extend the right arm forward at shoulder level.

Make a fist with the right hand, with the thumb inside.

The left hand may be used as a support if necessary. This is the starting position.

Slowly rotate the fist about the wrist, ensuring that the palm faces downward throughout the rotation.



The arms and elbows should remain perfectly straight and still. Make as large a circle as possible.

Practice 10 times clockwise and 10 times anti-clockwise.

Repeat the same with the left fist.

Stage 2.

Extend both arms in front of the body with the fists clenched.

Keep the arms straight and at shoulder level.

Rotate the fists together in the same direction.

Do this in each direction.

Stage 3:

Practice as in stage 2.

Rotate the fists together in the opposite direction.

Practice in each direction.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- *mudra* with breathing.

Scientific Reason:

The hand and wrist asanas are beneficial for arthritis of the related joints. They also relieve tension caused by prolonged writing, typing and so on.

2. Akarna dhanurasana

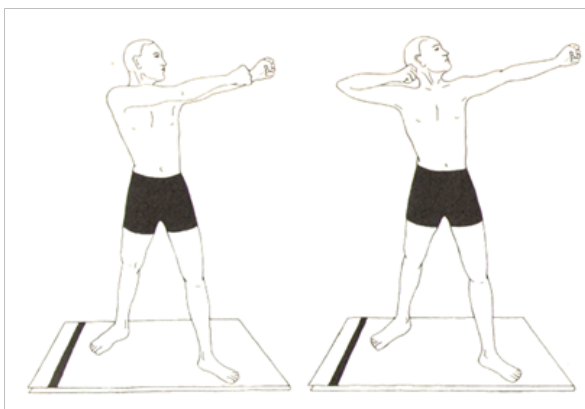
Akarna Dhanurasana (bow and arrow pose)

Stand erect with the feet shoulder width apart and the arms at the sides.

Take a short step forward with the right leg.

Clench the right fist and raise the arm in front of the body so that it is over the right foot and slightly above eye level.

Clench the left fist and bring it slightly behind the right fist.



Gaze over the right fist as though holding a bow and arrow, and fix the eyes on an imaginary target.

Inhale and slowly pull the left fist back to the left ear, tensing both arms as if drawing the bow.

The head should move back slightly with this motion so the neck muscles become taut.

Keep the left elbow up at shoulder level.

Exhale and release the imaginary arrow.

Relax the neck and bring the left fist forward to the right fist.

Practice on each side.

Breathing:

Inhale while pulling back the bowstring; exhale while releasing the bowstring and bringing the hand forward.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- *mudra* with breathing.
- ❖ On the breath synchronized with the movement, the tensing of the arms and the imaginary target.

Scientific Reason:

This asana exercises the shoulders and also uses the short and deep muscles of the neck and shoulder blades. The alternate tensing and relaxing smoothes out the energy flow and relaxes the muscles, aiding treatment of cervical spondylitis, writer’s cramp and shoulder or arm stiffness.

3. Dirgha Pranayama

Dirgha Pranayama (Abdominal breathing)

Step 1:

Sit with your spine erect, or lie down on your back.

Begin taking long, slow, and deep breaths through the nostrils.

Step 2:

As you inhale, allow the belly to fill with air, drawing air deep into the lower lungs.

As you exhale, allow the belly to deflate like a balloon.

Repeat several times, keeping the breath smooth and relaxed, and never straining.

Repeat several times.

Step 3:

Breathe into your belly as in Step #1, but also expand the mid-chest region by allowing the rib cage to open outward to the sides.

Exhale and repeat several times.

Follow steps #1 and #2 and continue inhaling by opening the clavicular region or upper chest.

Exhale and repeat.

Combine all three steps into one continuous or complete flow.

Rules:

- ❖ Meditation is assessed on their posture- *mudra* with breathing.

Scientific Reason:

Dirgha Pranayama helps to promote proper diaphragmatic breathing, relaxes the mind and body, oxygenates the blood and purges the lungs of residual carbon dioxide.

11

Kalla manna

Type of the Game	: Outdoor	Category	: Boys / Girls
No. of player	: Minimum 5	Age Group	: 6 years

Scientific Reason:

This game enhances the listening skills, and good coordination skills.

Goal:

The goal of the game is to listen the "*attanayagan*" carefully and avoid the touch from the "*pattavar*".

How to play:

1. The game is played by 5 or more players.
2. From the players two players will be selected by using any selecting method and one is "*pattavar*" and the other is "*attanayagan*".
3. When "*attanayagan*" says "*Kal*" the other players will be try to stand on any stones. The "*pattavar*" will try to catch the players who are standing on soil (sand) .
4. When "*attanayagan*" says "*Mannu*" the other players will be try to stand on soil. The "*pattavar*" will try to catch the players who are standing on Stone.
5. The "*attanayagan*" will frequently changes the words "*Kal*" and "*Mannu*" to speed up the game.
6. One who plays till the end of the game is the winner.

Rules to play:

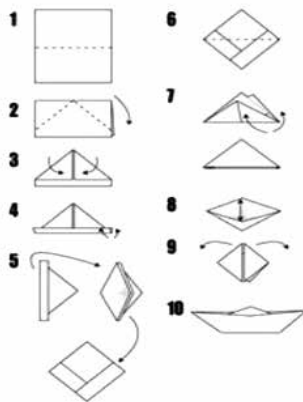
- ❖ The person who touched by the "*pattavar*" will became the next "*pattavar*" and the "*pattavar*" will became the "*attanayagan*" and the "*attanayagan*" will join the others.
- ❖ If any player will be touched the second time by the "*pattavar*" then he will be out of the game.

12

Kappal viduthal

Type of the Game : **Outdoor**
No. of player : **Minimum 5**

Category : **Boys / Girls**
Age Group : **6 years**



Materials Required:

- A rectangular Paper
- A bowl with

Scientific Reason:

It improves hand and brain co- ordination and also increases creative skill.

Goal:

Make a paper ship and make it to float in the water.

How to play:

1. The player has to make a paper ship And make it float on the water.

How to make a paper Ship:

1. Take a rectangular piece of paper.
2. Fold it lengthwise, then fold it breadth wise to mark the centre line.
3. Again fold it to breadth wise to mark the centre line.
4. Fold the top right corner down, so the top edge lines with the centre line.
5. Again fold in the same way on the left side.
6. Now get a triangular shape with a strip below.
7. Fold the bottom edge upwards.
8. Now the shape will be a square.
9. Fold the corners in the opposite direction to get a triangle.
10. Now insert the finger in the space at the centre. Drag the triangle to get a shape of a ship.
11. After doing a ship, make it to sail in water.

Rules to play:

- ❖ The player have to make the Ship with the materials given and can't use a boat which already taken from home.

13**Kichu Kichu thambalam**

Type of the Game	: Outdoor	Category	: Boys / Girls
No. of player	: Minimum 3	Age Group	: 6 years

Materials Required:

- Sand filled ground
- A small stick / Shell/ cotton Lamp wick



Scientific Reason:

This game increases skills like face reading, direction finding and hiding things without others knowledge even if the opponent is in front.

Goal:

The goal of the game is to identify the hidden stick.

How to play:

1. The game can be played by 3 or more players.
2. One player is select as a seeker by any selecting method.
3. The other player will hide the game piece (small stick / Shell/ cotton Lamp wick) inside the sand in such a way that to confuse the seeker; holds it in two fingers (thumb and index finger) and insert it in the sand stage from one side of it and collects it on the other side using the other hand in such a way that the stick is inside the sand and is not visible.
4. The player has to move the stick inside the sand, confuse the opponent, and position it in a place.
5. The seeker needs to observe the movement of the hand and face of the player who hides the stick and should conclude were the stick would be and point it to the player who hid the stick.
6. If the seeker fails then the player who hid the stick get one point and he/she will get a chance to hide the stick for the second time, if the seeker finds the stick then he/she gets the chance to hide the stick in the second round.
7. The game will continue until any one player wins 10 games.

Rules to play:

- ❖ The seeker will gets only one chance to find the stick.
- ❖ The players will sing the following song while he/she hides the stick.

Song

*"Kicchu Kichu Thambalam
Kiyya Kiyya Thambalam
Machu Machu Thambalam
Maya Maya Thambalam"*

Reference:

<http://www.traditionalgames.in/home/outdoor-games/kichi-kichi-thambalam-kicci-kicci-tampulam>

14

Kulam Kara

Type of the Game	: Outdoor	Category	: Boys / Girls
No. of player	: Minimum 5	Age Group	: 6 years

Scientific Reason:

This game will improve the listening skills, concentration and quick action skills. And this is also a good exercise for the children for their muscles

Materials Required:

➤ Chalk or powder for drawing the circle

Goal:

The goal if the game is to listen the instruction carefully and follow it without fail and as per the rules.

How to play:

1. The game can be played by 5 or more players in the presence of a referee.
2. A circle will be drawn in the ground.
3. All the players will stand outside the circle
4. The area inside the circle is mark as Kulam (Pond) and the area outside the circle is Kara (Land).
5. When the referee says kulam the players have to jump inside the circle, when says kara then jump outside the circle.
6. The winner will be the one who remains up to the end.

Rules to play:

- ❖ The players who are not done the instruction correctly will be disqualified.

- ❖ If the players touche the circle's boundary then they will be disqualified.
- ❖ The referee can say in any order (like Kulam Kara kara kara kulam kara), and also he will increase the speed of saying the instructions eventually.

15

Kurungu vilayattu

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 5	Age Group	: 6 years



Scientific Reason:

This game enhances the speaking skills and its good exercise for the muscles.

Goal:

The goal of the game is to catch the players within the given time period.

How to play:

1. This game can be played by 5 or more players.
2. Two circles will be drawn in the ground as one inner circle and one outer circle.
3. Among the players any one of the player will be chosen as Monkey by any of the selecting method.
4. The monkey will sit in the inner circle and the other players will sit in the outer circle. And a conversation song will be sing as follows:

Song

The players, in the circle line The player who selected as Monkey

Kuranke Kuranke Mani Ethanai?

Onru

Kuranke Kuranke Mani Ethanai?

Erandu

(Likewise, the conversation will lead up to ten)

Kuranke Kuranke Mani Ethanai?

Pathu

- After telling the answer as Pathu(Ten) all the players sitting the outer circle will run and the monkey will try to catch them.
- The winner will be the one who remains at the end.

Rules to play:

- ❖ A time limit will be fixed for the monkey to catch the players.
- ❖ The monkey can caught the players who are in the inner circle.
- ❖ At a time only one person can stay inside the circle.
- ❖ If the monkey catches any one then the person will be out of the game. New monkey will be selected using any selecting method.
- ❖ If the monkey is not able to catch any person within the time then the monkey will be expelled from the game and the new monkey will be selected.

16

Lemon & Spoon

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 6 years

Scientific Reason:

This is a race game which enhances the children to balance and co-ordination skills.

Materials Required:

- One Lemon and one spoon for each players
- Chalk or powder to mark the starting and finishing points

Scientific Reason:

This is a race game which enhances the children to balance and co-ordination skills.

Goal:

Hold a spoon in mouth with a lemon on the spoon and run/walk the distance between the start and finish line.

How to play:

- The game can be played by 4 or more players. It's an individual race game.
- The starting and finishing point will be drawn in the ground.
- Players should stand in the starting line by holding the lemon in the spoon in their mouths.
- Players should start walking from the starting line when they hear the whistle sound.

5. Players should walk without letting the lemon down.
6. The one who reaches the ending line first is the winner.

Rules to play:

- ❖ The Players should use the lemons and spoons given by organizers.
- ❖ Spoon may not be bent or altered in any way.
- ❖ The players should hold the spoon in your mouth throughout the race.
- ❖ Hands may not be used to adjust the spoon once the race starts.
- ❖ If the lemon falls off the spoon that player will be eliminated.
- ❖ Lemon cannot be altered in any way so as to make it sit right on the spoon.

17

Oothamani

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 6 years

Scientific Reason:

This game enhances the confidence of the and also helps the child to identify a situation.

Materials Required:

- One game piece (stone / shell /seed)

Goal:

The goal of the game is to identify the player who is having the "Oothamani".

How to play:

1. This is an individual game. The game can be played by 4 or more players.
2. One game piece (stone / shell /seed) will be there and it calls "Oothamani".
3. One of the players will be selected as a seeker using any of the selecting method.
4. The seeker will turn around to other players and closes his eyes the others will hide the "Oothamani" in any one's hand and ask the seeker to turn.
5. When the seeker turn all players will act as the "Oothamani" is with him and confuse the seeker.
6. The seeker has to identify the player who is has the "Oothamani".
7. The winner will be the one remains at the end.

Rules to play:

- ❖ If the seeker identified the correct player having the "Oothamani" then the player will be the next seeker. And 1st person can join the team.
- ❖ If the seeker finds the wrong person then the seeker will be out of the game. And the new seeker will be the one who has the "Oothamani". The game continues.

18

Potato race II

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 6 years

Materials Required:

- Chock or powder to draw circles
- Draw respective number of circles in the ground
- Respective number of Potatoes for each circle

Scientific Reason:

This game enhances the concentration and also good exercise for muscles.

Goal:

Goal of the game is to collect the materials as per the conditions as soon as possible.

How to play:

1. Place a box or circle in the starting line
2. Draw circles with 30 meter distance between each other from the starting line.
3. Keep potatoes in each circle.
4. The competitor should collect one by one & leave them on the box or circle in the Starting line.
5. The winner is the one who collect the maximum number of potatoes one each from the 1st 2nd 3rd 4th & 5th circles respectively, in the given time period as soon as possible.

Rules to play:

- ❖ The competitor can take only one potato at a time.
- ❖ The competitor can take the potatoes only from his area.
- ❖ The competitor can only take the potatoes of the next circle after he completed the previous one.
- ❖ If a potato drop in between the race or place out of the circle / Box will not be calculated.

Class - III

1

Pallanguzhi - Pasuppandi

Type of the Game	: Board Game	Category	: Girls
No. of player	: Minimum 2	Age Group	: 7 years



Scientific Reason:

Hand-Eye-Mind Coordination. Enhances memory, teaches Patience, improves observation skills, math and motor skills.

Materials Required:

- Game board with 14 pits
- 70 game pieces

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Pasuppandi	2	5	6	Common to both

Goal:

This is a strategic game with skilful moves and a good memory about the position and number of coins kept in the opponent's pit.

How to play:

1. The game board having 14 pits.
2. The game is played by two persons.
3. Each player having 6 pits on the board and the two centre pits are common to both players.

- 5 game pieces are put in to each pit. This is known as Poottutal.
- The player starts taking coins from one pit and puts one coin each in consecutive pits. This is known as pirithupoduthal.
- When the last coin is put in a pit, the pieces in the next pit are taken out and distributed in consecutive pits.
- If the next pit is vacant the player can take the pieces in the immediate next pit for herself. It is known as thadavieduttal.
- If the pieces are intact in that pit without being touched so far, it is known as pandi.qat this stage, the game continued by the next player.
- The game continues till any one player loses all her game pieces.
- The winner will be the one who has more game pieces.

Rules to play:

- ❖ If four new game pieces are accumulated in an empty pit, the owner can claim it as a bonus. It is called pasu.
- ❖ If one player loses the game pieces in all her pits, the opponent can take the remaining game pieces in her own pits.
- ❖ The next round of game starts according to the availability of the coins of the losing player.
- ❖ In the last round if the loser have less than 5 game pieces they are distributed one each in each pit. It is known as kuzhkaichutal.

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>

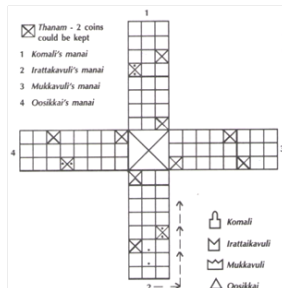
<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

2

Sokkattan

Type of the Game : **Board Game**
No. of player : **Minimum 4**

Category : **Boys/Girls**
Age Group : **7 years**



Scientific Reason:

Eye- Mind Coordination. Enhances the planning and tact full skills of the players.

Materials Required:

- Game board
- 4 game pieces or coins for each players
- Two rectangular pieces with specific dots

Goal:

The goal of the game is to make all the coins as Pazham, as per the conditions.

How to play:

1. The game is played by 4 players, each player having 4 game pieces and throwing pieces. The game can be played all four can individually or two each of the four players as pairs. The throwing pieces are known as Pakadai-two rectangular pieces with Specific dots.
2. This is a four handed game board played by 4 players each having a mania of three rows of eight squares each with three resting squares. The centre row of each Manai is called birth place of the four game pieces of each players.
3. The players are keen that a specific coin should be on a specific side of the four handed board-Komali in north, Irattakavuli in south, Mukkavuli in East and oosikkai in west.
4. One coin each is placed in the sixth and seventh middle row and two other coins are kept in the crossed square counting five from the seventh middle square. This position is for all four players.
5. The game begins with a move towards right hand side of the Manai of the player; whatever the count thrown is taken into account to move the coins.
6. When the coin of the player reaches the opposite house, he has to make a pair in the first thanam of his opponent.
7. After making a pair, he cannot move it. He has to send one of his single coins (Known as oyil kai) after many counts so that it would reach a safer place in his own house.
8. After the full round, each game pieces enters the birth place (centre row of its house) and is placed in the square.
9. The coins move upward and after reaching the last square safely they became the ripe fruit (Pazham).
10. The one whose all coins reach the last stage and became pazham is the winner

Rules to play:

- ❖ The squares marked with X could be accommodating a pair of coins.
- ❖ The pairing should be mukkavuli and oosikkai on one side and Komali and Irattaikavulion the other side.
- ❖ The Pakadai contain 1 and 6 on opposite directions; 4 and 3 on other opposite directions. The counting is made according to the dots in the throw.

Number of Dots	Count	conditions
Two single dots	2	Second throw allowed
Two 6 dots	12	Second throw allowed
Two 3dots	6	Second throw allowed
Two 4 dots	8	Second throw allowed
6dots & 1 dot(aronru)	7	No Second throw
4 dot & 3 dots (nalumunu)	7	No Second throw
3 dots & one dots (munathonru)	4	No Second throw
4 dots & 1 dot (nalathonru)	5	No Second throw
6 dots & 3 dots (arumunu)	9	No Second throw
6 dots & 4 dots (arunalu)	10	No Second throw

- ❖ While throwing the two Pakadai, if one falls over the other, a second throw is allowed.
- ❖ There is no thayam in this game.
- ❖ The move may be made for any count and the coins could be moved according to the wish of the player following the play regulations.
- ❖ Second throw is not permitted after cutting a game piece.
- ❖ The cut game piece has to restart the game from his Manai.

3

Ilai varaithal

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 7 years

Scientific Reason:

Eye-Hand- Mind Coordination. Enhances Orientation, guessing sense and alertness.

Materials Required:

- An incomplete drawing of a plant (without leaf) on a board or a chart
- A cloth for blind folding
- Pencil or chalk

Goal:

Goal of the game is to draw the incomplete picture while blind folded.

How to play:

1. This is an individual game.
2. An incomplete drawing of a plant (without leaf) will be fixed on a wall or board convenience to the players.
3. The players will be blind folded with a cloth.
4. The players will be given a marker or pencil and have to complete the plant by drawing the leaf guessing its position.
5. The winner will be the one who makes the correct drawing.

Rules to play:

- ❖ The players can follow the audience instructions.
- ❖ The audience can give either right or wrong instructions.

4

Keenduthal

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 7 years

Scientific Reason:

Eye- Hand- Coordination. Enhances the concentration, aiming and finger strength.

Materials Required:

- tamarind seeds

Goal:

The goal of the game is to collect the seeds as per the conditions.

How to play:

1. The game can be played by two or more players.
2. The seeds will spread on the ground.
3. The players will try to strike the tamarind seeds with another seeds turn by turn.
4. The winner will be the one collect more seeds.

Rules to play:

- ❖ The players can take the seeds as their own which they try to move by striking. The striker can move only one seed.
- ❖ While striking, if more than one seed is moved then the turn will go to the next player.
- ❖ Once the game started the players can't rearrange the seeds.

5

Koppari Kopparai

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 5 years

Scientific Reason:

Ear-Hand-Mind Coordination. Teaches to identify different types of animals and promotes keen observation.

Goal:

The goal of the game is to identify the horned animals.

How to play:

1. The game can be played anywhere depending upon the size of the group.
2. All the players need to sit in a circle with their hands touching the thighs.
3. One player in the group will be the commander and the other players should do actions according to the commands given by the commander.
4. The commander should name an item along with the "Kopparai" (horn), for Example if the commander says "Mattu Kopparai" The kids should show a symbol like a horn in head using hands, i.e. If the name of the animal had a horn players to show the symbol else clap the thighs.
5. The Players need to hear carefully what the commander says and should judge whether the commander is saying a horned object or a non-horned object and should act accordingly.
6. The commander will command slowly at the beginning and will increase the speed in order to eliminate the players from the game. The last single player in the game is the winner of the game.

Rules to play:

- ❖ If any of the players from the group makes the symbol for object that was called by the commander that does not have horns, then that player will be out for rest of the game.

- ❖ If any of the players from the group does not made the symbol for object that was called by the commander that have horns, then that player also will be out for rest of the game.

Song

The Chorus Song	song by the commander player
<i>Kopparai Kopparai</i>	<i>Mattu Kopparai</i>
<i>Kopparai Kopparai</i>	<i>Attu Kopparai</i>
<i>Kopparai Kopparai</i>	<i>Maan Kopparai</i>
<i>Kopparai Kopparai</i>	<i>Erumai Kopparai</i>
<i>Kopparai Kopparai</i>	<i>Eee Kopparai</i>

6

Oothukal (Voothumuthu)

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: 1 Player	Age Group	: 7 years

Scientific Reason:

Enhances the breathing power which will help the functioning of the Respiratory System.

Materials Required:

- 100 tamarind seeds for each player
- A chalk to draw circle

Goal:

The goal of the game is to make the seeds his by blowing it.

How to play:

1. Make a circle.
2. Place the seeds inside the circle.he players will try to blow and make the seeds out of the circle.
3. The winner will be the one who get maximum number of seeds within the time limit given or after the appropriate number of blows.

Rules to play:

- ❖ The seeds which are came out of the circle while blowing can take by the player as own.
- ❖ The player can't touch the seeds or rearrange the seeds.
- ❖ A limited time or number of blows can be fix.

Type of the Game	: Indoor	Category	: Girls
No. of player	: Minimum 3	Age Group	: 7 years

Scientific Reason:

Develops Physique, singing, knowing flowers, counting, questioning and answering skills. And it also meant for correcting Tamil pronunciation.

Materials Required:

➤ Draw a line in the center of the playing area

Goal:

The goal of the game is make the opponent team members as their own team members.

How to play:

1. The play area will be an open ground, street or a hall, the size of the play area depends upon the number of players playing.
2. Two groups of equal players are formed.
3. A line is drawn in the centre and the players stand at a distance of 5 feet from the line
4. All the players hold their hands like a chain and sing the below song and go to the centre line touch it and come back to their place.
5. Once the Team 1 replies with the flower name, each person from one team will come to the centre line and pull each other, the player who crosses the line while pulling will go to the opposite team.

Rules to play:

- ❖ The player whose name will be says when singing the song is the one who will come to centre line.
- ❖ The player who crosses the line while pulling will go to the opposite team.

Song

Team 1: Poo Parikka Varugirom, Poo Parikka Varugirom, inn nallilae

Team 2: Yaaraianuppapoogireer, Yaaraianuppapoogireer, inn nallilae

Team 1: Rani (Name of a player) Anuppa Poogiom, Rani Anuppa Poogiom, inn nallilae

Team 2: Yentha Poo Vendum, Yentha Poo Vendum, inn nallilae

Team 1: Mallipoo Vendum (Name of a flower), Mallipoo Vendum, inn nallilae

Reference:

<http://www.traditionalgames.in/home/indoor-games/poo-parikka-varugirom-pu-parikka-varukirom>

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 7 years

1. Pawanmuktasana 1:

a) GOOLF GHOORNAN

Goolf Ghoornan (ankl crank)

Remain in the base position.

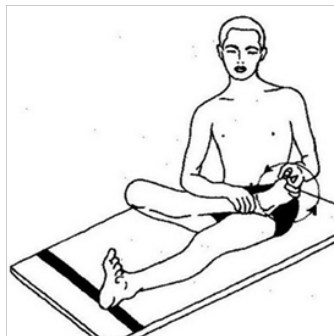
Bend the right knee and bring the foot towards the buttock.

Turn the knee out to side and place the foot on the left thigh.

Make sure the ankle is far enough over the thigh to be free for rotation.

Hold the right ankle with the right hand to support the ankle.

Hold the toes of the right foot with left hand. With the aid of the left hand, slowly rotate the right foot 10 times clockwise, then 10 times anti-clockwise Repeat with the left foot placed on the right thigh.



Breathing:

Inhale on the upward movement. Exhale on the downward movement.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, mental counting and rotation.

Scientific Reason:

All the foot and calf asanas help in returning the stagnant lymph and venous blood. They thus relieve tiredness and cramp, and prevent venous thrombosis especially in bedridden, post-operative patients.

b) JANUFALAK AKARSHAN

Janufalak akarshan (kneecap contraction)

Stay in the base position.

Contract the muscle surrounding the right knee, drawing the kneecap back towards the thigh.

Hold the contraction for 3 to 5 seconds, counting mentally.

Release the contraction and let the kneecap return to its normal position. Practice 5 times.

Repeat with the left kneecap 5 times then with both kneecap together.

Breathing:

Inhale while contracting. Hold the breath during contraction.

Exhale while relaxing the knee muscles.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, mental counting and contraction.

c) JANU NAMAN

Janu Naman (knee bending)

Stay in the base position.

Bend the right knee and clasp the hands under the right thigh.

Straighten the right leg, pulling up the kneecap.

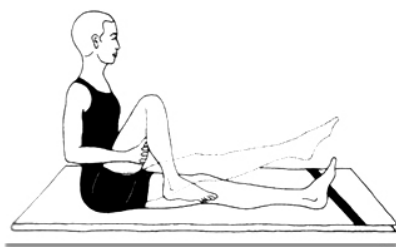
Keep the hands under the thigh but straighten the arms.

Do not allow the heel or toes to touch the floor.

Bend the right leg at the knee so that thigh comes close to the chest and the heel near the buttocks.

Keep the head and spine straight. This is one round.

Practice 10 rounds with the right leg and then 10 rounds with the left leg.



Breathing:

Inhale while straightening the leg. Exhale while bending the leg.

Rules:

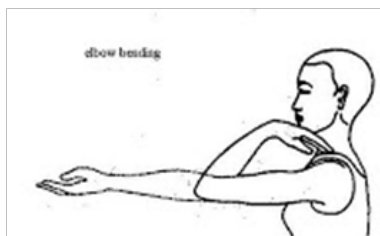
- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, mental counting, stretch in the thigh muscles and synchronized movement.

- ❖ While bending the knee the hands may also clasp the lower shin. The thigh is then pressed against the abdomen helping to release wind from this area.

d) KEHUNI NAMAN

Kehuni Naman (elbow bending)

Stage I:



Remain in the base position or a cross-legged pose.

Stretch the arms in front of the body at shoulder level.

The hands should be open with the palms facing up.

Bend the arms at the elbows and touch the fingers to the shoulders.

Straighten the arms again.

This is one round.

Stage 2:

Extend the arms sideways at shoulder level, hands open and palms facing the ceiling.

Bend the arms at the elbows and touch the fingers to the shoulders. Again straighten the arms sideways.

Breathing:

Inhale while straightening the arms.

Exhale while bending the arms.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breathing, the mental counting and the movement.
- ❖ Throughout both stages, the upper arms remain parallel to the floor, elbows at shoulder level.

e) SKANDHA CHAKRA

Skandha Chakra (shoulder socket rotation)

Stage I:

Remain in the base position or a cross-legged pose.

Place the fingers of the right hand on the right shoulder.

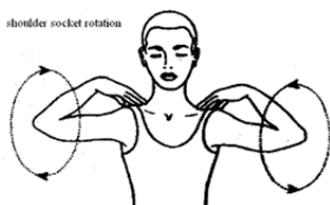
Keep the left hand on the left knee and the back straight.

Rotate the right elbow in a large circle.

Practice clockwise and anti-clockwise.

Repeat with the left elbow.

Make sure that the head, trunk and spine remain straight and still.



Stage 2:

Place the fingers of the left hand on the left shoulder and the fingers of the right hand on the right shoulder.

Fully rotate both elbows at the same time in a large circle.

Try to touch the elbows in front of the chest on the forward movement and touch the ears while moving up.

Stretch the arms back in the backward movement and touch the sides of the trunk while coming down.

Practice slowly clockwise and then anti-clockwise.

Breathing:

Inhale on the upward stroke.

Exhale on the downward stroke.

Rules:

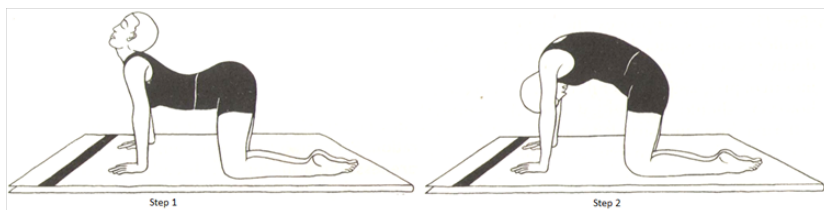
- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, mental counting and the stretching sensation around the shoulder joint.

Scientific Reason:

The shoulder asanas relieve the strain of driving and office work, and are helpful in cervical spondylitis and frozen shoulder. They also maintain the shape of the shoulder and chest.

2. Marjari asana

Marjari-asana (cat stretch pose)



Sit in vajrasana.

Raise the buttocks and stand on the knees.

Lean forward and place the hands flat on the floor beneath the shoulders with the fingers facing forward.

The hands should be in line with the knees; the arms and thighs should be perpendicular to the floor.

The knees may be together or slightly separated.

This is the starting position.

Inhale while raising the head and depressing the spine so that the back becomes concave.

Expand the abdomen fully and fill the lungs with the maximum amount of air.

Hold the breath for 3 seconds.

Exhale, while lowering the head and stretching the spine upward.

At the end of exhalation contract the abdomen and pull in the buttocks.

The head will now be between the arms, facing the thighs.

Hold the breath for 3 seconds, accentuating the arch of the spine and the abdominal contraction.

This is one round.

Breathing:

Try to perform the movement breathing as slowly as possible.

Aim at taking at least 5 seconds for both inhalation and exhalation.

Ujjayi breathing may be used.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the breath synchronized with the movement and flexion of the spine from top to bottom.
- ❖ Spiritual — on swadhisthana chakra.
- ❖ Do not bend the arms at the elbows. Keep the arms and thighs vertical throughout.

Scientific Reason:

This asana improves the flexibility of the neck, shoulders and spine. It gently tones the female reproductive system. Women suffering from

menstrual disorders and leucorrhea will obtain relief by doing marjari-asana and it may be practiced during menstruation for relief of cramps.

3. Vajrasana

Vajrasana (thunderbolt pose)

Kneel on the floor.

Bring the big toes together and separate the heels.

Lower the buttocks onto the inside surface of the feet with the heels touching the sides of the hips.

Place the hands on the knees, palms down.

The back and head should be straight but not tense.



Avoid excessive backward arching of the spine.

Close the eyes, relax the arms and the whole body.

Breathe normally and fix the attention on the flow of air passing in and out of the nostrils.

Awareness:

Rules:

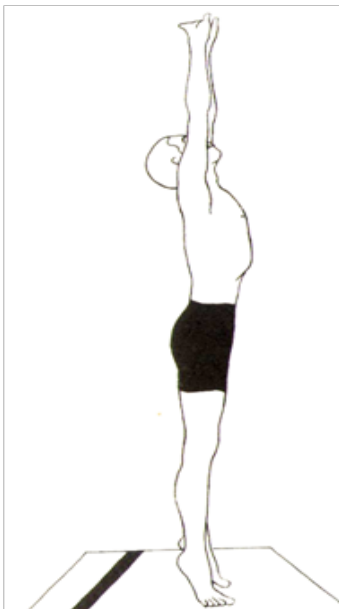
- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the normal breathing process, this will bring tranquility to the mind if practiced with the eyes closed.
- ❖ Spiritual — on manipura chakra.

Scientific Reason:

It is a preventative measure against hernia and also helps to relieve piles. It increases the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity and peptic ulcer. It reduces the blood flow to the genitals and massages the nerve fibers which feed them, making it useful in the treatment of dilated testicles and hydrocele in men. It assists women in labour and helps alleviate menstrual disorders.

4. Thadasana

Tadasana (palm tree pose)



Stand with the feet together or about 10 cm apart, and the arms by the sides.

Steady the body and distribute the weight equally on both feet.

Raise the arms over the head.

Interlock the fingers and turn the palms upward.

Place the hands on top of the head.

Fix the eyes at a point on the wall slightly above the level of the head.

The eyes should remain fixed on this point throughout the practice.

Inhale and stretch the arms, shoulders and chest upward, raise the heels coming up onto the toes.

Stretch the whole body from top to bottom, without losing balance or moving the feet.

Hold the breath and the position for a few seconds.

At first it may be difficult to maintain balance but with practice it becomes easier.

Lower the heels while breathing out and bring the hands to the top of the head.

This is one round.

Relax for a few seconds before performing the next round.

Breathing:

The breath should be synchronized with the raising and lowering of the arms.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the breathing, maintaining balance and the stretch of the whole body from top to bottom.

- ❖ Spiritual — initially on mooladhara chakra to provide stability; once balance is achieved, change to ajna.
- ❖ Tadasana can be followed by any inverted asana.

Scientific Reason:

This asana develops physical and mental balance. The entire spine is stretched and loosened, helping to clear up congestion of the spinal nerves at the points where they emerge from the spinal column. Tadasana stretches the rectus abdomini muscles and the intestines and is useful during the first six months of pregnancy to keep the abdominal muscles and nerves toned.

5. Thoracic breathing

THORACIC BREATHING

Sit in a meditation posture or lie in shavasana and relax the whole body.

Maintain unbroken awareness of the natural breath for some time, concentrating on the sides of the chest.

Discontinue any further use of the diaphragm and begin to inhale by slowly expanding the rib cage.

Feel the movement of the individual ribs outward and upward, and be aware of this expansion drawing air into the lungs.

Expand the chest as much as possible.

Exhale by relaxing the chest muscles. Feel the rib cage contracting and forcing the air out of the lungs.

Breathe slowly and deeply through the chest with total awareness.

Do not use the diaphragm.

Continue thoracic breathing for a few minutes, pausing slightly after each inhalation and exhalation.

Rules:

- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

Thoracic breathing is often associated with physical exercise and exertion, as well as stress and tension, when it helps the body to obtain more oxygen.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 7 years



Scientific Reason:

Eye-Hand –Mind Coordination. Enhances concentration, observing skills and reflex action.

Materials Required:

- A chalk
- 4 Game pieces as Fruit

Goal:

The goal of the game is to guard the fruit from the other players.

How to play:

1. The game can be played by 5 or more players
2. A person will be chosen as “Anir pillai” (squirrel)by any selecting method.
3. A big square will draw in the ground using 4 lines.
4. 4 fruits will be kept in the centre of the square.
5. The other players will try to take the fruit from the square, while the “Anir pillai” will try to protect the fruits.
6. At a point there will be 2 players remain then if the “Anir pillai” succeeded in touch the player while taking the fruit then he will be the winner. And if the player succeeded in taking the fruit without the touch of the player then he is the winner.

Rules to play:

- ❖ The “Anir pillai”can touch the player while taking the fruit from inside the square, in that case the player will be the next “Anir pillai” and the ex- Anir pillai” can join the others.
- ❖ While guarding the fruits if any player taken the fruit from the square then the “Anir pillai” will be out of the game and the player who taken the fruit can decide the next “Anir pillai”.
- ❖ The “Anir pillai” can’t go outside of the square.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 7 years



Scientific Reason:

Enhances the listening skills; improve interaction among children and also a good exercise for the muscles.

Materials Required:

- A small stone
- Powder or chalk for draw the uthi code

Goal:

The goal of the game is to pass the stone and when the “Attanayagan” says to run then the player who is having the stone have to run and touch the uthi code before touches by the other players.

How to play:

1. The game can be played by 5 or more players.
2. An uthi code is drawn in some distance from where the players sit for the game.
3. One of the players will be chosen as “Attanayagan”.
4. The players sit before the “Attanayagan” in a semicircle.
5. “Attanayagan” will take the small stone and he gives the stone to any one of the player without the knowledge of the others. And he act as giving the stone to everyone; all the sitting players also act as they received the stone (in actual only one player gets the stone).
6. “Attanayagan” will sing a song while acting as passing the stone to each player “kallu koduthan kalley vaa”. At the end the “Attanayagan” will say “kallai kondu oodi po”

7. The player who is having the stone have to run and touch the uthi code before touches by the other players.
8. The winner will be the one who remains at the end.

Rules to play:

- ❖ If the players touch the running player before he touches the uthi code then the running player will be out of the game. Then among remaining players select the next “Attanayagan” using any selecting method.
- ❖ If the players are not able to touch the running player and he succeeded in touching the uthi code then he will be the next “Attanayagan”. And the game continues.

11

Kankatti Vilayattu

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 7 years

Scientific Reason:

Enhances the team working skills, interaction, and the guessing skills.

Materials Required:

- A black cloth for blind folding.

Goal:

The goal of the game is to touch the players while blind folded.

How to play:

1. The game can be played by 5 or more players.
2. One of the players will be selected as the touching person using any selecting method.
3. The selected player is blind folded and the other players try to confuse the player to chase them.
4. The touching person has to touch any of the other players guessing their position.
5. The touching person will be selected for each time. After an expelling of the player.
6. The winner will be the one who remains at the end.

Rules to play:

- ❖ A boundary will be fixed for the game.

- ❖ Any player crosses the boundary will be out of the game.
- ❖ A time limit will be fixed for the touching person to touch any player.
- ❖ The other players can't touch the touching person only can make sounds to confuse him/ her.
- ❖ If the touching person touches any players within the time limit then the player will be expelled from the game and the touching person can join the other players.
- ❖ If the touching person not able to touch any other in the given time period then he will be out of the game.

12

Oru kudam thanni

Type of the Game	: Outdoor	Category	: Girls
No. of player	: Minimum 3	Age Group	: 7 years



Scientific Reason:

Enhances mind-reading, word building, memory power and singing ability.

Materials Required:

- A pen and paper to mark the points.

Goal:

Goal of the game is to pass the arch without getting trapped.

How to play:

1. The game can be played by 3 or more players,
2. Any of two players are selected to forming the arch by any selecting method.

3. The two selected girls will form an arch by holding their hands together by standing opposite to opposite.
4. The rest players in the group will run in circles through the arch singing “orukudamthannioothi ore poo poothadhaam”(English translation: after pouring one bucket water, one flower flowered) and for the second round “rendukudamoothirendu poo poothadhaam ” (English translation: after pouring second bucket water..) And so on.
5. For every sentence they will pass through the arch formed by the two girls.
6. While they sing “poothadhaam” the girl passing the arch will be trapped by the girls forming the arch.
7. The girl trapped in the arch will now go to the arch team releasing one girl (girl who first got selected for forming the arch) to go around with others.

Rules to play:

- ❖ If any girls will trapped in the arch second time then she will be out from the game.

Song

“Oru KudamThanni Oothi ore Poo Poothadhaam”
“Rendu KudamThanni Oothi Rendey Poo Poothadhaam”
“Mundru KudamThanni Oothi Mundruey Poo Poothadhaam”
“Nalu KudamThanni Oothi Naley Poo Poothadhaam”
“Aynthu KudamThanni Oothi Aynthey Poo Poothadhaam”
“Aaru KudamThanni Oothi Aarey Poo Poothadhaam”
“Eazhu Kudam Thanni Oothi Eazhuey Poo Poothadhaam”
“Ettu KudamThanni Oothi Ettey Poo Poothadhaam”
“Onpathu KudamThanni Oothi Onpathey Poo Poothadhaam”
“Pathu KudamThanni Oothi Pathu Poo Poothadhaam”

Reference :

<http://www.traditionalgames.in/home/indoor-games/-oru-kodam-thanni-oru-kutam-tanni>

13

Pachal kuthirai thanduthal

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 2	Age Group	: 7 years

Scientific Reason:

This game helps the players to jump over high walls and other obstacles they face.



Materials Required:

- A Chalk or powder to draw a straight line in the ground.

Goal:

The goal of the game is to jump over all the players without fail.

How to play:

1. The game can be played by two or more players.
2. Draw a straight line in the ground.
3. The players gather in the ground and stand in a straight line leaving 3 to 4 feet gap between each other and bend, the position after they bend will look like a horse.
4. The person standing at the end of the line should run and keep his hand on the back of the person bending in front of him and jump over him, he should jump over all the players (who are in different posture to make different heights) as we do in hurdles.
5. Once he reaches the last player, he bends and the other person last in the line will start jumping over others and bends once he reaches the end. This continues until all players' jumps over others.

Rules to play:

- ❖ If any player failed to jump over any one then he will be expelled from the game; and the rest players will continue the game.

Reference:

<http://www.traditionalgames.in/home/outdoor-games/pacha-kudhura-pacca-kutirai>

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 7 years



Scientific Reason:

This game enhances balancing skills of the child and also a good exercise for the muscles.

Materials Required:

- Sack for each players
- A chalk or powder to mark the starting and finishing lines.

Goal:

The goal of the game is to place both of their legs inside a sack and jump forward from starting point toward a finish line.

How to play:

1. This is an individual racing game.
2. One starting line and a finishing line will be drawn in the ground.
3. All the players will be starts the race from the starting line on the count of 3.
4. Participants place both of their legs inside a sack that reaches their waist or neck and jump forward from a starting point toward a finish line.
5. The first person to cross the finish line is the winner of the race.

Rules to play:

- ❖ There can't be any holes in the sack which is used for the race
- ❖ Participants will run with the sack, put both feet in and begin hopping toward the finish line

- ❖ Contestants must keep both feet in sack and at least one hand on the sack at all time
- ❖ The sack must remain as close to the waist as possible and should not fall below the knees.
- ❖ If anyone fall down or taken the legs out of the sack then they will be out of the race.

15

Thavalai villayattu

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 4	Age Group	: 7 years

Scientific Reason:

This game is a good exercise for the muscles and it is also good for the blood circulation among the body in a unique way.



Materials Required:

- Chalk or powder for marking the lines

Goal:

The goal of the game is to reach the finishing line as soon as possible by jumping like a frog.

How to play:

1. This is a race game.
2. Starting and finishing lines are drawn in the ground.
3. At the count of three the players have to jump like frogs from the starting line to the finishing line.
4. The winner will be the one who reach first.

Rules to play:

- ❖ The players can only jump like frog after the race started.
- ❖ If any player stand up in legs he will be disqualified.

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 5	Age Group	: 7 years

Scientific Reason:

The game enhances the team spirit and co- ordination among the children and it is a good exercise for the legs

Goal:

The goal of the game is to escape from the catcher and release the locked player from the catcher

How to play:

1. In any method of selecting, one person has to be selected for this game. That child is a catcher. Remaining children are the runners.
2. The children who are the runners' gets tired or unable to run further, the player can sit in the ground. That time the catcher will lock that child.
3. While trying to touch the locked child, if any running players get touched by the catcher, he will be out of the game.

Rules to play:

- ❖ The locker person will be released only when the other runners touch him.
- ❖ If catcher touches the locked person, then the catcher will be out and the locked player will be the next catcher; and the game continues.

Class - IV

1

Pallanguzhi - Sarippandi

Type of the Game	: Board Game	Category	: Girls
No. of player	: Minimum 2	Age Group	: 7 years



Scientific Reason:

Hand-Eye-Mind Coordination. Enhances memory, teaches Patience, improves observation skills, math and motor skills.

Materials Required:

➤ Game board with 14 pits

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Sarippandi	2	5	6	Common to both

Goal:

The goal of the game is to get more coins as per the conditions.

How to play:

1. The game board has 14 pits.
2. The game is played by two persons.
3. Each player has 6 pits on the board and the two centre pits are common to both players.
4. 5 game pieces are put in to each pit. This is known as Poottutal.
5. The player starts taking coins from one pit and puts one coin each in consecutive pits. This is known as pirithupoduthal.

6. When the last coin is put in a pit, the pieces in the next pit are taken out and distributed in consecutive pits.
7. If the next pit is vacant the player can take the pieces in the immediate next pit for herself. It is known as thadavieduttal.
8. If the pieces are intact in that pit without being touched so far, it is known as pandi.qat this stage, the game continued by the next player.
9. If both the players at one point of time have equal number of game pieces then the game pieces are not singly distribute in the subsequent pits.
10. All the coins of one pit are fully taken and put in the next pit and the round continues till the player comes near an empty pit which enables her to take the pandi from the pit next to the vacant pit.
11. The winner will be the one who is having the more number of coins at the end

Rules to play:

- ❖ There is no pasu in this board game.
- ❖ The coins are not distributed in each pit.

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>
<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

2

Square Game-1

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 8 years

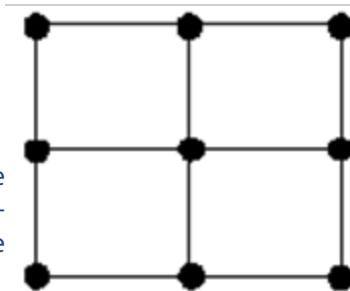
This game enhances the concentrate and quick decision making skills.

Materials Required:

- Game board
- Each player have 3 game pieces

Goal:

This is a strategic game, block the opponent from making the adi and himself make maximum adi is the goal of the game.



How to play:

1. Two persons play the game having three game pieces each.
2. The board consists of three vertical and three horizontal lines forming four squares. There are nine meeting points in the board.
3. The players sit opposite to each other. And they use two sets of coins one different from the other.
4. The first player keep his coin in one point, the second player keep his coin on another point of his choice.
5. Then the first player keeps his second coin so that in the third round he could have all his three coins in a row either vertically or horizontally.
6. But the second player would keep his second coin in that row so that the first player could not complete his first row.
7. As six coins occupy six points, the coins have to move in the 3 vacant points.
8. If all the 3 coins of one player brought in one row then it is called Adi. One who makes maximum adi in the given time limit is the winner

Rules to play:

- ❖ A time limit will fix for the game.
- ❖ The coins can move to a vacant position only after all the 6 coins occupied in the game board.

3

Thayakattam

Type of the Game : **Outdoor**
No. of player : **Minimum 2**

Category : **Boys/Girls**
Age Group : **8 years**

Scientific Reason:

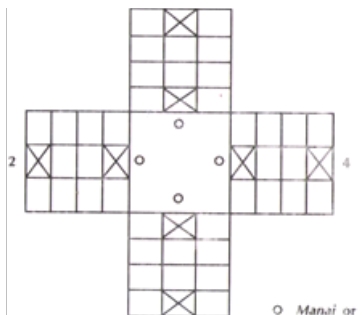
This game enhances the concentration, quick decision making skills and alertness.

Materials Required:

- Game board
- 4 cowries as throwing pieces
- 4 Game pieces for each players

Goal:

The goal of the game is to bring all his coins as pazham before the opponent do.



How to play:

1. The game played by two or four players.
2. Each player has 4 game pieces or coins.
3. 4 cowries are used as the game pieces.
4. The players move from the centre square and go round the board as they like according to the counts in the throwing pieces.
5. The players are eligible to enter inside his playing area to reach his mania to a successful round, only if they cut a coin of the other players.
6. It is Ulnuzhaithal (entering in) afterwards he has to take his coin to the mania to get pazham.
7. The player who brings all his coins as Pazham is the winner.

Rules to play:

- ❖ The game could be started only by putting tayam
- ❖ While moving if the player's game piece is in one square and if gets the count suitable to move his coin to that square, he is permitted to cut the coin.
- ❖ The cut coin goes back to the malai and start again with a tayam.
- ❖ One who finishes the round after cutting the coin of the opponent at least once is eligible to go for Pazham.

4

Kuthu villaiyatu

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 8 years



Scientific Reason:

This game enhances the concentration, stamina and the reflexive action.

Materials Required:

- A pen and paper to mark the points.

Goal:

The goal of the game is hold the fist of the opponent while he punching.

How to play:

1. The game is played by two players.
2. 1st player will seize his both hands, intertwining, and asks the other player to punch in it.
3. While punching, if the 1st player holds the 2nd player's fist then the 1st player will get a point.
4. The winner will be the one who get the max point in the end.

Rules to play:

- ❖ The force of the punch will be moderated.
- ❖ A significant number of punches will fix.
- ❖ Each player has to get equal number of punching and holding chances.

5

Otraiya Rettaya

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 8 years



Scientific Reason:

This game enhances the presumption skills of the child.

Materials Required:

- Equal number of Tamarind seeds for each players

Goal:

Guess the number of seeds correctly

How to play:

1. The game can be played by 2 players.
2. Each player having 100 (equal number of) tamarind seeds.
3. Any one of the player will ask the other after took some seed in his fist without noticed by the opponent "Otraiya Rettaya?"(Even or Odd?) .
4. The opponent will answer any one of ottai (odd) or rettai (even).
5. Then the 1st player will show the seeds in his fist and if its number is even and the 2nd player said rettai then all the seeds will be given to the second player and the second player will start to play by the same way.
6. And if he says ottai and the number of seeds is even then the first player can keep the seeds himself and play again.
7. The winner will be the one who have more number of seeds.

Rules to play:

- ❖ Each players will have equal number of seeds while the starting.
- ❖ If the player says a wring answer then the turn will goes to the opponent.

6

Yoga

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 8 years

1. Pawanmuktasana 1:

a) DWI JANU NAMAM

Dwi Janu Naman (double knee bending)

Sitting in the base position, place both palms flat on the floor at the side and slightly in front of the buttocks.

Bend both knees together, and place the feet on the floor in front of the buttocks, about 8cm above the floor in the final position.

Points the toes forward, the hands and arms should support and maintain stability of the body.

Try to keep the head and spine upright. Remain in the position for a second.

Bend the knees and bring the legs back to the starting position, keeping the heels slightly above the floor.

Draw the toes back toward the shins. This is one round.

Keep the heels off the floor throughout the practice.

Breathing:

Inhale while straightening the leg. Exhale while bending the legs.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath mental counting, movement and balance.
- ❖ This is a strenuous practice and should not be attempted by people with weak abdominal muscles, back conditions, high blood pressure or heart conditions.
- ❖ The hands may also be clasped under the thighs as in janu naman. This is a good preparatory asana for brahmacharyasana .

b) JANU CHAKRA

Janu Chakra (knee crank)

Sit in the base position.

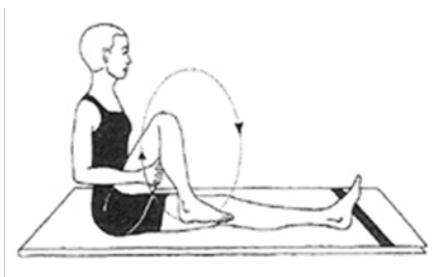
Bend the right leg at the knee as described in practice 6.

Place the hands under the right thigh and interlock the fingers or cross the arms holding the elbows.

Raise the right foot from the ground.

Rotate the lower leg from the knee in a large circular movement; try to straighten the leg at the top of the upward movement.

The upper leg and trunk should be completely still rotate 10 times clockwise and then 10 times anti-clockwise repeat with the left leg.



Breathing:

Inhale on the upward movement. Exhale on the downward movement.

Rules:

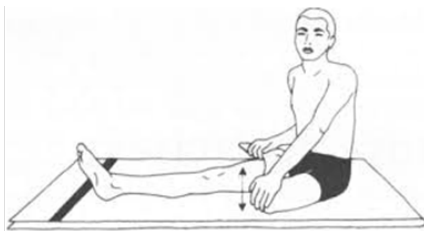
- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, mental counting, movement and perfection of circular rotation.

Scientific Reason:

Since the knee joint bears the whole weight of the body and has no strong muscles for support, it is most vulnerable to injuries, sprains and osteoarthritis. All the knee asanas strengthen the quadriceps muscle and the ligaments around the knee joint. These asanas rejuvenate the joint by activating the healing energies.

c) ARDHA TITALI ASANA

Ardha Titali Asana (half butterfly)



Sit in the base position.

Bend the right leg and place the right foot as far up on the left thigh as possible.

Place the right hand on top of the bent right knee.

Hold the toes of the right foot

with the left hand. This is the starting position.

Stage I:

With breath synchronization

While breathing in, gently move the right knee up towards the chest. Breathing out, gently push the knee down and try to touch the knee to the floor.

The trunk should not move. Do not force this movement in any way.

The leg muscles should be passive, the movement being achieved by the exertion of the right arm. Slowly practice up and down movements.

Stage 2:

Without breath synchronization

Remain in the same position with the right leg on the left thigh.

Relax the right leg muscles as much as possible.

Push the right knee down with the right hand and try to touch the knee to the floor.

Do not strain. Let the knee spring up by itself.

The movement is achieved by use of the right arm only.

Practice up and down movements in quick succession.

Breathing should be normal and unrelated to the practice.

Repeat stages 1 and 2 and the unlocking procedure with the left leg.

Rules:

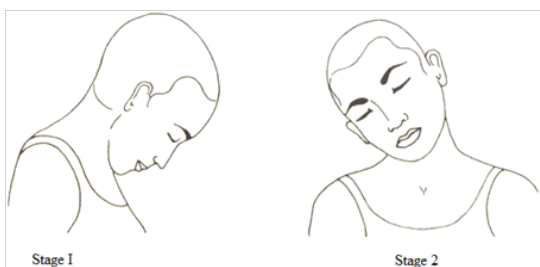
- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On mental counting, movement of hip joint and relaxation of inner thigh muscles.
- ❖ To unlock the leg after completing stage 2, slowly and carefully straighten the leg. Bend it once, bringing the heel near the buttock. Straighten the leg. This procedure will ensure that the knee joint is realigned correctly.

Scientific Reason:

This is an excellent preparatory practice for loosening up the knee and hip joints for meditative poses. Those people who cannot sit comfortably in cross-legged positions should practise ardha titali asana daily, both morning and evening.

d) GREEVA SANCHALANA

Greeva Sanchalana (neck movements)



Stage I :

Sit in the base position or a cross-legged pose with the hands resting on the knees in jnana or chin mudra.

Close the eyes. Slowly move the head forward and try to touch the chin to the chest.

Move the head as far back as comfortable. Do not strain.

Try to feel the stretch of the muscles in the front and back of the neck, and the loosening of the vertebrae in the neck.

Stage 2:

Remain in the same position, keeping the eyes closed.

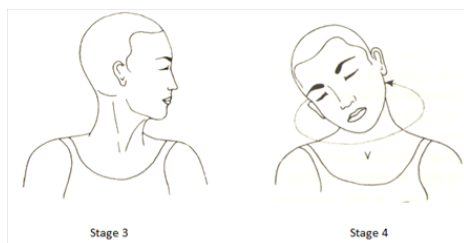
Face directly forward.

Relax the shoulders.

Slowly move the head to the right and try to touch the right ear to the right shoulder without turning the head or raising the shoulders. Move the head to the left side and try to touch the left ear to the left shoulder.

This is one round.

Do not strain; touching the shoulder is not necessary.



Stage 3:

Remain in the base position.

Keep the head upright and the eyes closed.

Gently turn the head to the right so that the chin is in line with the shoulder.

Feel the release of tension in the neck muscles and the loosening of the neck joints.

Slowly turn the head to the left as far as is comfortable.

Do not strain.

Stage 4:

Remain in the same position with the eyes closed.

Slowly rotate the head downward, to the right, backward and then to the left side in a relaxed, smooth, rhythmic, Circular movement.

Feel the shifting stretch around the neck and the loosening up of the joints and muscles of the neck.

Practice clockwise and then anti Clockwise.

Do not strain.

Breathing:

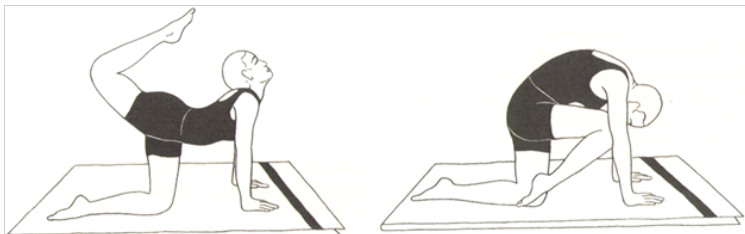
Inhale on the upward movement.

Exhale on the downward movement.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, counting, and the stretching sensation of the muscles in the sides of the neck.

2. Vyaghrasana



Vyaghrasana (tiger pose)

Assume vajrasana.

Move into marjari-asana and look forward.

The hands should be placed directly below the shoulders.

Relax the whole body.

Straighten the right leg, stretching it up and back.

Bend the right knee and point the toes towards the head.

Look up and try to touch the toes to the back of the head.

Hold the breath for a few seconds in this position.

Straighten the right leg, bend the knee and swing the leg under the hips.

Simultaneously, arch the back up and bend the head down.

The right foot should not touch the floor.

Press the knee against the chest and touch the nose to the knee.

The spine should be convex.

Fix the eyes on the knee for a few seconds while retaining the breath outside.

Move the foot straight back and again stretch the leg.

Bend the knee and continue with the slow swinging movements, repeat with the other leg.

Breathing:

Inhale while stretching the leg backward.

Retain while bending the knee.

Exhale while swinging the knee to the chest.

Benefits:

This asana exercises and loosens the back by bending it alternately in both directions and tones the spinal nerves. It relaxes the sciatic

nerves, relieving sciatica, and loosens up the legs. It tones the female reproductive organs and is especially beneficial for women after childbirth and those who have given birth to many children. It stretches the abdominal muscles, promotes digestion and stimulates blood circulation, reduces weight from the hips and thighs. Note: This asana is so called because it emulates the stretching movement made by a tiger as it wakes up from deep sleep.

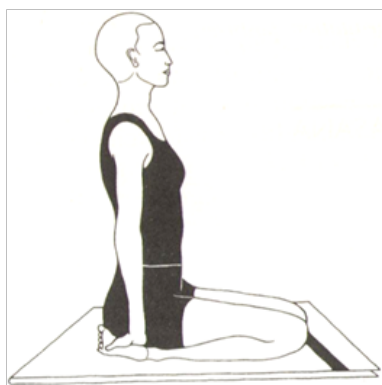
Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the movement synchronized with the breath.
- ❖ Spiritual — on swadhisthana chakra.

Scientific Reason:

This asana exercises and loosens the back by bending it alternately in both directions and tones the spinal nerves. It relaxes the sciatic nerves, relieving sciatica, and loosens up the legs. It tones the female reproductive organs and is especially beneficial for women after childbirth and those who have given birth to many children.

3. Ananda Madirasana



Ananda Madirasana (intoxicating bliss pose)

Sit in vajrasana. Place the palms on top of the heels so that the fingers are pointing towards each other.

If this is uncomfortable, place the palms just above the heels.

Keep the head and spine erect, close the eyes and relax the whole body.

Fix the attention at bhrumadhya, the eyebrow centre.

Breathing:

Slow and deep; imagine that the breath is moving in and out of the eyebrow centre.

Inhale from the eyebrow centre to ajna chakra and exhale from ajna to the eyebrow

Centre.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — in the early stages of the practice, awareness should be on the breathing process. When sufficient relaxation has been achieved, awareness may be transferred to the eyebrow centre.
- ❖ Spiritual — on ajna chakra

Scientific Reason:

This asana is used primarily to awaken ajna chakra. It also calms the mind, ‘relaxes the nervous system and gives all the benefits of vajrasana.

4. Tiryaka Tadasana

Tiryaka Tadasana (swaying palm tree pose)

Stand with the feet about 2 feet apart.

Fix the gaze on a point directly in front. Interlock the fingers and turn the palms outward.

Inhale and raise the arms over the head.

While exhaling, bend to the left side from the waist.

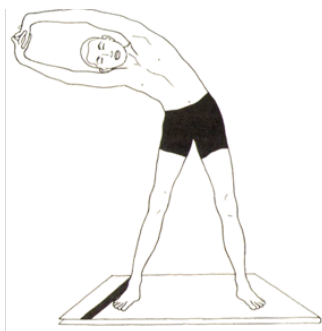
Do not bend forward or backward or twist the trunk.

Hold the position for a few seconds while retaining the breath outside.

Inhale and slowly come to the upright position.

Repeat on the right side.

From the upright position exhale while bringing the arms down to the sides, this completes one round.



Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing. Spiritual — on ajna chakra
- ❖ Physical —on the breath synchronized with the movement keeping balance, the stretch along the side of the body, and keeping the body and head facing forward without twisting.
- ❖ Spiritual — on mooladhara or manipura chakra.

Scientific Reason:

As for *tadasana*, but it especially massages, loosens and exercises the sides of the waist. It balances the right and left groups of postural muscles.

5. Clavicular breathing

CLAVICULAR BREATHING

Lie in *shavasana* and relax the whole body.

Perform thoracic breathing for a few minutes.

Inhale fully expanding the rib cage.

When the ribs are fully expanded, inhale a little until expansion is felt in the upper portion of the lungs around the base of the neck. The shoulders and collar bone should also move up slightly.

This will take some effort.

Exhale slowly, first releasing the lower neck and upper chest, then relax the rest of the rib cage back to its starting position.

Continue for a few more breaths, observing the effect of this type of breathing.

Rules:

- ❖ Meditation is assessed on their posture- *mudra* with breathing.
- ❖ Clavicular breathing only used under conditions of extreme physical exertion and when experiencing obstructive airway diseases, such as asthma.

Scientific Reason:

Pranayama helps better functioning of autonomic system improves the working of rib cage expansion. Pranayama strengthens the immune system. Pranayama purifies the body and the mind.

7

Eliyum Poonaiyum

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 10	Age Group	: 8 years

Scientific Reason:

This game develops the team working skills and the co ordination of the children.



Goal:

The goal of the game is to guard the mouse from the cat.

How to play:

1. This is a team game. Two teams are formed.
2. Each team have equal number of players.
3. In one team will cats and the other team will be Mice.
4. Among the cat team one player will be chosen as cat and from the mouse team also a player select as mouse using any selecting method.
5. The mouse team other than the chosen mouse will form a circle by intertwining the each other's hands.
6. The mouse will stay inside the circle. And the cat will be outside the circle frame and the cat will try to catch the mouse by breaking the circle framed by the players.
7. The players will try to prevent the cat from entering in the circle.
8. In case cat is succeeded in entering the circle then the players help the mouse from leaving circle and escape from the cat. And will not allow the cat to leave the circle frame.
9. The winner will be the team in which the maximum members are remaining.

Rules to play:

- ❖ The cat can break the circle frame with or without the force.
- ❖ If the cat caught the mouse then the mouse will be out of the game and the cat will select another player from the team as new cat and he join the team.
- ❖ The cat will get a fixed time to catch the mouse if he is not able to catch the mouse in the fixed time then he will be out of the game.
- ❖ If the mouse is caught by the given time by the cat then he will be out of the game and the one who made the cat to break the circle frame became the next mouse.

- ❖ A time period will be fixed. After the first half the team will change as the cat team became the mice and the mouse team became the cats.
- ❖ A song will be sung in a question answer method by the two teams.

Song

Cat : "Sundeliyai parthirgala?"

Mouse Team : "Aamam"

Cat : "Eenge?"

Mouse Team : "Veetukkulley"

Cat : "Varalama"

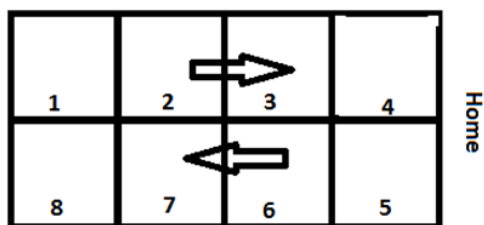
Mouse Team : "Varakudathu"

8

Ettukodu

Type of the Game : **Outdoor**
No. of player : **Minimum 2**

Category : **Girls**
Age Group : **8 years**



Scientific Reason:

Hand- Eye-Leg Coordination. Enhances balance, concentration and this is a good exercise for the muscles and it increase blood flow to your entire body.

Materials Required:

- Silli (piece of Pot)
- Chalk or powder to draw the game Frame

Goal:

The aim of the game is to capture maximum number of squares in the grid by hopping and jumping through the court in a specific pattern without the feet touching the lines and without putting a hand down to gain balance.

How to play:

1. The game can be played by 2 or more players.
2. The grid is drawn on the ground as shown in the figure.

Phase 1:

- Stand outside of the grid, near square 1
- Throw the stone in square 1
- Starting from square 1 hop over the stone bend and pick the stone in square 1 on your way to 'Home' and turn back and hop through square 4, 5, 6 and 7
- Throw the stone in square 2
- Starting from square 1 hop over the stone bend and pick the stone in square 1 on your way to 'Home' and turn back and hop through square 5, 6 and 7
- Repeat the above process by throwing the stone in 3, 5, 6, 7 and 8

Phase 2:

- Place the stone in the palm opened
- Hop, starting from 1 unto 8, the player can stand in two legs in the home.
- Throw the coin out the grid (not too far) and jump on it in hopping position
- Repeat the process with the coin in the palm inverted

Phase 3:

- Ask the other players for "kaaya" or "Pazhalama"
- If the other players choose Kaai, sit down with back facing the grid and throw the coin so that may falls in any of the squares.
- If the players choose Pazhalam, then stand up with back facing the grid and throw the coin so that it may fall in any of the squares

- Hop into the grid, and pick up the coin as in the previous steps
- Draw a cross in the box in which you picked up the stone. (In this box, you can rest both of your legs)
- Hop out the grid with the stone. Now this indicates that you have captured a box.

Phase 4:

- Go through all above phases to capture the other boxes. You can rest both of your legs in boxes 4 and 5 and in the boxes that you have captured.
3. The winner will be the one who capture more boxes.

Rules to play:

A player loses her chance at any stage if

1. She Lands on a box that is captured by the opponents.
2. The coin is thrown on crossed squares.
3. The coin falls out of the grid.
4. The coin falls on the lines of the grid.
5. The coin slips down off the palm.

9

Fill the bottle

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 8 years

Scientific Reason:

The game enhances the concentration and alertness among the children.

Materials Required:

- Transparent bottles(as per the number of players)
- A bucket full of water

Goal:

The Goal of the game is to fill the bottles.

How to play:

1. This is an individual game.
2. Starting and finishing lines are drawn in a difference of 10 meter. A bucket of water will be place in the starting line and bottles in the finishing line as per the number of players.
3. Each player will be assigned for a particular bottle.

4. At the count of 3 the players have to take hand full of water from the bucket and run or walk and fill the assigned bottle.
5. The winner will be the one who fills the bottle first.

Rules to play:

- ❖ The players can take water only in hands.

10

Kudirai silli

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 2	Age Group	: 8 years



Scientific Reason:

This game enhances the concentration, accuracy and social interaction.

Materials Required:

- Two sillis (pot pieces)

Goal:

Goal of the game is to hit the opponents silli with own silli .

How to play:

1. The game is played by 2 players.
2. Among two players one player is the horse and other will be rider.
3. The horse will sit in his knees and hands in the ground (crawling posture) and the rider will sit top of the horse
4. The horse will throw his Silli forward and ask the rider to hit it.
5. If the rider hit the silli then the rider get one point and again he can continue as the rider. If he can't hit then the rider became the horse and the horse became the rider. And the game continues.
6. The winner will be the one who get more point at the end.

Rules to play:

- ❖ Each team get 5 chances.
- ❖ After the first team complete their chances the second team will play.
- ❖ If a tie occurs then among those players the game will start and there will be only one chance.

11

Mukkaal oottam

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 8	Age Group	: 8 years

Scientific Reason:

The game will enhance the children about the team work coordination and concentration skills.

Materials Required:

- A rope or a cloth (one for each pair of children)
- Chalk or powder for marking

Goal:

The goal of the game is for the partners to run together without falling over, and beat the other contestants to the finish line.

How to play:

1. The game is played by two pairs.
2. Starting and finishing lines are drawn.
3. Stand with your partner in the starting line and face the same direction with your legs touching.
4. Tie the rope or cloth securely around the touching ankles.
5. Put your arm around your partner's waist, and have your partner do the same.
6. Put your untied leg behind to start the race.
7. Run towards the finishing line on the count of 3.
8. The winners are the pair of children who cross the finish line first as per the conditions.

Rules to play:

- ❖ If the rope is untied then the pair will be disqualified.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 8 years



Scientific Reason:

The game enhances the vision, concentration, and also a good exercise for muscles.

Materials Required:

- Needle and Thread for each participant
- Chalk or powder to draw the starting and finishing lines
- A stool or a desk

Goal:

The goal of the game is to thread the needle and reach the finishing line with it.

How to play:

1. The game is an individual game can be played by minimum 3 players.
2. Starting and finishing lines are drawn.
3. A needle and a thread will be placed in a stool in front of each player.
4. At the count of three the players have to pick the needle and thread the needle.
5. The players who thread the needle have to run towards the finishing line.
6. The winner will be the one who reach the finishing line first with the threaded needle.

Rules to play:

- ❖ The players can only start to run towards the finishing line only after the needle is threaded.
- ❖ If the needle is dropped or un-threaded then the player will be disqualified from the game.

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 2	Age Group	: 8 years



Scientific Reason:

The game enhances the coordination and concentration of children.

Materials Required:

➤ Pambaram (top), Rope

Goal:

The goal of the game is to make the “Pambaram” to spin as long a possible.

How to play:

1. This is an individual game. The game can be played by 4 or more players.
2. Each player having a top (“Pambaram”).
3. All the players have to go at the same time for the ‘Goes’ – this is the ‘toss’ for the game. The ‘Goes’ process is – at the count of 1, 2, 3 all the players should spin their “Pambaram” with their ropes, unwind it on the ground to rotate
4. The Player’s “Pambaram” which rotates for long time is the winner.

Rules to play:

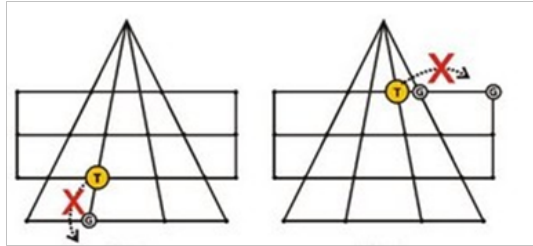
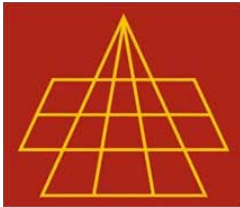
- ❖ If the “Pambaram” failed to rotate on its nail on the ground or else it rotates for short time, then that player will expel from the game.

Class - V

1

Aadu puli Aattam

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 2 & 4	Age Group	: 7 years



Scientific Reason:

Enhances the analytical thinking quick decision making and concentration skills.

Materials Required:

- Board with the game chart or Chart drawn on a floor (See Picture for chart)
- 3 coins for tiger and 15 coins for Goat.

Goal:

- Goat's objective is to encircle Tigers so that none of the Tigers can move. Tiger's objective is to kill 5 Goats.
- Tiger win if all the Goats are captured and Goat wins if all Tigers are blocked from movement.

How to play:

1. Draw the chart as in the picture in a paper or on the ground with chalk powder
2. Start the game with 3 Tigers (tigers) are one placed on the apex and 2 in the inner place closest to the apex. All Goats (goats) start off the board.
3. The pieces must be put at the intersections of the board lines and moves should follow these lines.
4. The player controlling the Goats' moves first by placing a Goat onto a free intersection on the board.

5. Then it is the tiger's turn. One tiger is then moved to an adjacent position along the lines that indicate the valid moves. Moves alternate between players.
6. A tiger captures a Goat by jumping over it to an adjacent free position (as in checkers). Goats cannot move until all 15 have been put on the board.

Rules to play:

The tigers must move according to these rules:

- ❖ They can start capturing Goats any moment after the match has started.
- ❖ They can capture only one Goat at a time.
- ❖ They can jump over a goat in any direction, but it must be to an adjacent intersection following any of the lines drawn on the board.
- ❖ A Tiger cannot jump over another Tiger.

The Goats must move according to these rules:

- ❖ They must leave the board when captured.
- ❖ They cannot jump over the Tigers or other Goats.
- ❖ They can only move after all 15 have been put on the board.

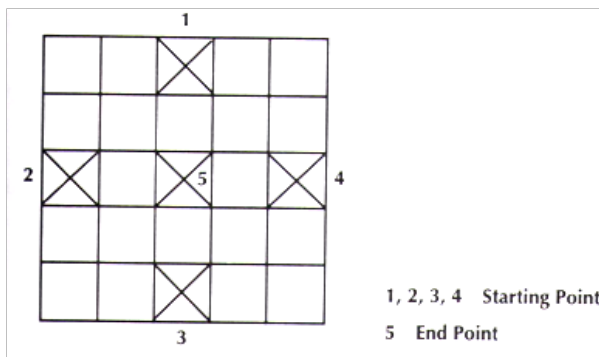
Reference

<http://www.traditionalgames.in/home/board-games/aadu-puli-attam-atu-puli-attam>

2

Nankukatta Thayam

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 2 or 4	Age Group	: 9 years



Scientific Reason:

This game enhances the concentration, quick thinking and strategic skills.

Materials Required:

- Game board
- 4 game pieces or coins for each player
- 4 cowries as throwing pieces

Goal:

The goal of the game is to bring all the game pieces to “manai”.

How to play:

1. The game is played by 2 or four players.
2. Each player having 4 game pieces, and 4 cowries are used as the throwing piece.
3. The game board is made of 6 horizontal and 6 vertical lines forming 25 squares, each row having 5 squares. The centre square in each side is the starting point for each player. There are 5 closed squares in the board including the mid square. At the centre of the board, there is a square where all coins have to reach to win the game.
4. “. The player come down from his “malai” or “manai” and goes round according to the numbers thrown in the showing pieces. Other players also follow the same procedure
5. One cutting is essential and the rest of the cutting is the choice of the players.
6. The coins move in the inner squares according to the throw and reach the central manai through the blank square in between their starting square and the central square.
7. One who brings all the four coins first to the central manai is the winner.

Rules to play:

- ❖ Game could be started by putting “tayam” (count of one on the dice).
- ❖ Second throw is permitted for 8, one and four.
- ❖ In case, one player’s coin happens to reach the square where the coin of other players is located, the latter gets cut by the former.
- ❖ The cut coins goes back to the “malai” and starts a game with a tay-am.

- ❖ The players are eligible to enter the inner squares only if they cut a coin of opponents in the outer square.
- ❖ No game piece could be cut in the crossed squares (manai).
- ❖ Coins of all players could be positioned at all the manais.

3

Pallanguzhi-Ethirpandi

Type of the Game	: Board Game	Category	: Girls
No. of player	: Minimum 2	Age Group	: 9 years

Scientific Reason:

Enhances memory, mathematical skills, coordination of hand movement, teach Patience, improves observation skills; think analytically, calculation skills, memory and attention.

Materials Required:

- Game board with 14 pits
- 70 Game pieces

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Ethirpandi	2	5	6	Common to both

Goal:

This is a strategic game with good memory and tact.

How to play:

- Two players participate in this board game.
- Each player has 6 pits and each pit has five coins.
- This game is mostly played as pasupandi with some differences.
- While distributing the game pieces in each pit, if the coin ends prior to a vacant pit, the payer could take the coins in the pit next to the empty pit and its opposite pit.
- As the game pieces in the two opposite pits are taken by the player, this game is known as Ethirpandi.
- The winner will be the one who have more number of game pieces

Rules to play:

- ❖ Even if there is no coin in the adjacent pit she is permitted to take the coins in the opposite pit.

- ❖ Taking the pasu in one row becomes the player's option. Without taking pasu the player can use it as the game piece if she wanted.

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>
<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

4

Square Game - II

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 9 years

Scientific Reason:

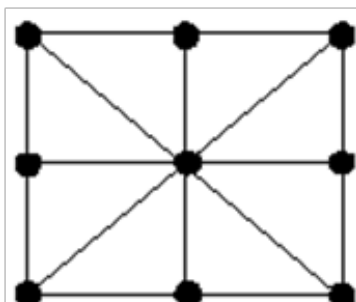
This game enhances the concentration and strategic thinking.

Materials Required:

- Game board
- Each player have 3 game pieces

Goal:

The goal of the game is to bring all the 3 coins in one row.



How to play:

1. Two persons play the game having three game pieces each.
2. The board consists of three vertical and three horizontal lines forming four squares. And 2 cross lines from one corner to the other corner of the game board facilitate the players to have two more chances with the three points to be connected up. There are nine meeting points in the board.
3. The players sit opposite to each other. And they use two sets of coins one different from the other.
4. The first player keep his coin in one point, the second player keep his coin on another point of his choice.
5. Then the first player keeps his second coin so that in the third round he could have all his three coins in a row either vertically or horizontally.
6. But the second player would keep his second coin in that row so that the first player could not complete his first row.

- As six coins occupy six points, the coins have to move in the 3 vacant points.
- If all the 3 coins of one player brought in one row then it is called Adi. One who makes maximum adi in the given time limit is the winner

Rules to play:

- A time limit will fix for the game.
- The coins can move to a vacant position only after all the 6 coins occupied in the game board.

5

Pottu thodal

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 9 years

Scientific Reason:

The game will enhances the guessing sense and alertness in children.

Materials Required:

- A drawing a women (without bindi) on a board or a chart
- A cloth for blind folding
- Pencil or chalk

Goal:

Goal of the game is to draw the incomplete picture while blind folded.

How to play:

- This is an individual game.
- A drawing of a woman (without bindi) will be fixed in a wall or board convenience to the players.
- The players will be blind folded with a cloth.
- The players will be given a marker or pencil and have to put the bindi (Pottu / sticker) in the fore head of the woman in the drawing correctly.
- The winner will be the one who make the correct drawing.

Rules to play:

- The players can follow the audience instructions.
- The audience can give either right or wrong instructions.

Type of the Game	: Indoor	Category	: Girls
No. of player	: Minimum 2	Age Group	: 9 years

Scientific Reason:

Hand-Eye – Coordination. Enhances coordination and concentration skills and develop sensory skills.

Materials Required:

- 3 Small stones for each player

Goal:

The goal of the game is to do the steps without fail.

How to play:

1. The game can be played by 2 or more players.
2. Each player has 3 small stones as the game pieces.

Step 1:

The player have to kept 3 stones in the hand and throw one stone upward and place one of the remaining stones in the ground and keep one stone in hand and capture the thrown stone before falling down.

Step 2:

The player have to throw one of the two stones upwards and keep the other stone in the ground and pick the stone which already kept in the ground and capture the thrown stone before falling down.

3. The player has to repeat this up to 12 times continuously without fail to win the game. The one who complete the 12 times without fail will be the winner.

Rules to play:

- ❖ If the player drops the stone while playing then the chance will go to the next player.
- ❖ The player has to pick the alternative stones without fail.

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 9 years

1. Pawanmuktasana 1:

a) SHRONI CHAKRA

Shroni Chakra (hip rotation)



Sit in the same starting position as for asana 9 with the right leg on the left thigh.

Using the muscles of the right arm rotate the right knee in a circle, trying to make the circular movement as large as possible.

The index finger may be pointed out and used as a guide to perfection of the circular movement.

Practice rotations clockwise and then anti-clockwise.

Straighten the leg slowly.

Release the knee as described in the note to asana 9.

Repeat with the left leg.

Breathing:

Inhale on the upward movement.

Exhale on the downward movement.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breathing, mental counting and rotation of the hip joint.

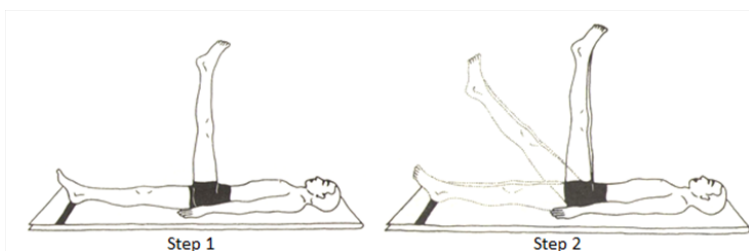
2. Pawanmuktasana 2:

a) UTTHAN PADASANA

Utthanpadasana (raised legs pose)

Lie in the base position with the palms flat on the floor.

Inhale and raise the right leg as high as is comfortable, keeping it straight and the foot relaxed.



The left leg should remain straight and in contact with the floor. Hold the posture for 3 to 5 seconds, counting mentally and retaining the breath.

Exhale and slowly lower the leg to the floor.

This is one round.

Practice with the right leg and then with the left leg.

This may be repeated raising both legs together.

Breathing:

Inhale while raising the leg(s).

Hold the posture and the breath. Exhale while lowering the leg(s).

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On synchronizing the movement with the breath, the stretch in the legs and mental counting in the final position.
- ❖ Utthanpadasana may be repeated raising the legs to progressive heights of 15, 25, 35, 45 cm respectively in each round.

Scientific Reason:

This asana strengthens the abdominal muscles and massages the organs. It strengthens the digestive system, lower back, pelvic and perineal muscles and helps correct prolapse.

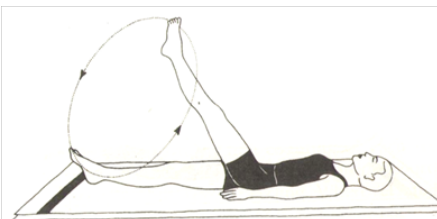
b) CHAKRA PADASANA

ChakraPadasana(legrotation)

Stage I :

Lie in the base position.

Raise the right leg 5 cm from the ground, keeping the knee straight.



Rotate the entire leg clockwise 10 times in as large a circle as possible. The heel should not touch the floor at any time during the rotation. Rotate in the opposite direction.

Repeat with the left leg.

Do not strain.

Rest in the base position introducing abdominal breathing until the respiration returns to normal.

Stage 2:

Raise both legs together.

Keep them together and straight throughout the practice.

Rotate both legs clockwise and then anti-clockwise.

The circular movement should be as large as possible.

Breathing:

Breathe normally throughout the practice.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the mental counting of each round, rotation of the leg(s) and on the effects of the asana on the hips and abdomen.

Scientific Reason:

Good for hip joints, obesity, toning of abdominal and spinal muscles.

c) PADA SANCHALANASANA

Pada Sanchalanasana (cycling)

Stage I:

Lie in the base position.

Raise the right leg.

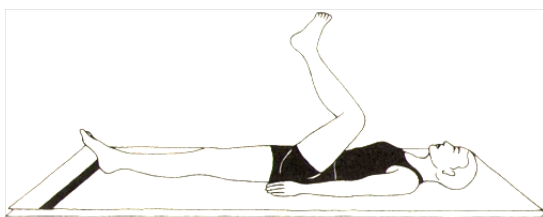
Bend the knee and bring the thigh to the chest.

Raise and straighten the leg completely.

Then, lower the straight leg in a forward movement.

Bend the knee and bring it back to the chest to complete the cycling movement.

The heel should not touch the floor during the movement.



Repeat in a forward direction and then in reverse.

Repeat with the left leg.

Stage 2:

Raise both legs.

Practice alternate cycling movements as though peddling a bicycle.

Practice forward and backward.

Stage 3:

Raise both legs and keep them together throughout the practice.

Bring the knees as close as possible to the chest on the backward movement and straighten the legs fully on the forward Movement.

Slowly lower the legs together, keeping the knees straight, until the legs are just above the floor.

Then bend the knees and bring them back to the chest.

Practise 3 to 5 forward cycling movements and the same in reverse.

Do not strain.

Breathing:

Inhale while straightening the leg.

Exhale while bending the knee and bringing the thigh to the chest.

Rules:

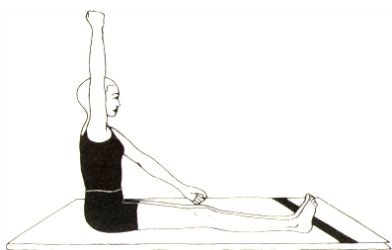
- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, mental counting of each round, and on smoothness of the movement and proper coordination, especially while reverse cycling.
- ❖ When relaxing, be aware of the abdomen, hip, thighs and lower back.
- ❖ Keep the rest of the body, including the head, flat on the floor throughout the practice.
- ❖ After completing each stage remain in the base position and relax until the respiration returns to normal.
- ❖ If cramping is experienced in the abdominal muscles inhale deeply, gently pushing out the abdomen, and then relax the whole body with exhalation. +
- ❖ Do not strain; this applies especially to stage 3.

Scientific Reason:

Good for hip and knee joints. Strengthens abdominal and lower back muscles.

3. Pawanmuktasana 3:

a) RAJJU KARSHANASANA



Rajju Karshanasana (pulling the rope)

Sit on the floor with the legs straight and together.

Keep the eyes open.

Imagine that there is a rope hanging in front of the body.

Breathe in while reaching up with

the right hand as though to grasp the rope at a higher point.

Keep the elbow straight.

Look upward.

While breathing out, slowly pull the right arm down, putting power into it as though pulling the rope downwards.

Let the eyes follow the downward movement of the hand.

Repeat with the left hand and arm to complete the first round.

Both arms do not move at the same time.

Breathing:

Inhale while raising the arm.

Exhale while lowering the arm.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, movement and stretch of the upper back and shoulder muscles.

Scientific Reason:

This asana loosens the shoulder joints and stretches the upper back muscles. It firms the breast and develops the muscles of the chest. This group of asanas is concerned with improving the energy flow within the body and breaking down neuromuscular knots, especially in the pelvic region where energy tends to stagnate.

b) GATYATMAK MERU VAKRASANA

Gatyatmak Meru Vakrasana (dynamic spinal twist)

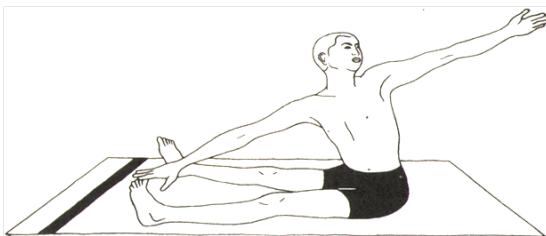
Sit on the floor with both legs outstretched.

Separate the legs as far apart as possible.

Do not allow the knees to bend.

Stretch the arms sideways at shoulder level.

Keeping the arms straight, twist to the left and bring the right hand down towards the left big toe.



Stretch the straight left arm behind the back as the trunk twists to the left.

Keep both arms in one straight line.

Turn the head to the left and gaze at the left outstretched hand.

Twist in the opposite direction and bring the left hand down towards the right big toe.

Stretch the straight right arm behind the back.

Turn the head to the right and gaze at the right outstretched hand.

This is one round.

Start slowly and then gradually increase the speed.

Breathing:

To apply pressure in the abdomen: breathe in when twisting and breathe out when returning to the centre.

To give maximum flexion of the spine: breathe out when twisting and breathe in when returning to the centre.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, the twisting movement and the effect on the spinal vertebrae and muscles.
- ❖ People with back conditions should avoid this asana.

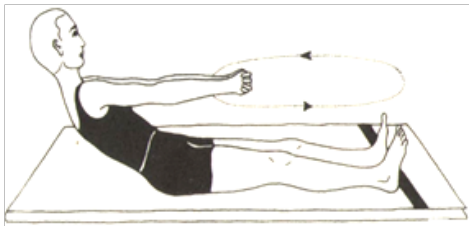
Scientific Reason:

This asana loosens up the vertebrae and removes stiffness of the back. This group of asanas is concerned with improving the energy flow within the body and breaking down neuromuscular knots, especially in the pelvic region where energy tends to stagnate. The series is very useful for those with reduced vitality and a stiff back. It is especially useful for menstrual problems and toning the pelvic organs and muscles.

c) CHAKKI CHALANASANA

Chakki Chalanasana (churning the mill)

Stage I:



Sit with the legs stretched out in front of the body about one foot apart.

Interlock the fingers of both hands and hold the arms out straight in front of the chest.

Keep the arms straight and horizontal throughout the

practice; do not bend the elbows.

Bend forward as far as possible. Imagine the action of churning a mill with an old-fashioned stone grinder.

Swivel to the right so that the hands pass above the right toes and as far to the right as possible.

Lean back as far as possible on the backward swing.

Try to move the body from the waist. On the forward swing, bring the arms and hands to the left side, over the left toes and then back to the centre position.

One rotation is one round.

Practice clockwise and then the same number of rounds anti-clockwise.

Stage 2:

In the same sitting position, separate the legs as wide as possible, keeping them straight.

Make large, circular movements over both feet, again trying to take the hands over the toes on the forward swing and coming as far back as possible on the backward swing.

Practice in each direction.

Breathing:

Inhale while leaning back.

Exhale while moving forward.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, movement and lower back, hips and pelvic area.

Scientific Reason:

This asana is excellent for toning the nerves and organs of the pelvis and abdomen. It is very useful for regulating the menstrual cycle and may be performed during the first three months of pregnancy. It is also an excellent exercise for postnatal recovery.

4. Kati chakrasana

Kati Chakrasana (waist rotating pose)

Stand with the feet about half a meter apart and the arms by the sides.

Take a deep breath in while raising the arms to shoulder level.

Breathe out and twist the body to the left.

Bring the right hand to the left shoulder and wrap the left arm around the back.

Bring the left hand around the right side of the waist.

Look over the left shoulder as far as possible.

Keep the back of the neck straight and imagine the top of the spine is the fixed point around which the head turns.

Hold the breath for two seconds, accentuate the twist and try to gently stretch the abdomen.

Inhale and return to the starting position.

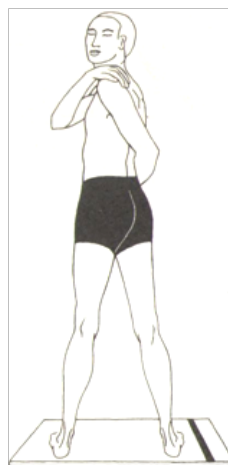
Repeat on the other side to complete one round.

Keep the feet firmly on the ground while twisting.

Relax the arms and back as much as possible throughout the practice.

Do not strain. The movement should be relaxed and spontaneous.

Perform the rotation smoothly, without jerking or stiffness.



Rules:

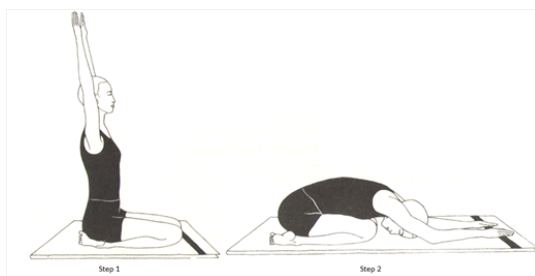
- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breathing synchronized with the movement, and on the stretch of the abdomen and spinal muscles.
- ❖ This asana may be performed in a more dynamic way by swinging rhythmically with the arms without synchronizing the movements with the breath.

Scientific Reason:

This asana tones the waist, back and hips. It is useful for correcting back stiffness and postural problems. The relaxation and swinging movement induces a feeling of lightness and may be used to relieve physical and mental tension at any time during the day.

5. Shashankasana

Shashankasana (pose of the moon or hare pose)



Sit in vajrasana, placing the palms on the thighs just above the knees.

Close the eyes and relax, keeping the spine and head straight.

While inhaling, raise the arms above the

head, keeping them straight and shoulder width apart.

Exhale while bending the trunk forward from the hips, keeping the arms and head straight and in line with the trunk.

At the end of the movement, the hands and forehead should rest on the floor in front of the knees.

If possible, the arms and forehead should touch the floor at the same time.

Bend the arms slightly so that they are fully relaxed and let the elbows rest on the floor.

Retain the breath for up to 5 seconds in the final position.

Then, simultaneously inhale and slowly raise the arms and trunk to the vertical position. Keep the arms and head in line with the trunk.

Breathe out while lowering the arms to the knees.

This is one round.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the breath synchronized with the physical movement, in the final position, on the pressure of the abdomen against the thighs.
- ❖ Spiritual — on manipura or swadhisthana chakra in the final position.

- ❖ Not to be performed by people with very high blood pressure, slipped disc or those who suffer from vertigo.

Scientific Reason:

This asana stretches the back muscles and separates the individual vertebrae from each other, releasing pressure on the discs. Often nerve connections emanating from the spinal cord are squeezed by these discs, giving rise to various forms of backache.

6. Padahastasana

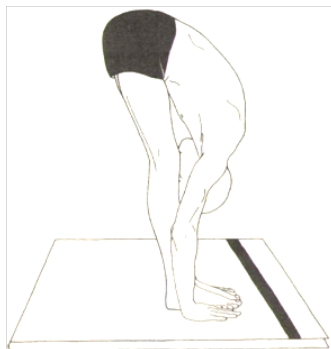
Padahastasana (hand to foot pose)

Bend forward until the fingers or palms of the hands touch the floor on either side of the feet.

Try to touch the knees with the forehead.

Do not strain.

Keep the knees straight.



Breathing:

Exhale while bending forward.

Try to contract the abdomen in the final position to expel the maximum amount of air from the lungs.

Mantra:

Om Suryaya Namaha, salutations to he who induces activity.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the pelvic region.
- ❖ Spiritual — on swadhisthana chakra.
- ❖ People with back conditions should not bend forward fully. Bend from the hips, keeping the spine straight, until the back forms a ninety degree angle with the legs, or bend only as far as comfortable.

Scientific Reason:

This pose is useful in eliminating or preventing stomach or abdominal ailments. It reduces excess weight in the abdominal region, improves digestion and helps to remove constipation. It improves blood circulation, makes the spine supple and tones the spinal nerves.

7. Yogic breathing

YOGIC BREATHING

Sit in a meditation posture or lie in shavasana and relax the whole body.

Inhale slowly and deeply, allowing the abdomen to expand fully.

Try to breath so slowly that little or no sound of the breath can be heard.

Feel the air reaching into the bottom of the lungs.

At the end of abdominal expansion, start to expand the chest outward and upward.

When the ribs are fully expanded, inhale a little more until expansion is felt in the upper portion of the lungs around the base of the neck. The shoulders and collar bone should also move up slightly. Some tension will be felt in the neck muscles.

The rest of the body should be relaxed.

Feel the air filling the upper lobes of the lungs.

This completes one inhalation.

The whole process should be one continuous movement, each phase of breathing merging into the next without any obvious transition point. There should be no jerks or unnecessary strain. The breathing should be like the swell of the sea.

Now start to exhale.

Rules:

- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

Its purpose is to gain control of the breath, correct poor breathing habits and increase oxygen intake. It may be practiced at any time and is especially useful in situations of high stress or anger for calming the nerves

8

Madhu madhu

Type of the Game : **Outdoor**
No. of player : **Minimum 3**

Category : **Boys/Girls**
Age Group : **9 years**

Scientific Reason:

This game enhances the concentration team work and guessing skills.

Materials Required:

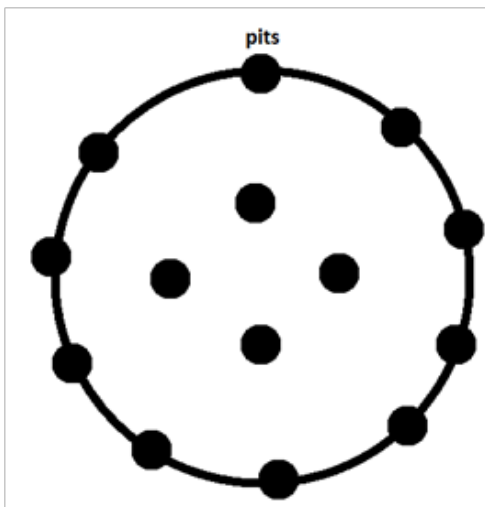
- A chalk or a powder for marking the circle
- A tamarind seed

Goal:

The goal of the game is to seek the hidden seed correctly.

How to play:

1. The game can be played by 3 or more persons.
2. A tamarind seed will be the game piece.
3. In the hard ground, a circle will be drawn. Make 10 pits in the circle line, and four pits in the centre (as shown in the fig).
4. Any of the players will be chosen as "pattavar" using any selecting method.
5. Any one of the player will close the eyes of "pattavar" and other will hide the seed in any of the pits. While hiding the seed the players sing a song as follows



Song

*mathu mathu mannanthampi
kothu kothu kolunthu verrilai
aththalo akkalo kaddik koduththal
thou ...*

6. After hiding the seeds "pattavar's" will be released and he has to find the hidden seed.
7. The winner will be the one who remains up to the end.

Rules to play:

- ❖ "Pattavar" will get 3 chances to identify the seed.
- ❖ If he is failed to identify the seed then he will be out from the game and the others will continue the game.
- ❖ If the "pattavar" find the seed in the given chances then he can chose the next "pattavar" from the team then join the others and game continues.
- ❖ A player can be the "pattavar" more than one time.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 9 years

Scientific Reason:

This game enhances the concentration, listening skills, memory and guessing skills.

Materials Required:

- A steel pot
- A cloth to blind fold
- A rope to tie the hands

Goal:

The goal of the game is to sit in the pot correctly while blind folded

How to play:

1. A steel pot will place in an invert position in the ground.
2. The player will be blind folded, and both hands will be tied in the frond.
3. Player has to sit on the pot correctly with the help of the instructions from the others.

Rules to play:

- ❖ The player can't touch the pot using hands.
- ❖ Each player will get 3 chances to sit.
- ❖ The others can give either wrong or right instructions to the player. It's upon the player which she / he take.

Type of the Game	: Outdoor	Category	: Girls
No. of player	: Minimum 2	Age Group	: 9 years

Traditional Reason:

Help to be conscious about health

Scientific Reason:

Skipping improves footwork, balance, coordination, and agility. It also improves cardiovascular health as it improves the heart beat rate.

Materials Required:

- Skipping rope

Goal:

The goal of the game is to do skipping without an interval.

How to play:

1. This is an individual game.
2. "Basic Jump" which means you jump once while swinging the rope underneath your feet.
3. Number of counts will be made for each jump.
4. The one who did the maximum no of jump is the winner.



Rules to play:

- ❖ If the rope touches the feet while jumping it is a foul and it will not be counted.

11

Thodu vilayattu

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 9 years



Scientific Reason:

This game enhances the team work spirit, and coordination. And it is also a good exercise for the muscles.

Materials Required:

- Chalk or powder to make boundaries

Goal:

The goal of the game is to avoid being touched by the touching player and help the other players being get touched.

How to play:

1. The game can be played by 4 or more players.
2. One person will be chosen as the touching player using any selecting method.
3. The other players will run here and there and try to avoid get touched by the touching player.
4. The players can help the other players from get touched by the touching player by holding the hands of other player. (i.e. making a pair)

Rules to play:

- ❖ Boundaries are formed. If any players cross the boundary then he will disqualified from the game.
- ❖ If the touching player touched any one then the player will be out of the game.
- ❖ At a time only tow person can hold hands, if more than 2 persons then the touching person can make them out by touching.
- ❖ The touching player can't touch the players who are pairs.

12**Turathipidi**

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 9 years

Scientific Reason:

This game enhances the concentration.

Materials Required:

- Chalk or powder to mark the boundary

Goal:

The goal of the game is to avoid to get touched by the touching person.

How to play:

1. This game can be played by boys and girls combined or separately in groups.
2. Among the players any one will be selected as the touching person using any selecting method.
3. The touching person has to touch the other players as per the conditions.

Rules to play:

- ❖ Boundary lines are drawn.
- ❖ The players who cross the boundary line will be expelled from the game.
- ❖ If the touching player touches any players then the player will be out of the game.

The conditions for playing this touching game

- ❖ Boys: If they hold the nose through folding of legs, they should not be touched.
- ❖ Girls: If they are standing with hands in worship posture, they should not be touched.
- ❖ Both boys and girls should not touch while sitting.
- ❖ The player standing with one leg should not be touched.

13

Villu kuchi

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 9 years

Scientific Reason:

This game will enhance the concentration accuracy and good exercise for fingers. And it also improves the creativity skills in children.

Materials Required:

- Coconut Stick and Twine thread for making the bow.
- Coconut Broom stick for arrow
- String
- Target board

Goal:

The goal of the game is to make the bow and arrow using the given materials and hit the target using it.

How to play:

1. The players will have to make the bow and arrow using the materials referred above.
2. And then have to hit the target within the given chance.
3. The winner will be the one who hit the target maximum times.

Rules to play:

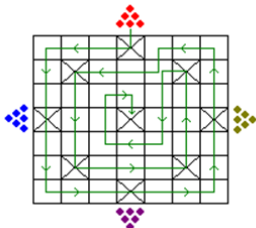
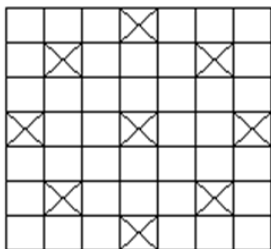
- ❖ The players will get 5 chances to aim to target.

Class - VI

1

Ettukatta Thayam

Type of the Game	: Board Game	Category	: Boys
No. of player	: Minimum 2 & 4	Age Group	: 10 years



Scientific Reason:

This game enhances the concentration, visualisation and quick thinking.

Materials Required:

- Game board
- Game piece or coin 6 for each player
- 6 cowries as throwing piece

Goal:

The goal of the game is to make all 6 coins to reach the manai without cut by the opponent player as per the conditions.

How to play:

1. Four players play individually or in two pairs.
2. Each player has 6 game pieces or coins. In case of pairing each pair has 16 coins. 6 cowries used as throwing pieces.
3. There are eight vertical and eight horizontal lines forming forty nine squares in this game board. There are four Outer and four inner crossed squares and the 9th one at the centre of the board where all coins have to reach to win. Five blank squares are in between two marked squares or malais in the outer squares and three blank squares in between two marked squares and three blank squares in between two marked squares in the second ring of squares and no marked squares in the third ring and the center point is the ultimate point.
4. The players come down from his "malai" or "manai" and go round according to the numbers thrown in the showing pieces. Other players also follow the same procedure.

5. In case, one player's coin happens to reach the square where the coin of other players is located, the latter gets cut by the former.
6. One cutting is essential to enter the inner squares and the rest of the cutting is the choice of the players.
7. Coins of all players could be positioned at all the manais(malais) the coins move in the inner squares according to the throw and reach the central manai through the blank square in between their starting square and the central square.
8. One who brings all the 6 coins first to the central manai (malai) is the winner.

Rules to play:

- ❖ Coin would not be cut in the crossed squares where any coin could be stationed.
- ❖ Second throw is permitted for 1, 12, 5, & 6.
- ❖ The cut coins goes back to the "malai" and starts a game with a tayam.
- ❖ The players are eligible to enter the inner squares. Only after cutting an opponent coin.
- ❖ Once the player touches the game piece for a move, he has to move the same coin.
- ❖ If in pairing the pairs should be seated in opposite side.

2

Nakshatra Vilayattu (Star Game)

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 1	Age Group	: 9 years

Scientific Reason:

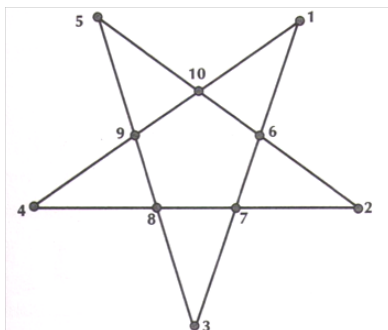
This game enhances memory, the strategic skills and speed in movement of the player.

Materials Required:

- Game board
- 9 game pieces

Goal:

The goal of the game is to cut all the game pieces and leave only one on the board.



How to play:

1. Only one person plays this game.
2. The board is drawn in the shape of a star, hence known as star game. 9 Game pieces are used for play.
3. In the Star Board there are 10 meeting points where the coin could be kept.
4. The 9 game pieces are kept in nine different points keeping one point vacant.
5. The first move is made by the player to the empty point.
6. The player stationed at any point could move along any marked line through that point to the next point on that line which must be vacant.
7. The player has to make swift movements, cutting the coins as quickly as possible.
8. The winner is the one who finishes cutting all game pieces leaving only one on the board.

Rules to play:

- ❖ If the adjacent point has a game piece and the point beyond it on the line is vacant, the player could make a leap over the coin to the vacant point
- ❖ Initially there will be only one vacant point in the game board but the player has to make more vacant point by cutting the coins.

3

Pallanguzhi - Arisipandi

Type of the Game	: Board Game	Category	: Girls
No. of player	: Minimum 3	Age Group	: 10 years

Scientific Reason:

This game enhances memory, mathematical skills. It also has a therapeutic effect on the physically challenged, especially in the coordination of hand movement. The game teaches Patience, improves observation skills; think analytically, it helps with mathematical thinking, calculation skills, memory and attention.

Materials Required:

- Game board with 14 pits
- 56 Game pieces

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Arisipandi	2	4	7	Not common

Goal:

This game is a strategic game. The goal is to collect all game pieces of the opponents'.

How to play:

1. Two players play this game.
2. In all the 14 pits 4 game pieces are kept before starting the game.
3. The four coins in each pit are distributed in four consecutive pits, one in each pit.
4. The coin in the last pit are taken with the last game piece put in it and spread in other pits and the round goes like that till the player is able to end it with gain or no gain of coins.
5. If one player has some 25 game pieces, she could fill up six of her pits only and keeps one coin with her. One of her pits remains empty and is not used for playing that round. It is called peechai or thokkam.
6. But the other player could fill up all her seven pits with four coins each
7. The one who is able to get all the Game pieces of the opponent is the winner.

Rules to play:

- ❖ There are no common pits in this game.
- ❖ All the seven pits belong to one player.

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>
<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

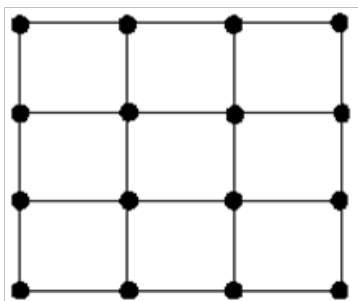
4

Square Game - III

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 10 years

Scientific Reason:

This game enhances the concentration quick thinking, strategic and decision making skills.



Materials Required:

- Game board
- Each player have 4 game pieces

Goal:

The goal of the game is to bring his coin in one line and at the same time not allowing the opponent to bring his game pieces in a row.

How to play:

1. Two persons play the game having 4 game pieces each. The players will sit opposite to each other.
2. The square board has nine equal squares in the same board with four vertical and four horizontal lines, having sixteen meeting points.
3. The coins could be kept at the 16 points.
4. When four coins are kept in different points in four round each by both players 8 more points are left out.
5. The players will try to bring their coins in one line and at the same time not allowing the opponent to bring his game pieces in a row.

Rules to play:

- ❖ A time limit will fix for the game.
- ❖ The coins can move to a vacant position only after all the 8 coins occupied in the game board.

5

Ceesangal

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 10 years



Scientific Reason:

This game helps to focus a thing, finger ability of the child and concentration skills.

Materials Required:

- Tamarind seeds
- Chalk

Goal:

The goal of the game is to collect maximum seeds.

How to play:

1. Each player has to keep 10 tamarind seeds for their own.
2. Some tamarind seeds should be kept as general called “puliya Muthukkal”.
3. Draw a circle.
4. In the circle, three tamarind seeds from puliya muthukkal should be kept together.
5. The players will try to strike the seeds and take it out of the circle using one of his seed.
6. After the 3 seeds stricken out of the circle again 3 seeds from the puliya muthukkal should be kept again in the circle and repeat the steps.
7. The winner will be the one who get maximum number of seeds at the end.

Rules to play:

- ❖ The seeds which come out of the circle can be taken by the striker as his own.
- ❖ If the seed remains in the circle and no other seeds came out of the circle then that seed will be treated as a “puliya muthu”, the player can't take it.

6

Desiya kodi varaithal

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 10 years

Scientific Reason:

The game will enhance the guessing sense and alertness in the children

Materials Required:

- An incomplete drawing of the national flag on a board or a chart
- A cloth for blind folding
- Pencil or chalk

Goal:

Goal of the game is to draw the incomplete picture while blind folded.

How to play:

1. This is an individual game.
2. An incomplete drawing of the national flag will be fixed in a wall or board convenience to the players.
3. The players will be blind folded with a cloth.
4. The players will be get a marker or pencil and have to complete the flag by guessing its position.
5. The winner will be the one who makes the correct drawing.

Rules to play:

- ❖ The players can follow the audience instructions.
- ❖ The audience can give either right or wrong instructions.

7
Thattangal - Ainthamkal

Type of the Game	: Indoor	Category	: Girls
No. of player	: Minimum 2	Age Group	: 10 years

Scientific Reason:

This game enhances the coordination and concentration skills of the children and it develop sensory skills, and hand-eye co-ordination.

Materials Required:

- 5 small stones for each players

Goal:

The goal of the game is to complete all the steps without fail as soon as possible

How to play:

1. The game can be played by two or more players.
2. 5 small stones are used as game pieces for each player.
3. There are 4Steps to play the game Thattangal- Ainthamkal.

Step: 1

- The player has to kept 4 stones in the hand and throw one stone upwards and drop and spread the other stones in the ground and capture the thrown stone before landing in ground.

- Then the players throw one in the air, pick up another and catch both before they land on the ground. Do this for every other stone.
- Repeat the process, but with two stones this time round.
- Repeat again by throwing more stones and catching them. He has to pick 2 stones from the ground twice, & then 3 and 1 & then 4 stones respectively.

Step 2:

- The player has to kept the 4 stones in hand and throw one stone in the air and touch the ground by her forefinger and capture the thrown stone before landing in the ground.
- Then again the player has to throw one stone in the air and touch the ground with the folding hand and catch the thrown stone before landing in the ground.

Step 3:

- The player has to throw twice one of the stone in the air upwards.
 1. First, throw one stone upwards in the air and place the remaining 4 stones in the ground and capture the thrown stone before falling in the ground.
 2. Second time the player has to throw one stone upwards and pick all the stones kept into the ground and also capture the thrown stone before landing the ground.

Step: 4

- The player has to throw all the stone upwards in the air and captured by dossed side of hand.
 1. The number of stones in the dossal side of the hand has to be more than 3 else the turn goes to the next player.
 2. If the number of stones is more than 3 then the opponent will select any of the stone in the dossal side of the hand and the player should catch only that stone and drop the other stones. Then the players throw one in the air, pick up all the other stones in the ground at once and catch the thrown stone before land on the ground.
- 4. The winner will be the one who finishes all the steps.

Rules to play:

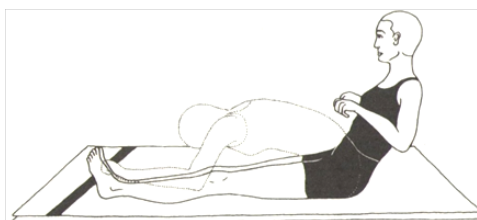
- ❖ The player can't drop any stones while picking and catching if she done so the turn will go to the next player.
- ❖ The players will continue their game from which step they missed their chance. No need to restart from the beginning.

Type of the Game : **Indoor**
 No. of player : **Minimum 3**

Category : **Boys/Girls**
 Age Group : **10 years**

1. Pawanmuktasana 3:

a) NAUKA SANCHALANASANA



Nauka Sanchalanasana (rowing the boat)

Stage I :

Sit with both legs straight in front of the body.

Imagine the action of rowing

a boat.

Clench the hands as though grasping oars, with the palms facing down.

Breathe out and bend forward from the waist as far as is comfortable, straightening the arms.

Breathing in, lean back as far as possible, drawing the hands back towards the shoulders.

This is one round.

The hands should make a complete circular movement in every round, moving up the sides of the legs and trunk.

The legs should be kept straight throughout.

Reverse the direction of the rowing movement as though going in the opposite direction.

Stage 2:

In the same sitting position, spread the legs so that the feet are about one meter apart.

The legs should remain straight throughout the practice.

Repeat the procedure as given in stage 1.

First row over the right leg, then the left leg and then over the space between the feet.

Breathing:

Inhale' while leaning back.

Exhale while bending forward.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, movement and lower back and pelvic area.

Scientific Reason:

This asana has a positive effect on the pelvis and abdomen and eliminates energy blockages in these areas. It is especially useful for gynaecological disorders and postnatal recovery. It also removes constipation.

b) KASHTHA TAKSHANASANA

Practice 5: Kashtha Takshanasana (chopping wood)

Sit in the squatting position with the feet flat on the floor one and a half feet apart.

The knees should be fully bent and separated.

Clasp the fingers of both hands together and place them on the floor between the feet.

Straighten the arms and keep them straight throughout the practice.

The elbows should be inside the knees.

The eyes should remain open.

Imagine the action of chopping wood. Raise the arms as high as possible above and behind the head, stretching the spine upward. Look up towards the hands.

Make a downward stroke with the arms, as if chopping wood.

Expel the breath making a ‘Ha!’ sound to remove all the air from the lungs.

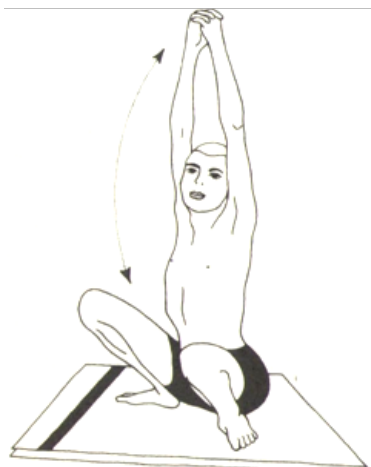
The hands should return to the floor in between the feet and the head is facing forward.

This is one round.

Breathing:

Inhale while raising the arms.

Exhale while lowering the arms.



Rules:

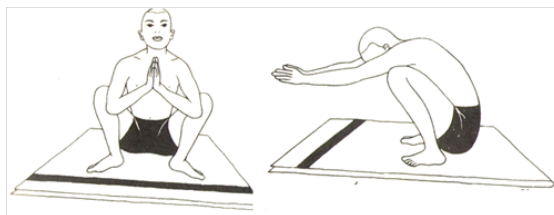
- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, movement and stretch of the shoulder and upper back muscles.

Scientific Reason:

This asana loosens up the pelvic girdle and tones the pelvic muscles. It is useful for women preparing for childbearing and may be practised during the first three months of pregnancy. It also has a special effect on the usually inaccessible muscles of the back between the shoulder

c) NAMAS KARASANA

Namaskarasana (salutations pose)



Sit in the squatting position with the feet flat on the floor about two feet apart.

The knees should be wide apart and the elbows placed against

the inside of the knees.

Bring the hands together in front of the chest in a gesture of prayer.

Press the elbows against the insides of the knees.

The eyes may be open or closed.

Inhale and bend the head backwards.

Simultaneously, use the elbows to push the knees as wide apart as possible.

This is the starting position.

Feel the pressure at the back of the neck.

Hold this position for 3 seconds while retaining the breath.

Exhale and straighten the arms directly in front of the body.

At the same time, push in with the knees, pressing the upper arms inward.

The head should be bent forward with the chin pressed against the chest.

Tense the muscles of the upper back and shoulders as if someone is pulling the hands forward.

Hold this position, retaining the breath, for 3 seconds.

Return to the starting position and bring the palms together in front of the chest, bending the head back.

This is one round.

Breathing:

Inhale while bringing the palms together in front of the chest.

Exhale while extending the arms forward and retain.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, movement, stretch on the back of the neck and chest in the starting position, and the upper back and shoulder muscles in the forward position.

Scientific Reason:

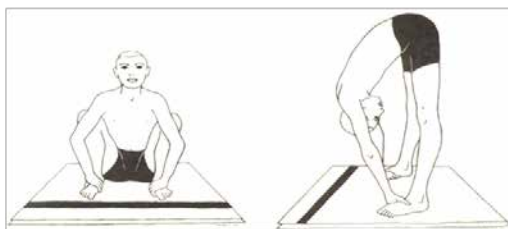
This asana has a profound effect on the nerves and muscles of the thighs, knees, shoulders, arms and neck, it Increases flexibility in the hips.

d) VAYU NISHKASANA

Vayu Nishkasana (wind releasing pose)

Sit in the squatting position with the feet two feet apart.

Grasp the insteps of the feet, placing the fingers under the soles with the thumbs above.



The upper arms should be pressing against the inside of the knees with the elbows slightly bent.

The eyes should be open throughout the practice.

Inhale while moving the head back. Direct the gaze upward.

This is the starting position.

Hold the breath for 3 seconds, accentuating the backward movement of the head.

While exhaling, straighten the knees, raise the buttocks and bring the head forward towards the knees.

Hold the breath for 3 seconds, accentuating the spinal bend. Do not strain.

Breathing in, return to the starting position.

This is one round.

Breathing:

Inhale in the squatting position and retain.

Exhale in the raised position and retain.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the breath, movement, stretch of the neck in the starting position and the bend of the spine in the standing position.

Scientific Reason:

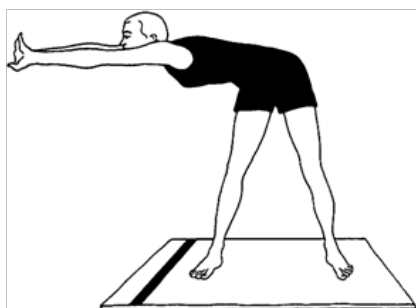
Like namaskarasana; this pose has a beneficial effect on the nerves and muscles of the thighs, knees, shoulders, arms and neck. The pelvic organs and muscles are massaged. It gives an equal stretch to the whole spine and both the arm and leg muscles. All the vertebrae and joints are pulled away from each other so that the pressure between them is balanced. Simultaneously, all the spinal nerves and dural sheaths are stretched and toned. It is also useful for relieving flatulence.

Note: More advanced practitioners may place the fingers under the front of the feet. Shambhavi mudra may also be practiced throughout. This will help to tone the entire nervous system.

2. Tiriyaka kati chakrasana

Tiriyaka Kati Chakrasana (swaying waist rotating pose)

Stand erect with the feet about shoulder width apart.



Interlock the fingers in front of the navel.

Inhale and raise the arms over the head and rotate the wrists, turning the palms out.

Exhale and bend forward from the hips to form a right angle between the legs and trunk.

Watch the back of the hands and

keep the back straight.

Holding the breath, slowly swing the arms and trunk to the right as far as possible, then to the left and then back to the centre.

Return to the upright position and lower the arms.

Breathing:

Inhale while raising the arms.

Exhale while bending forward.

Hold the breath while swinging from side to side.

Inhale while raising the trunk and exhale while lowering the arms.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

This asana stretches the back muscles and separates the individual vertebrae from each other, releasing pressure on the discs. Often nerve connections emanating from the spinal cord are squeezed by these discs, giving rise to various forms of backache. This asana also improves balance and coordination.

3. Bhadrasana

Bhadrasana (gracious pose)

Sit in vajrasana.

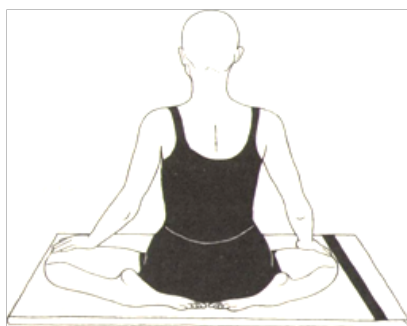
Separate the knees as far as possible, while keeping the toes in contact with the floor.

Separate the feet just enough to allow the buttocks and perineum to rest flat on the floor between the feet.

Try to separate the knees further but do not strain.

Place the hands on the knees, palms downward.

When the body is comfortable practise nasikagra drishti,(concentration on the nose tip). As the eyes become tired, close them for a short time and then resume nose tip gazing.



Breathing:

Slow and rhythmic with awareness of the breath at the nose tip.

Rules:

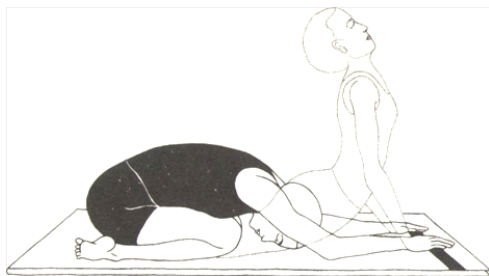
- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical - on the natural breath or the nose tip.
- ❖ Spiritual - on mooladhara chakra.

Scientific Reason:

This is predominantly a pose for spiritual aspirants as it has a stimulating influence on mooladhara chakra. It is an excellent meditation pose. The benefits are basically the same as for vajrasana.

4. Shashank bhujangasana

Shashank Bhujangasana (striking cobra pose)



Assume marjari-asana, placing the palms flat on the floor beneath the shoulders about half a metre apart.

Move into shashankasana with the arms outstretched in front of the shoulders.

Then, without moving the position of the hands, slowly

move the chest forward, sliding it just above the floor until it is in line with the hands.

Move the chest further forward and then upward, as the arms straighten, and lower the pelvis to the floor.

Ideally, the nose and chest should just brush the surface of the floor as the body moves forward like the movement of a snake. Do not strain to achieve this.

Try to bring the hips as near to the floor as possible.

In the final position, the arms should be straight, the back arched and the head rose as in bhujangasana. The navel does not touch the floor.

Hold this position for a few seconds, retaining the breath.

Slowly raise the buttocks and move backwards, keeping the arms straight, returning to shashankasana.

Do not try to reverse the previous movement but keep the arms straight.

This is one round.

Relax the whole body for a short time before starting another round.

Breathing:

Inhale on the forward movement.

Hold the breath for a few seconds in the final position.

Exhale while returning to shashankasana.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on synchronizing the movement with the breath.
- ❖ Spiritual — on swadhisthana chakra.
- ❖ The hand position should not change throughout the entire practice.

Scientific Reason:

Shashank bhujangasana gives tones and improves the functioning of the liver, kidneys and other visceral organs. It is particularly useful for relieving back pain and general stiffness of the spine as it helps to stimulate and balance all the spinal nerves.

5. Nadi shodhana pranayama

NadiShodhan Pranayama (psychic network purification)

Sit comfortably in any meditative posture. Sit erect.

Be calm and close your eyes.

Close the right nostril with the right thumb.

Now inhale slowly through the left nostril and fill your lungs.

After complete inhalation, press the left nostril with the ring finger of the right hand and close the left nostril.

Open the right nostril, exhale slowly.

After complete exhalation, again inhale through the right nostril and fill your lungs.

Close the right nostril by pressing it with the right thumb.

After opening the left nostril, breathe out slowly.

This process is one round of Nadi Shudhi Pranayam.

Rules:

Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

NadiShodhan Pranayama cleanses and tones up entire nervous system, People suffering from cough and cold benefit greatly, heart is strengthened, blocked nostrils are cleared, removes mental tension and worries, induces feeling of peace.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 10	Age Group	: 10 years

Scientific Reason:

This game develops the team working skills and co ordination of the children.

Goal:

The goal of the game is to guard the aadu (Goat) from the onay (Wolf).

How to play:

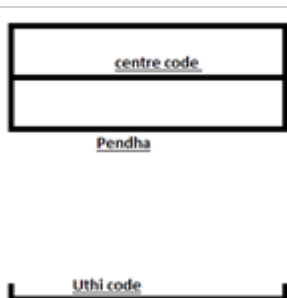
1. This is a team game. Two teams are formed.
2. Each team has equal number of players.
3. In one team will be Wolf and the other team will be Goat.
4. Among the Wolf team one player will be chosen as Wolf and from the Goat team also a player select as Goat using any selecting method.
5. The Goat team other than the chosen Goat will form a circle by intertwining the each other's hands.
6. The Goat will stay inside the circle. And the Wolf will be outside the circle frame and the Wolf will try to catch the Goat by breaking the circle framed by the players.
7. The players will try to prevent the Wolf from entering in the circle.
8. In case Wolf is succeeds in entering the circle then the players help the Goat from leaving circle and escape from the Wolf. And will not allow the Wolf to leave the circle frame.
9. The winner will be the team in which the maximum points.

Rules to play:

- ❖ The Wolf can break the circle frame with or without the force.
- ❖ If the Wolf catches the Goat the wolf team gets a point. Wolf will select another player from the team as new Wolf and he joins the team.
- ❖ The Wolf will get a fixed time to catch the Goat if he is not able to catch the Goat in the fixed time then the Goat team get a point.
- ❖ If the Goat is caught by the given time by the Wolf then the Wolf team gets 1 point and the one who made the wolf to break the circle frame becomes the next Goat.
- ❖ A time period will be fixed. After the first half the teams will change. The Wolf team becomes the Goat and the Goat team becomes the Wolf.

Type of the Game : **Outdoor**
 No. of player : **Minimum 3**

Category : **Boys/Girls**
 Age Group : **10 years**



Scientific Reason:

This game is good exercise for the fingers it will enhances the writing skills in children and it also increase the accuracy and concentration among the children.

Materials Required:

➤ Goli

Goal:

The goal of the game is to strike the goli placed in the centre code and take it out of the pendha by striking it.

How to play:

1. Pendha and uthicode will be drawn as shown in the figure.
2. The players will strike the goli towards the pendha.
3. Whose goli goes inside the pendha or nearest to the pendha will be put in the centre code.
4. The players will try to strike the goli in the centre code with their own goli.
5. In the first chance while striking if the goli is gone inside the penda then the player get one more chance and 4 points. If hit the placed goli then get 2 more chances and 5 points.
6. If the game continues up to the players make the goli out of the pendha by striking.
7. The winner will be the one who gets more points.

Rules to play:

1. Whose goli is the longest distance from the pendha will get the first chance to throw.
2. While striking the goli is hit the paced goli then he get two chances to strike.
3. If the goli is outside the pendha then the turn goes to the next player.

11

Kannamuchi

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 10 years

Scientific Reason:

Kannamuchi (Hide and Seek) teaches children about attachment and detachment in a safe and caring environment. The game provides wonderful interaction amongst children.

Goal:

The goal of the game is to seek all the hiding players with in the given time.

How to play:

1. At least three players are needed to play Kannamuchi (Hide and Seek).
2. Select a seeker from the group by using any selecting method. And others will hide.
3. The seeker stays at a central place or a place behind a tree or pillar . Closes his/her eyes and begins counting out loud to a number from about 1to 100.
4. All the other players who are hiding should run off and quietly hide from the player who is counting.
5. Once the seeker has finished counting, he or she yells "Ready or not, here I come!"at this point, seeker must try to find all at the other players who are hiding.
6. The winner will be the one who survives at the end.

Rules to play:

- ❖ Set boundaries for hiding. The players can't hide outside the boundaries. If any one does so he will be out of the game.

- ❖ A time period will also be set for seeking.
- ❖ The number you choose should be based on how many people are playing the game and the distances to hiding spots. The more people, the higher the number should be.
- ❖ The seeker is not allowed to peek at the players hiding from him or her.
- ❖ The players who are hiding cannot move or switch hiding places as the seeker may find him easily.
- ❖ The player who gets found first becomes the seeker in the next round of the game.
- ❖ If the seeker is not able to find any hiding player in the given time period then he will be out of the game. And the rest of the team will play the game as the first founder as the seeker.

Reference:

<http://www.traditionalgames.in/home/outdoor-games/hide-peek-kannamucci>

12

Kilithattu

Type of the Game : **Outdoor**
No. of player : **Minimum 12**

Category : **Boys/Girls**
Age Group : **10 years**

Scientific Reason:

This game enhances quick reflexes, strategic thinking, and tremendous team effort.

Materials Required:

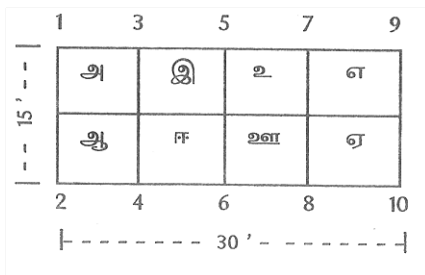
- A referee
- A chalk or powder to draw the base.

Goal:

The goal of the game is for the kili's to reach the end of the court without being touched by the guards and the guards' goal is to make sure any kili passes through them.

How to play:

1. This is a team game. Each team contains 6 players.
2. A base frame is formed like the figure shown.
3. The team that is guarding the base and capturing it is chosen by a coin toss. The game is started by a whistle sound with the overseeing referee.



4. The 'kili' or last player must stand on the centre of the first lane when the game starts.
5. The evading group has to pass the base and make points without touched by the guards while passing each line.
6. When the game starts, each of the other members can only move sideways/horizontally. This accounts for the rest of the 5 members of the team for a total of 6 including 'kili'
7. When an evading player reaches opposite side, past the last lane, he/she is called a 'Pazham'.
8. When the game starts the 'kili' player will only get tagging rights after running back to the centre of the 3rd line from beginning
9. The 'kili' player can jump or use any hands to tag within their lines but not outside the lines.
10. The winner will be the team which gets more points at the end.

Rules to play:

- ❖ Fix a time limit is for the game.
- ❖ After the half time the team will change their positions. I.e. the team guarded will be the evading team and the evaded players will be the grading team after the half time.
- ❖ The 'kili' player can move anywhere around the court or through the middle of the court but not horizontally
- ❖ Only hand contact can be made as a form of 'tagging' and a left side evading player can only be tagged by left hand of the guardian player and vice versa.
- ❖ An evading player cannot be tagged when they are standing or making an impression of trying to pass the line. Tagging is only allowed when a player actually passes the line.
- ❖ An evading player cannot step on any of the guarding lines or run alongside another passing player.
- ❖ 'Pazham' gains a point, only when he/she successfully goes back to the starting point.
- ❖ An evading player can block both oncoming player and a 'Pazham' but cannot exchange their line of defense with someone else from their team in a particular game.
- ❖ A guardian player cannot fall and tag, they cannot fall after tagging or touch the ground with their hand after successful tagging.
- ❖ If a guardian player steps out of their line of defense, the oncoming player or 'Pazham' player can switch without getting tagged.
- ❖ The evading team cannot touch the 'kili' at any point; should contact occur, the team will be disqualified.

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 10 years



Scientific Reason:

The game enhances the strength and the coordination among the children, it is a good exercise for strengthening the hands.

Materials Required:

➤ Chalk or powder to draw the circle

Goal:

The goal of the game is to drag the players out of the circle.

How to play:

1. The game can be played by 5 or more players.
2. A circle will be drawn in the ground.
3. An order will decide using any method.
4. And the player who is selected as the 1st one will stand outside the circle and all the other players inside the circle and making a line by standing behind each players and holding others waist.
5. The player standing outside the circle will hold the hands of 1st player inside the circle and try to pull them from the circle and the players inside the circle will try to pull the player in to the circle.
6. The winner will be the one who joined more players in his group.

Rules to play:

- ❖ A time will be fixed to each player to tug the players inside the circle.
- ❖ If any players inside the circle cross the border line then that player will join the outside player holding his hand in the player's waist and try to pull the players inside the circle.
- ❖ After the time period the next player will stand outside and repeat the game.

Type of the Game	: Indoor	Category	: Boys
No. of player	: Minimum 5	Age Group	: 10 years



Scientific Reason:

Malla khamb is a natural form of exercise. The strength, Stamina, Power of a body is improved by performing Malla Khamb. It is full body development sport and a natural way to develop our body. This game is a major discipline which builds an ideal physical body structure.

Materials Required:

- A wooden pole (fixed)

Goal:

The goal of the game is to perform acrobatic feats and poses while hanging on the pole.

How to play:

1. This is a team game can be played by minimum 5 players.
2. A free-standing upright pole, some eight to ten inches in diameter, planted into the ground.
3. The pole used in competitions is a straight pole made of teak or sheesham wood, standing 2.6 metres (8.5 ft) in height with a circumference of 55 centimetres (22 in) at the base. It gradually tapers to a circumference of 35 centimetres (14 in) at the top.
4. The participant performs various acrobatic feats and poses while hanging on the pole.

Rules to play:

- ❖ Each team consists of Minimum 5 players, and performance of the top three is considered for the team championship.
- ❖ Mallakhamb should be performed from top to bottom. Each exercise should be performed in its entirety, before starting a new one
- ❖ Time-limit for a set (turn):
Minimum - 3 Min
Maximum - 5 Min
- ❖ Counting starts the moment the player touches the Mallakhamb.

15

Nungu Vandi Vilayattu

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 10 years

Scientific Reason:

This game enhances the creativity among the children. Nongu Vandi is a very tactile game that helps children improve their sense of touch. Most children like the feel of sand slip through their fingers

Materials Required:

- Two Palm shells of same size and weight (if palm shell is not available then we can use tender coconut)
- Stick with V shape on one end – Length depends upon the height of the kid



Goal:

The goal of the game is to make the Nongu Vandi and reach the finishing line riding it.

How to play:

1. This is an individual game.
2. A starting line and finishing line will be drawn
3. Each player will get the material to make the “Nungu vandi” in the starting line.
4. When the game starts the players have to make the “Nungu vandi” and race to the finishing line rolling the “Nungu vandi”.
5. The one who reaches the finishing line with a proper “Nungu vandi” is the winner.

How to Make a “Nungu vandi”

- Take an stick of length half a foot
- Sharpen the edges of the stick
- Pierce the Palm shells on both the sides of the stick as shown in the picture
- Now take the long stick and put the V shape end in the middle of the small stick where palm shells are pierced
- Now your Nungu Vandi is ready

Rules to play:

- ❖ The players have to make the “Nungu vandi” with the given material at the spot.
- ❖ If any players “Nungu vandi” is not a proper one then the player will be evicted from the game.
- ❖ All players have to cross the starting line only after making the “Nungu vandi”.
- ❖ Once the player crossed the starting line then he can’t remake the “Nungu vandi”.

Reference:

<http://www.traditionalgames.in/home/property-games/nongu-vandi>

16

Odipidithal

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 10 years

Scientific Reason:

This game helps the child to do some physical exercise the use of their muscles by running. They like to use their whole body when they play outdoors, and find such physical activities interesting and challenging.

Materials Required:

- A paper and a pen for marking the points.

Goal:

The goal of the game is to catch the runners within the conditions.

How to play:

1. The game can be played by 3 or more players.
2. One player will be selected as the catcher using any selecting method.

3. The catcher will try to touch the other players and the other players will run in such a way that they are not get touched by the catcher.
4. At a point there will be 2 players, one catcher and a runner. Then if the catcher touches the runner then the winner will be the catcher. And if the catcher not able to touch the runner in the given time then the runner will be the winner.

Rules to play:

- ❖ A boundary will be fixed for playing.
- ❖ If any players cross the boundary will be expelled from the game.
- ❖ A time limit will be fixes for the catcher to touch the runners.
- ❖ If a catcher touches any player then that player will be out of the game. Or the catcher not able to touch any player in the given time then the catcher will be out of the game and the rest team select a new catcher by any selecting method.
- ❖ After touching a player the catcher can suggest the next catcher from the other players and he can re-join the game.

17

Paandi-Otrai silli

Type of the Game	: Outdoor	Category	: Girls
No. of player	: Minimum 2	Age Group	: 8 years

Scientific Reason:

This game is a good exercise to the Calf Muscles and help for Uniform blood Circulation and it also Creates confidence that the normal Work is possible even with one leg.

Materials Required:

- A Chalk or "Chalk Powder" to Mark Boundary.(6 feet Length x 2 feet breadth.)
- A broken piece of the "Roof Tile" or a stone preferably square or round shaped. (Called "Silli").

Goal:

Goal of the game is to complete all the steps without dropping the silli or without touching the border lines.

How to play:

1. Draw a Grid with Four Square boxes on the Ground as in picture. The boxes should be such that sufficient space to keep the two legs of the player. A toss will decide who will play first.

2. The first player will stand Outside the Grid.
3. Throw the stone in "square 1"
4. Ignoring the "square 1" hop over the square 2, square 3 and square 4, and turn back and hop back square 4,3,2 and with ONE JUMP stamp the "Silli" in "Square 1", kick the silli outside the grid (not too far) and stamp the silli (thrown outside) in one jump to qualify next level. If the player could not stamp the silli in one jump kicked out of "square 1" he cannot continue the play. Next player will get the chance.
5. Now qualified player will stand outside the grid and throw the silli in the 2nd square. He has to hop from "Square 1" -ignoring the 2nd square (where the silli is placed) and hop over 3rd and 4th and turn back and hop back to 4th, 3rd and stamp the "silli" in 2nd square and kick it square 1 and then push it outside the grid and stamp it one jump to continue next stage.
6. Likewise stand outside the grid throw the silli in the 3rd square and follow the procedure as done in stage 2.
7. While throwing the silli in 4th square, the player should hop over 1st, 2nd and 3rd square and stamp the silli in 4th square in one jump from square 3 and turn back and hop back, kick it to 3rd, 2nd and 1st and from there outside the grid and stamp it one jump to complete the Game.
8. Then the opponent player will continue the Game.
9. Whoever has completed all the four stages within the specified time is declared winner of the Game.

Rules to play:

The Player loses the chance to continue play if :

- ❖ When the Silli thrown from outside the grid, it should fall within the square concerned. If it falls outside the square or falls on the line between the squares or in the wrong square.
- ❖ While hopping the player should ignore the square where the silli is placed. While hopping back he should stamp the silli. If he forgets to stamp in "one jump" then the player cannot continue.
- ❖ While pushing the silli it should fall within the respective square. If it crosses the border line of the square or it touches the lines the player loses the chance to continue the play.
- ❖ If the player loses balance and rests the leg in air he cannot continue.
- ❖ If the Silli that is kicked out of the Grid could not be stamped in One Jump.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 10 years



Scientific Reason:

This game enhances the concentration and also a good team spirit.

Materials Required:

- A brick
- A ball

Goal:

The goal of the game is to hit the target.

How to play:

1. This is a team game.
2. Two teams with equal number of team mates are made.
3. The brick will place any were near a wall of a distance of the length of the brick (the brick is called as pillayar).
4. One othi code will be drawn in a particular distance from the brick.
5. Alternately each team player will throw the ball towards the brick (pillayar).
6. Which team member will make the brick to fall down that team will pick the ball and stand in a circle.
7. The other team will stand turn around to the opponent team.
8. The opponent team will give the ball to any of the team member and all the members will act as the ball is with them
9. Then they will run to the other team and try to touch them.
10. The winners will be the team with maximum number of members at the end.

Rules to play:

- ❖ A time period should be fixed for the game.
- ❖ Toss will decide which team will throw first.
- ❖ A player can't touch the opponent player without the ball; if he touched then he will be out from the game.
- ❖ A player touch the opponent with the ball then the opponent player will be out from the game.
- ❖ The players who make the pillar to fall down can exchange the ball with in the team mates.
- ❖ The opponent team can also touch the team with ball. While touching the person have the ball then the touching player will be out from the game if not then the touched player will be out from the game.

19

Skipping-Criss Cross

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 10 years

Scientific Reason:

Skipping improves footwork, balance, coordination, and agility. It also improves cardiovascular health as it improves the heart beat rate.

Materials Required:

- Skipping rope

Goal:

The goal of the game is to do skipping without an interval.

How to play:

1. This is an individual game.
2. "Skipping - Criss cross," is similar to the basic jump with the only difference being that while jumping, the left hand goes to the right part of the body and vice versa for the right hand, with arms crossing in front of the body.

Steps:

While doing the normal skipping cross each arms and jump through the rope. After jumped through the rope uncross the arms.

3. Repeat the steps continuously.
4. Number of counts will be made for each jump.
5. The one who did the maximum no of jump is the winner.

Rules to play:

- ❖ If the rope touches the feet while jumping it is a foul.
- ❖ If the jumper missed any steps then it will not be counted.

Class - VII

1

Padaivettu

Type of the Game : **Board Game**
No. of player : **Minimum 2**

Category : **Boys**
Age Group : **11 years**

Scientific Reason:

This game enhances the concentration reflex action and memory.

Materials Required:

- Game board
- 24 game pieces for each player

Goal:

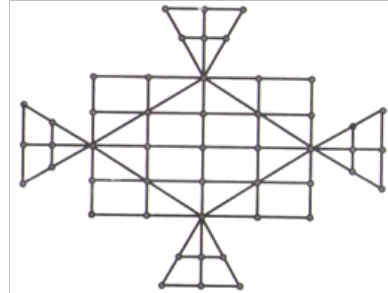
The goal of the game is to cut the opponent coin as per the conditions.

How to play:

1. Two players play this game with two different types of coins. Each has 24 game pieces or coins.
2. There are 49 points to move the game pieces. All the 48 game pieces are kept on 48 points in their respective places. The centre point has no coin and is left vacant.
3. The first player will move his game piece to the counter point. Immediately it is cut by the other player and the game proceeds further.
4. In the subsequent moves each player has to make strategic moves so that he could escape from getting cut by opponent's pieces as many times as possible.
5. If the game continues endlessly, a time limit could be set and the winner will be the one who has more coins on the board or who has cut more coins of the opponent.

Rules to play:

- ❖ The coins cut by the player will be kept in his own custody.
- ❖ A player can move along any marked line through that point to the next vacant point on that line.



- ❖ If the adjacent point is occupied by the other player, and the point beyond it on the line is vacant, then the former could make a leap over the letter to the vacant point beyond and remove the latter from the board.
- ❖ The first player is in a comfortable position to remove his opponent's game piece by making a second leap which is he is permitted to do.

2

Pallanguzhi - Muthupandi

Type of the Game	: Outdoor	Category	: Girls
No. of player	: Minimum 3	Age Group	: 11 years

Scientific Reason:

The game teaches Patience, improves observation skills; think analytically, it helps with mathematical thinking, calculation skills, memory and attention. It also has a therapeutic effect on the physically challenged, especially in the coordination of hand movement.

Materials Required:

- Game board with 14 pits
- 68 Game pieces

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Muthupandi	2	4	7	Not common

Goal:

The goal of the game is to get more game pieces than the opponent. The game is a strategic game and players will try to capture maximum corner pits.

How to play:

1. Muthupandi is played by two players.
2. Each player having 4 game pieces in all the 7 pits belonging to them.
3. The four coins in each pit are distributed in four consecutive pits, one in each pit.
4. While going round the board, if the corner pits become empty and if they get filled up in subsequent rounds with three coins, if any player put the fourth coin in that corner pit, he becomes the owner of that corner pit.
5. The winner will be the one who get more coin or game pieces.

Rules to play:

- ❖ If any player owns a corner pit then the player has to keep one coin from that pit at its top. It is known as muthukattuthal. The other player has no right in that pit and does not put coins also in it; nor can take the coins from that corner pit, even if a vacant pit just before the corner pit.
- ❖ The coin accumulated in the corner pit belongs to its owner at the end of the game.

3

Sonalu Kattam

Type of the Game : **Outdoor**
No. of player : **Minimum 4**

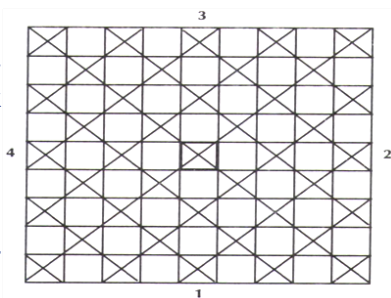
Category : **Boys/Girls**
Age Group : **11 years**

Scientific Reason:

This game enhances the concentration, strategic skills and quick thinking.

Materials Required:

- Game board
- Eight coins for each player or group
- 10 cowries (one bigger than all the other nine) as throwing pieces



Goal:

The goal of this game is to make all the game pieces as pazham it is a strategic game.

How to play:

1. The game is played by 4 Players individually, or eight persons forming pairs.
2. Each player or group has eight coins.
3. The game board is containing 9 X 9 (81) Vertical and horizontal squares. Alternate squares are marked with X (Malai).the centre square is called the Pazhamalai.
4. Only in this board game one of the throwing piece is different from others, bigger cowry is called Sonalu, and it has more value two throws.
5. The winner will be the one who takes all his game pieces first to the centre.

Rules to play:

- ❖ Thayam is not essential for moving the coins from malai.
- ❖ Only after keeping three Pairs of coins (6) in his opposite malai, the player is allowed to move them further.
- ❖ If the sonalu is one of the four inner sides in otthaisonalu the throw has 16 counts.
- ❖ If the sonalu is one of the eight inner sides in irattaisonalu the throw has 32 counts.
- ❖ The game pieces could enter the second row of squares after cutting the coin of his opponent in the outer row.
- ❖ Only after the 3 pairs make the entry in to the second row the other two coins can could make their move.
- ❖ To move the coin the player has to put even numbers and the move will be to the value of the number. If irattai is put, a single coin can move for 32 counts whereas a pair could move 16 squares only.
- ❖ Another pair could only cut a pair.

The Counting

Throw	Count	Conditions
9 outer side & 1 inner side	1	No second throw
8 outer side & 2 inner side	2	No second throw
7 outer side & 3 inner side	3	No second throw
6 outer side & 4 inner side	4 otthai (single) Sonalu	Second throw allowed
5 outer side & 5 inner side	5	No second throw
4 outer side & 6 inner side	6	Second throw allowed
3 outer side & 7 inner side	7	No second throw
2 outer side & 8 inner side	8 irattai (double) Sonalu	Second throw allowed
1 outer side & 9 inner side	9	No second throw

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 11 years

Scientific Reason:

This game enhances the concentration, hearing skills and reflex action.

Materials Required:

- A flower ball
- A music player

Goal:

The goal of the game is to pass the flower ball and make sure when the music is playing.

How to play:

1. The game can be played by 5 or more players.
2. The players will sit in a circle.
3. And play a short snippet of music a flower ball will be passing among the players in a clockwise manner.
4. The winner will be the one who remains up to last.

Rules to play:

- ❖ The player who holds the flower ball when the music stop will be expelled from the game.
- ❖ If the flower ball falls from the hand while passing then that player also expelled from the game.
- ❖ The players can't keep the flower ball more than 3 sec with him/her.

Reference:

<http://www.traditionalgames.in/home/marriage-games/poo-bandhu-pu-pantu>

Type of the Game	: Outdoor	Category	: Girls
No. of player	: Minimum 2	Age Group	: 11 years

Scientific Reason:

This game enhances the coordination and concentration skills of the children and it develops sensory skills, and hand-eye co-ordination.

Materials Required:

- 7 small stones for each players

Goal:

The goal of the game is to complete all the steps without fail as soon as possible

How to play:

1. The game can be played by two or more players.
2. 7 small stones are used as game pieces for each player.
3. There are 4 Steps to play the game Thattangal- Ezhamkal.

Step: 1

- The player has to keep 6 stones in the hand and throw one stone upwards and drop and spread the other stones in the ground and capture the thrown stone before landing in ground.
- Then the players throw one in the air, pick up another and catch both before they land on the ground. Do this for every other stone.
- Repeat the process, but with two stones this time round.
- Repeat again by throwing more stones and catching them. He has to pick 2 stones from the ground thrice, & then 3 twice & then 4 stones and 2 stones & then 5 stones and 1 stone & then 6 stones respectively.

Step 2:

- The player has to keep the 6 stones in hand and throw one stone in the air and touch the ground by her forefinger and capture the thrown stone before landing in the ground.
- Then again the player has to throw one stone in the air and touch the ground with the folding hand and catch the thrown stone before landing in the ground.

Step 3:

- The player has to throw twice one of the stone in the air upwards.
 1. First, throw one stone upwards in the air and place the remaining 6 stones in the ground and capture the thrown stone before falling in the ground.
 2. Second time the player has to throw one stone upwards and pick all the stones kept into the ground and also capture the thrown stone before landing the ground.

Step: 4

- The player has to throw all the stone upwards in the air and captured by dossed side of hand.

1. The number of stones in the dorsal side of the hand has to be more than 3 else the turn goes to the next player.
2. If the number of stones is more than 3 then the opponent will select any of the stone in the dorsal side of the hand and the player should catch only that stone and drop the other stones. Then the players throw one in the air, pick up all the other stones in the ground at once and catch the thrown stone before land on the ground.
4. The winner will be the one who finishes all the steps.

Rules to play:

- ❖ The player can't drop any stones while picking and catching if she done so the turn will go to the next player.
- ❖ The players will continue their game from which step they missed their chance. No need to restart from the beginning.

6

Yoga

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 11 years

1. Kawa chalasana

Kawa Chalasana (crow walking)

Sit in the squatting position with the feet apart and the buttocks above the heels.

Place the palms of the hands on the knees.

Take small steps in the squatting position.

Try to keep the knees flexed so that the buttocks are not moved away from the heels.

Walk either on the toes or the soles of the feet, whichever is most difficult.

As you take a step forward bring the opposite knee to the floor.

Take as many steps as possible, up to 50, and then relax in shavasana.



Breathing:

Breathe normally throughout.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.

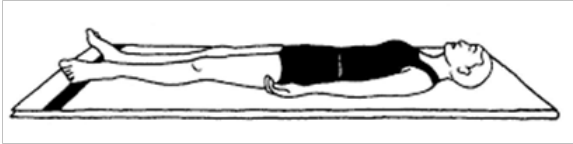
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ People, suffering from disorders of the knees, ankles or toes should not practice this asana.

Scientific Reason:

This asana prepares the legs for meditation asanas and improves blood circulation in the legs. It also helps to remove constipation.

2. Savasana

Shavasana (corpse pose)



Lie flat on the back with the arms about 15 cm away from the body, palms facing upward. A thin pillow or folded cloth may be placed behind the head to prevent discomfort.

Let the fingers curl up slightly.

Move the feet slightly apart to a comfortable position and close the eyes.

The head and spine should be in a straight line.

Make sure the head does not fall to one side or the other.

Relax the whole body and stop all physical movement.

Become aware of the natural breath and allow it to become rhythmic and relaxed.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — first on relaxing the whole body; then on the breath and counting.
- ❖ Spiritual — on ajna chakra.
- ❖ Try not to move the body at all during the practice as even the slightest movement will create muscular contraction.

Scientific Reason:

This asana relaxes the whole psycho-physiological system. It develops body awareness. When the body is completely relaxed awareness of the mind increases developing pratyahara.

3. Simha garjasana

Simhagarjanasana (roaring lion pose)

Sit in vajrasana with the knees about 45 cm apart. If possible, face the sun.

Place the palms of the hands on the floor between the knees, with the fingers pointing towards the body.

Lean forward, resting the body on the straight arms.

Arch the back and gently tilt the head back so that there is a comfortable amount of tension in the neck.

Open the eyes and gaze at the eyebrow centre, adopting shambhavi mudra (refer to section on mudra).

Relax the whole body.

Keep the mouth closed.

Inhale slowly and deeply through the nose.

At the end of inhalation open the mouth and extend the tongue out as far as possible towards the chin.

While slowly exhaling, produce a clear, steady 'aaah' sound from the throat, keeping the mouth wide open.

At the end of exhalation, close the mouth and breathe in.

This is one round.



Breathing:

Inhale slowly through the nose and then slowly exhale through the mouth with the 'aaah' sound.

Rules:

- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical - while inhaling, on the breath. While exhaling, on the sound produced and the effect on the throat area.
- ❖ Spiritual - on vishuddhi or ajna chakra.

Scientific Reason:

This is an excellent asana for alleviating diseases of the throat, nose, ears, eyes and mouth. Tension is removed from the chest and diaphragm. Simhagarjanasana is useful for people who stutter or who are nervous and introverted. It develops a strong and beautiful voice.

4. Pranamasana

Pranamasana (bowing pose)

Sit in vajrasana. Grasp the lower calves just above the ankles, keeping the thumbs uppermost.

Slowly bend forward and place the crown of the head on the floor in front of the knees. (Place a small folded blanket under the head).



Raise the buttocks as high as possible, allowing the chin to press against the chest, until the thighs are as vertical as comfortable.

Remain in the final position for 5 to 20 seconds.

Lower the buttocks and come back into shashankasana for a short time before returning to vajrasana.

Breathing:

Inhale in vajrasana and while raising the buttocks.

Exhale while lowering the head to the floor.

Hold the breath in the final position or breathe normally if remaining in the position for more than a few seconds.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the synchronization of breathing with the physical movement, the increased blood flow to the brain or on the crown of the head in the final position.
- ❖ Spiritual — on sahasrara chakra.
- ❖ Not to be performed by people with vertigo, weak neck or high blood pressure.

Scientific Reason:

This asana increases the blood supply to the head. Pranamasana is especially beneficial for the management of asthma. It promotes drainage of the lungs and chest and helps to open the air passages. It also decompresses the lower cervical and upper thoracic vertebrae and nerve roots which are often the seat of psycho-emotional tension in an asthma attack. It should be performed at the immediate onset of an asthma attack to obtain full benefits.

5. Druta ukthasana

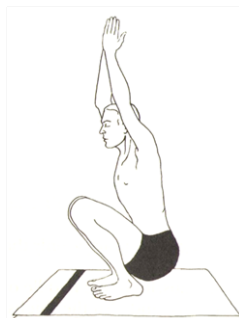
Druta Utkatasana (dynamic energy pose)

Stand erect with both feet together and facing forward.

Place the palms together in front of the chest.

While inhaling, raise and straighten the arms above the head. While breathing out, slowly lower the body bending the knees.

Keep the feet and knee together throughout the practice.



Stage I:

Lower the body down about 30 cm.

Straighten the legs and return to the upright position.

Stage 2:

Repeat the practice, lowering the body about half meter before returning to the upright position.

Stage 3:

Finally, lower the body until the buttocks rest on the floor. Inhale, raising to the upright position.

Breathing:

Exhale while lowering the body.

Inhale while raising the body.

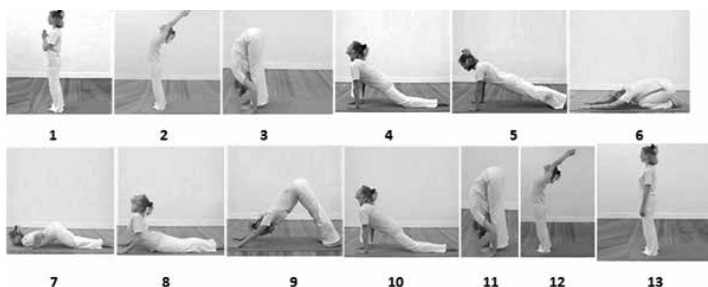
Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

The muscles of the back and legs are strengthened Regular practice of this asana will prevent the occurrence of sciatica and slipped disc and will alleviate backache Persons doing a lot of sitting may practice it daily.

6. Surya Namaskaram



1. Pranamasana

Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet.

Expand your chest and relax your shoulders.

As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position.

2. Hastauttanasana

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers

3. Hasta Padasana

Breathing out, bend forward from the waist; keeping the spine erect. As you exhale completely, bring the hands down to the floor, beside the feet.

4. Ashwa Sanchalanasana

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.

5. Dandasana

As you breathe in, take the left leg back and bring the whole body in a straight line.

6. Ashtanga Namaskara

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit.

The two hands, two feet, two knees, chest and chin (eight parts of the body touch the floor).

7. Bhujangasana

Slide forward and raise the chest up into the Cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up.

8. Parvatasana

Breathing out, lift the hips and the tail bone up, chest downwards in an 'inverted V' (∇) posture.

9. Ashwa Sanchalanasana

Breathing in, bring the right foot forward in between the two hands, left knee down to the floor, press the hips down and look up.

10. Hasta Padasana

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.

11. Hastauttanasana

Breathing in, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward.

12. Tadasana

As you exhale, first straighten the body, and then bring the arms down. Relax in this position; observe the sensations in your body.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

Surya Namaskar calms the mind and helps improves concentration. Today, children face a cut-throat competition and should adopt Surya Namaskar in their daily schedule as it boosts endurance power and reduces the feeling of anxiety and restlessness, especially during exams. Regular practice of Surya Namaskar gives strength and vitality to the body. It is the best workout for muscles and improves flexibility in spine and in limbs for our future athletes.

Sheetali pranayama 2

Sheetali Pranayama (cooling breath)

Sit comfortably in any meditative posture.
Sit erect. Keep both palms on the knees in Gyan Mudra.

Draw out the tongue. Roll it up from the sides to form a tube like opening.

Slowly suck the air through it and fill the lungs completely.

After full inhalation withdraw the tongue and close the mouth.

Hold the breath for some time and then slowly exhale through the nose.



Rules:

- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Avoid these practices if you are suffering from severe cold or congestion

- ❖ The cooling breaths cool down the activity of lower energy centers (below the navel chakra). Therefore, these practices should be avoided in case of chronic constipation.

Scientific Reason:

Sheetali Pranayama is useful in treating fever, good for liver, spleen, and is a good blood purifier, reduces tension and high blood pressure and Cools the nervous system.

7

Adimurai - Silambam

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 11 years

Scientific Reason:

The Silambam as an art of self defence, if we pay deep attention, contains values which in turn could be used as a referent for daily lives. Those values are: health, discipline, self confidence, solidarity, and sportive.



Materials Required:

- Silambam Stick

Goal:

Goal of the game is to block the opponent strike by the silambam stick

How to play:

- The players have to perform any two silambams from
 - Single stick
 - Double stick
 - Surul vaal single
 - Surul vaal Double
- e) Vel Kambu**
 - The players have to perform in the given Methods
 - Veedu Padam
 - Nedum kambu varisai
 - Kada kambu varisai
 - Kadalambu varisai
 - Padai veechu
 - Thirukar
 - Perol
 - Padai aruppu

- The players have to perform the Thaiva vandanam ,Guru Vandanam, and Sabhai vandanam using the above methods within the given time period.

Rules to play:

The players have to perform the steps continuously and within the given time period.

8

Ezhu kallu (Sachakal Silli) Seven stones

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 11 years

Scientific Reason:

The game enhances the team work skills and it is also good exercise for the muscles

Materials Required:

- A Ball: Tennis or the rubber kinds
- 7 stones: If not, suitable substitutes.



Goal:

The aim of the game is to be able to break the tower and then rebuild it before getting hit by one of the opponent.

How to play:

- This is a team game, which can be played by 4 or more players in each team.
- Two teams with equal number of players needs to be formed
- A coin is tossed to select which team takes the attacking role first
- Seven stones should be on top of each other as a pile within a circle and the defending team takes positions. The position for the fielding team will be wicket keeper who will be behind the stones and other around the stones randomly as fielders stand in cricket. All the players of the attacking team take position behind a crease line in an appropriate distance away from the pile of stones.
- The attacking team gets three chances to hit the pile of stones with the ball (Underarm or Over arm) to knock the pile of stones.
- The attacking team has to hit the pile within three hit if they fail, then the defending and attacking team interchange places and continue

to play, with one point for the formerly defending team in view of the worst aiming skills of the formerly attacking team.

7. As soon as the ball knocks the pile of stones, the defenders catch hold of the ball and try to get the opposing players 'out' by hitting them with the ball in their leg below the knees.
8. The aim of the attacking team is to rearrange the pile of stones and trace the circle three times with their fingers before the other team can make all the players out. If they succeed in doing that, their team gets 1 point and they get the chance to throw the ball again. However, if all the players are out, then the defending team now hit the stone and they gain one point.

Rules to play:

- ❖ The defending team player can only pivot with the ball and not move around. The maximum time he is permitted to have the ball in his hands is about 50 seconds. He has to pass the ball to other members of his team who will attempt the same – to make a player that they are marking 'out' by hitting their leg with a ball below the knee. People with the ball, however can dodge.
- ❖ The stones have to fall within the circle only. If they fall outside the circle, then its again 1 point for the defending team plus they get to throw the ball now.
- ❖ If any defending team player catches the ball after it has touched the pile of stones and before it has bounced, then they get 1 point and the teams interchange places.
- ❖ The player of the attacking team can shield himself from the ball, by hitting it away from the main area, so that time is wasted when the opposing team player fetches it from far away. However, the palm should not be used and only a closed fist can be used to push the ball away.

9

Goli gundu - Otrai Kuzhi Attam

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 11 years

Scientific Reason:

This game is good exercise for the fingers it will enhances the writing skills in children and it also increase the accuracy and concentration among the children.

Materials Required:

- A pit should be made broad with the depth of 1feet.
- Goli for each player.

Goal:

The goal of the game is to throw the goli from the uthikodu towards the pit.

How to play:

1. Each player has to throw their goli from the uthikodu towards the pit one by one.
2. If the goli falls in the pit then they have 9 points and if it strikes the opponent goli then he will get 10 points.
3. And the game ends for the 1st round. No. of rounds will be considered by the no. of players.
4. If no goli falls in the pit, then the player whose goli is nearer to the pit will play first.
5. The players who play first get 4 points, if he drops the goil in the pit and gets 5 points by striking the opponent's goli.
6. The player will get points such as 5,8,9 and 10 for striking the opponent's goli and get points 6 and 7 for dropping the goil in the pit.
7. For the points 10, if he drops the goli in the pit instead of striking he will get 4 points.
8. The opponent player has to push their goli with fist (Hand) and to drop it in the pit.
9. The winner will be the one who gains more points.

Rules to play:

- ❖ A straight line is to be drawn from 10 metres distance from the pit. (Uthikodu)
- ❖ If the player gets 10 points by striking the opponent's goli, the player has a chance to continue to strike the goli for 3 times.
- ❖ The turn goes to the next player if the player fails to strike the opponent's goli or else to drop in the pit.

10

Kitti-pullu

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 11 years

Scientific Reason:

The game enhances the Health benefits including Endurance and stamina, Balance and coordination, Physical fitness, improving hand-eye coordination. And also bring other benefits and opportunities



such as: Team skills, Social skills such as cooperation, communication and learning how to cope with winning and losing, social interaction.

Materials Required:

- 2 wooden sticks; pullu is 3 to 6 inches long and the Kitti is 12 to 18 inches.

Goal:

The goal of the game is to strike the pullu using kitti and score as per the rules.

How to play:

1. This is a team game with each team has equal number of players.
2. A small circle of four feet diameter is drawn. In the centre a small oblong shaped hole is dug which should be smaller than the pullu.
3. Two teams are formed. One bat and the other fields.
4. Fielders stand in a position from where they can catch the pullu.
5. The first player places the pullu in the hole and lifts it quickly high in the air with the Kitti and then strikes it.
6. If the pullu is not caught, then the distance from the hole to the place where the pullu falls is measured with the Kitti. Each Kitti equals one point.
7. The fielder stands where the pullu had fallen and tosses it to the batsman.
8. The batsman tries to hit the pullu while it is in the air.
9. If pullu falls in the circle then he is out, if it falls outside the circle then he taps the tapered end and lifts it in the air and strikes while it is in the air.
10. The game continues till all batsmen are out. The team changes side and continues the same way.
11. The team with higher score wins.

Rules to play:

- ❖ If the player fails at first to strike the pullu, he gets another turn.
- ❖ If the fielder catches the pullu before it touches the ground, the batsman is out and the second player tries to hit the pullu.
- ❖ A player gets three chances to hit the pullu. If he does not hit it, or is caught, he is out.

Batting player can be out in following situations

SI No	Conditions
1	If the Kitti does not hit pullu when he hit.
2	If pullu is caught by the opposite team when Batting player hits pullu (when other team throws) and if the pullu goes behind the hole.
3	If pullu is so close to the base that we cannot measure one Kitti for scoring.

11

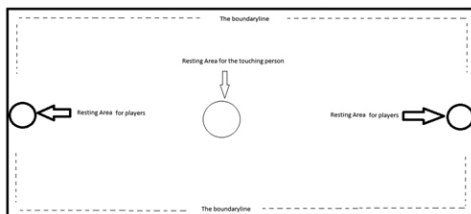
Nondi vilayaattu

Type of the Game : **Outdoor**
No. of player : **Minimum 3**

Category : **Boys/Girls**
Age Group : **11 years**

Scientific Reason:

This game is a good physical exercise and activity and a chance to use their muscles to run and jump, and to be out in the fresh air and sunshine. They like to use their whole body when they play outdoors.



Materials Required:

➤ Chalk or powder for making the boundaries

Goal:

The goal of the game is to avoid getting touched by the touching person.

How to play:

1. The game can be played by 3 or more players.
2. The boundary lines will be drawn. The players have to play inside the boundary.
3. Three Circles will be drawn inside the boundaries as shown in the figure.
4. Among the players one will be selected as the touching person.
5. The others will try to avoid the touching by jumping in one leg here and there.

Rules to play:

- ❖ If anyone crosses the boundary then he will be out of the game.
- ❖ All the players have to jump in one leg after the game started.
- ❖ If any player stood in 2 legs other than the resting place for the players then the player will be out of the game.
- ❖ The touching player can rest inside the resting place for him; he will be out of the game if he put his two legs any were outside.
- ❖ Only one player can rest inside the resting circle at a time. If more than one player in the resting place then the touching person can touch any one and the persons in the circle will be out.
- ❖ If the touching player touches any other players as per the condition then he will be the next touching person. And the game continues

12

Paandi-Irratai Silli

Type of the Game : **Outdoor**
No. of player : **Minimum 2**

Category : **Boys/Girls**
Age Group : **11 years**

Scientific Reason:

This game is a good exercise to calf muscles. And it increase blood flow to your entire body.

Materials Required:

- Flat Ground
- Chalk or Chalk Powder
- Silli- Broken Roof tiles/ or Slate Stone(Preferably Round or Square Shaped)

5	4
6	3
7	2
8	1

Goal:

Goal of the game is to complete all the steps without dropping the silli or without touching the border lines.

How to play:

1. Draw a Grid of 6feet by 2 feet with 8 squares. The squares should be sufficient to accommodate both the feet.
2. Stand outside the Grid near Square 1.
3. Throw the stone in Square 1
4. Starting from Square 8, hop over from Square 7, 6, 5,4,3 ,2 and from square 2 with a single jump, stamp the Silli in square 1 and kicks out of the grid (Not too far) and in one jump stamp the Silli and we can rest for a while.

5. The same process will be continued by throwing the silli in Square 2, 3 and 4. We should mind that after stamping the silli, it should be pushed with a gentle kick to the next square one by one and after reaching Square 1 it should be kicked out of the grid and stamped in one jump from square 1.
6. When the silli is thrown in Square 5, start hopping from Square 1, 2,3,4 stamp the silli in one jump from Square 4 then push the silli with gentle kick respectively to squares 6,7,8 and kick out the silli and stamp it in a jump from Square 8.
7. The same process to continue for silli is thrown in square 6, 7 and 8.
8. The Silli is to be placed in the rear (backside) of the palm,(near the wrist), hop over from Square 8,7,6,5,4,3,2 and 1 Silli is to be thrown outside the grid and from square 1 with a single jump, stamp the silli and rest for a while and continue the game. The condition is that the Silli should not fall in the course of game.
9. The same way Silli will be placed on the head and on leg (near the toe) and as in 7, hop through square 8,7,6,5,4,3,2 and 1 from square 1 just drop the silli outside the grid , stamp it in one jump and rest for a while.
10. After successfully completing all these stages, stand outside the grid and throw the Silli to the other end of the Grid. Place both legs on Square 8 and 1 (either the eyes can be closed or see the sky) and hop with both legs placing in squares 7- 2; 6- 3; 5-4 and should ask whether it is 'right' or 'wrong'. The opponent or a common person will say right if both the legs are placed in squares and say wrong if the legs or any of the legs placed on the line of the squares. Having successfully completed the player can open the eyes on reaching squares 5- 4 and from there in one hop and jump the silly to be stamped .The Game is now complete. After successful completion he can own a square by making 'diagonal' where the opponent cannot place his leg and owner of the square can rest on the square. Silli will not be thrown on this square.
11. The winner will be the one who wins the maximum squares.

Rules to play:

The Player loses the chance to continue play if:

- ❖ When the Silli thrown from outside the grid, it should fall within the square concerned. If it falls outside the square or falls on the line between the squares or in the wrong square.

- ❖ While hopping back he should stamp the silli. If he forgets to stamp in "one jump" then the player cannot continue.
- ❖ While pushing the silli it should fall within the respective square. If it crosses the border line of the square or it touches the lines the player loses the chance to continue the play.
- ❖ If the player loses balance and rest the leg in air he cannot continue.
- ❖ If the Silli that is kicked out of the Grid could not be stamped in One Jump.

13

Poykkal Nadai

Type of the Game : **Outdoor**
No. of player : **Minimum 3**

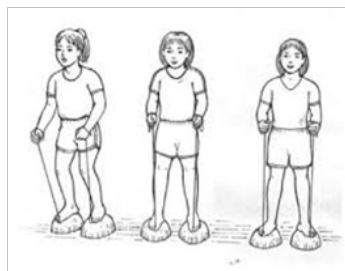
Category : **Boys/Girls**
Age Group : **11 years**

Scientific Reason:

This game enhances the balance, concentration and good exercise for muscles.

Materials Required:

- Coconut shell
- A rope
- Chalk or powder to mark



Goal:

The goal of the game is to reach the finishing line on the coconut shell as soon as possible.

How to play:

1. Starting and finishing lines are drawn.
2. In this game uses coconut shells with rope or thread inserted into the eyes of the shells.
3. The players, with their feet on the coconut shells stilts, run towards the finish line.
4. The player who reaches first is the winner.

Rules to play:

- ❖ The players have to run with their feet on the coconut.
- ❖ Players who fall twice will be disqualified.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 11	Age Group	: 11 years

Scientific Reason:

Skipping improves footwork, balance, coordination, and agility. It also improves cardiovascular health as it improves the heart beat rate.

Materials Required:

➤ Skipping rope

Goal:

The goal of the game is to do skipping without an interval.

How to play:

1. "Reverse Skipping - Basic jump" which means you jumps once while swinging the rope underneath your feet in reverse manner.
2. Number of counts will be made for each jump.
3. The one who did the maximum no of jump is the winner.

Rules to play:

- ❖ A standard time period will fix.
- ❖ If the rope touches the feet while jumping it is a foul.
- ❖ If the jumper misses any swinging, will not be counted.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 11 years

Scientific Reason:

This game enhances the team work skills and co ordination. And it's a good exercise for muscles.

Materials Required:

➤ Chalk or powder

Goal:

Goal of the game is to reach the finishing line with the companion as soon as possible

How to play:

1. This is a team game.
2. Each team having 2 members.
3. Starting line and finishing lines are drawn.
4. All the team will stand in the starting line.
5. At the count of 3 the players have to pick the companion in their back and run towards the finishing line.
6. The winner will be the team who reaches the finishing line.

Rules to play:

- ❖ Only at the count of 3 the players can pick the companions on their back.
- ❖ The players cant drop the companion in between the race, if he does so then the team will disqualifies.

Class - VIII

1

Pallanguzhi-Thaichipandi

Type of the Game	: Board Game	Category	: Girls
No. of player	: Minimum 2	Age Group	: 12 years

Scientific Reason:

This game enhances memory, mathematical skills. It also has a therapeutic effect on the physically challenged, especially in the coordination of hand movement. The game teaches Patience, improves observation skills; think analytically, it helps with mathematical thinking, calculation skills, memory and attention.

Materials Required:

- Game board with 14 pits
- 74 or 146 game pieces

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Thaichipandi	4	6 or 12 in six pits and one in the centre pit	3	Common

Goal:

This is a challenging game the goal is to collect maximum number of game pieces.

How to play:

1. The game is played by 4 persons as pairs. So there are two players playing the game. But each one playing individually.
2. Each player having 3 pits, in the game board of 14 pits. The centre pit in each row known as Thaichikkuzhi is common to all 4 players.
3. And each pit would have 6 or 12 coins or game pieces. And on coin each in thaichikkuzhi.
4. While distributing the coins in each pit the player put coins in thaichikkuzhi also.
5. At the end of the each round of the game the game pieces if the thaichikkuzhis are equally divided among the four players.

- Even though everyone plays the game individually the pairs can share game pieces with each other if there is a lack of coins to fill up the three pits. It is known as thokkam or kuzhiadithal in this game.
- The winner will be the one who gain more coins at the end.

Rules to play:

- ❖ Coins or game pieces cannot be taken from the two thaichi pits.
- ❖ The pasu in this game is four or six if the coin in each pit is six or twelve respectively.
- ❖ If one player loses the game pieces in all her pits, the opponent can take the remaining game pieces in her own pits.
- ❖ The next round of game starts according to the availability of the coins of the losing player.
- ❖ In the last round if the loser has less than 5 game pieces they are distributed one each in each pit. It is known as kuzhkaichutal.

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>

<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

2

Pattukatta Thayam

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 12 years

Scientific Reason:

This game enhances the memory the strategic skills and concentration.

Materials Required:

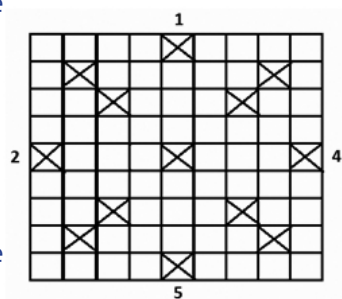
- Game board
- 8 cowries
- 8 game pieces for each player

Goal:

Goal of the game is to make all the game pieces as Pazham

How to play:

- The game is played by 4 players.(they can play individual or as in pairs)
- The players have 8 game pieces for each, and 8 cowries as the throwing pieces.



3. The game board contains ten horizontal and ten vertical lines making eighty-one small squares of nine rows. Other than the outer row there are three inner rows around and the centre point. In the outer round there are four malais with the gap of five blank squares; in the second inner round, there are four malais at a gap of three blank squares; in the third inner round there are eight blank squares without any malai and in the centre point is the ultimate point.
4. The same procedure in the nalukattatayam and ettukattatayam are followed.
5. The player who cuts others coins in the outer round and takes all the game pieces first successfully to the centre point is the winner.

Rules to play:

- ❖ Putting thayam is essential to start the play.
- ❖ A second throw is not permitted for 4,3 and 2
- ❖ The game pieces cut by the opponent will restart the game putting thayam.

Counting

Position of the cowries	Count	Condition
All eight outer side	16	Second throw allowed
Seven outer side and one inner side	1 (tayam)	Second throw allowed
Six outer side and two inner side	2	Second throw not allowed
Five outer side and three inner side	3	Second throw not allowed
Four outer side and four inner side	4	Second throw not allowed
Three outer side and five inner side	5	Second throw allowed
Two outer side and six inner side	6	Second throw allowed
One outer side and seven inner side	7	Second throw allowed
All eight inner side	8	Second throw allowed

3

Square Board

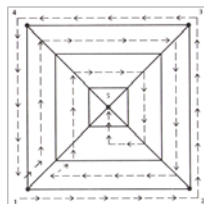
Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 12 years

Scientific Reason:

This game enhances the concentration and strategic thinking.

Materials Required:

- Game board
- 4 cowries as throwing pieces
- Each player has one coin



Goal:

The goal of the game is to make the coin as pazham.

How to play:

1. The game can be played by two or more players.
2. 4 cowries are used as the throwing pieces and each player has one coin as game piece.
3. The game piece could be moving according to the counts given against the throws.
4. The player will start the coin from any of one corner and the path is shown in the fig.
5. The winner will be the one who make his coin as pazham.

Rules to play:

- ❖ Players have to decide a common one to whose hand to be taken in to account for measuring. This can be a third person or any one of the player.
- ❖ When the coin comes to the centre in the inner round, the player could get the pazham if only he puts ulli
- ❖ The opponent's coin should be cut in the outer circle. The cut coin should start again from the beginning.

The throw are given below:

Position of Cowries	Nomenclature	Measurement
4 outside	Thadi	One Muzham
3 Outside & 1 Inside	Mukkottai	Three Virarkadai
2 Outside & 2 Inside	Champa	Four Virarkadai
1 Outside & 3 Inside	Ulli	One Virarkadai
4 Inside	Vellikkani	One Jan

4

Yoga

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 12 years

1. Advasana

Advasana (reversed corpse pose)

Lie on the stomach.

Stretch both arms above the head with the palms facing



downward. The forehead should be resting on the floor. Relax the whole body in the same way as described for shavasana.

If there is difficulty breathing or a sense of suffocation is experienced, a pillow may be placed under the chest.

Breathing:

Natural and rhythmic. The number of breaths may be counted as in shavasana while gently pushing the abdomen against the floor.

Rules:

- On the breath, participant has to tell “OM” after every inhale.
- Meditation is assessed on their posture- mudra with breathing.
- Physical - on the breath, the number of breaths and relaxing the whole body.
- Spiritual - on ajna or manipura chakra.

Scientific Reason:

Recommended for those with slipped disc, stiff neck and stooping figure. People with these conditions will also find this asana an excellent sleeping position.

2. Sukhasana

Sukhasana (easy pose)

Sit with the legs straight in front of the body.

Bend the right leg and place the foot under the left thigh.

Bend the left leg and place the foot under the right thigh.

Place the hands on the knees in chin or jnana mudra.

Keep the head, neck and back upright and straight, but without strain. Close the eyes.

Relax the whole body. The arms should be relaxed and not held straight.



Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

Sukhasana is the easiest and most comfortable of the meditation postures. It can be utilized without ill effect by persons who are unable to sit in the more difficult meditation postures. It facilitates mental and physical balance without causing strain or pain.

3. Ardha ushtrasana

Ardha Ushtrasana (half camel pose)

Sit in vajrasana with the knees apart and the ankles at the side of the buttocks.

Stand up on the knees with the arms at the sides.

Keep the feet flat behind the body.

While inhaling, stretch the arms sideways and raise them to shoulder level.

Then, while exhaling, twist to the right, reach back with the right hand and try to hold the left heel or ankle.

Simultaneously, stretch the left arm in front of the head so that the hand is at eyebrow level.

The head should be slightly back with the eyes gazing at the raised hand.

Push the abdomen forward in the final position and try to keep the thighs vertical.

Hold this position while holding the breath for a few seconds and retaining the gaze on the left hand.

Inhale and return to the starting position.

Repeat on the other side to complete one round holding the right heel with the left hand.

Do not strain in any way.



Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the stretch in the back and neck or on the normal breath if holding longer.
- ❖ Spiritual — on anahata or vishuddhi chakra.

Scientific Reason:

Ardha Ushtrasana is especially good for a back problem, relaxing mind, blood circulation, respiratory system, endocrine and nervous system.

4. Samakonasana

Samakonasana (right angle pose)

Stand with the feet together and the arms by the sides.

Raise the arms straight up above the head. Bend the wrists so that the fingers are pointing forward.

Allow the hands to hang limp.

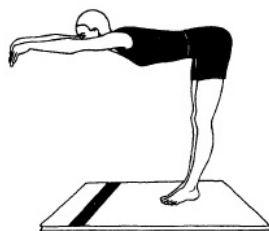
Arch the back slightly, pushing the buttocks out a little.

Slowly bend forward at the hips, keeping the legs straight, until the back is horizontal and forms a right angle with the legs. Keep the head, neck and spine in a straight line.

Look forward.

Hold the final position for up to 5 seconds.

Slowly return to the upright position, with the arms, head and back in a straight line. Lower the arms.



Breathing:

Inhale while raising the arms above the head.

Exhale while bending forward.

Hold the breath in the final position.

Inhale while raising the trunk.

Exhale while lowering the arms.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical - on the movement, keeping the spine straight and maintaining balance.
- ❖ Spiritual - on anahata chakra.
- ❖ This asana should not be practiced by those suffering from acute sciatica.
- ❖ To avoid strain, people with backache should take care to bend from the hips and not from the waist when practicing samakonasana

Scientific Reason:

This asana works specifically on the upper back directly behind the chest. It rectifies spinal curvature, tension and poor posture.

5. Surya Namaskaram (Enclosed in Class 7)

6. Seetkari pranayama (388)

Seetkari Pranayama (hissing breath)

Sit in any comfortable cross-legged sitting posture with the spine upright, arms and shoulders relaxed.

For the next few breaths, observe the flow



of breath at the tip of the nose. This helps bring in a feeling of being centered and inward focused.

Open the lips and bring the teeth together lightly.

Take a long deep inhalation through the gap between the teeth.

At the end of inhalation, lower the chin to the chest in Jalandhara Bandha and hold the breath for 6 to 8 seconds. Make sure that you retain the breath only as long as it does not impact the quality and depth of the following exhalation.

When you are ready to exhale, lift the chin up, close the right nostril with the right thumb. Using Ujjayi breath, exhale slowly through the left nostril. This completes one round.

Repeat for five deep breaths.

At the end, bring the breathing back to normal and relax.

Rules:

- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Avoid these practices if you are suffering from severe cold or congestion
- ❖ The cooling breaths cool down the activity of lower energy centers (below the navel chakra). Therefore, these practices should be avoided in case of chronic constipation.

Scientific Reason:

Seetkari Pranayama is effective in cooling the system down. These practices calm the nerves down and also help calm the mind. Helps deal with stress more effectively. Helps lower blood pressure. You are able to sleep better, thus helping fight insomnia. Mental calmness can help deal with anger and anxiety.

5

Adi Murai-Maan Kombu

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 12 years

Scientific Reason:

The exercise will keep them in shape and the positive attitude will keep them happy. Plus, the respect, courtesy, and self-confidence will give them an advantage in school, relationships, and on their outlook on life. And, they will learn some amazing self-defence skills at the same time.

Materials Required:

Maan Kombu

Goal:

The goal of the game is to disarm the opponent in the given time period.

How to play:

1. The maru is a primarily defensive weapon favouring a low stance, in which the wielder strives to stay lower than the opponent thereby reducing any openings to the body's vital points. Typically, the Maan Kombu -wielder will block or parry attacks before countering with a thrust, choke, lock or disarm.
2. The winner will be the one who get maximum points in the given time period.

Rules to play:

- ❖ The players have to perform the Maan Kombu in the given time period.
- ❖ The player who disarms the opponent will get one point.

6

Balancing race

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 12 years

Scientific Reason:

The game enhances the balancing and concentrating skills among the children.

Materials Required:

- A pot for each players
- Chalk or powder for marking

Goal:

The goal of the game is to reach the finishing point balancing the pot on head.

How to play:

1. This is an individual race game.
2. Starting and finishing lines are drawn in the ground.
3. The players have to walk on the count of three balancing the pot on head towards the finishing line.

4. The winner will be the one who reaches the finishing line without dropping the pot.

Rules to play:

- ❖ The players can't touch the pot with hand after the game started.
- ❖ If the players drop the pots in between the race then she will be expelled from the game.

7

Goli gundu-II

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 12 years

Scientific Reason:

This game increases the aiming and concentration skills. And it also good for the fingers and develop the writing skills in the children

Materials Required:

- A set of Golli
- A shallow hole is dug in open ground

Goal:

The objective of the game is to throw the Golli into the hole.

How to play:

1. The game can be played by 2 or more players.
2. The marble is held tautly in the forefinger of the left hand. Then the finger is stretched back like a bow-string by the pressure of the forefinger of the right(left) hand the golli is shot by releasing the finger Remember, while pushing the marble, the left thumb should firmly touch the ground.
3. Each player contributes two gollies. The first player throws them together aiming at the hole using one hand.
4. In those two gollies one may fall in the hole and other outside the hole or both outside the hole. Then the co players choose a golli, and then the first player is asked to hit the selected golli with another golli that belongs to him. If he succeeds, he wins all the gollies in the hole. If not, he gets the one with which he hit.
5. The next player takes his turn with the remaining gollies.
6. If all the players golli does not go into the hole at the first try then second starts, in this the players have to strike out of the way the goli thrown by the other boys. Or, with a gentle blow from one's goli, push the other goli, so into the hole.
7. The player who ends with the largest number of marbles is the winner.

Rules to play:

- ❖ To decide the player who gets the first turn, two lines are drawn on the ground - one about half a foot and the other three feet away from the hole. The players stand at the second line and try to throw their marbles into the hole. The person whose marble closest to the hole gets to play first.

8

Kurinji vanji

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 12 years

Scientific Reason:

This game enhances the concentration, interaction and co ordination among the children and.

Materials Required:

- Chalk or powder to mark the circle.

Goal:

The goal of the game is to get in to the circle before find and get touched by the touching player.

How to play:

1. The game can be played by 4 or more players.
2. A boundary will be fixes for the playing area.
3. One circle is drawn in the ground.
4. Any one of the player will be selected using any selecting method as touching person.
5. The touching person will stand in the circle and close her eyes and ask others "Varalama" (May I come), and the other players will try to hide and they answers as "Varakkoodathu" (can't come) this will repeat till all the players hide. And then the players will answer as "varalam".
6. Then the touching person will open her eyes and try to find out the hidden players.
7. The hidden players will try to reach inside the circle without touched by the touching player.
8. The winner will be the one who remain at the end.

Rules to play:

- ❖ If the hidden player find the all the hiding players and touches them before they reach inside the circle then the player who found first by the touching player will be the next touching person and the previous person can join the others for hiding.
- ❖ If any of the players succeeded in reach inside the circle before get touched by the touching player then the touching person will be out of the game and the next touching player will be the one who find and touched by the touching player. Or they can choose a new one using the selecting method.

9

Mandhi ottam

Type of the Game : **Outdoor**
No. of player : **Minimum 3**

Category : **Boys**
Age Group : **12 years**

Scientific Reason:

This is a game for improving the player's alertness. This is a good exercise for strengthening the foot fingers.

Materials Required:

- Chalk or powder for draws the starting and the finishing lines



Goal:

The goal of the game is to reach the finishing line as per the conditions as soon as possible.

How to play:

1. This is a game played by boys.
2. Starting and finishing lines are drawn.
3. The boys will stand like squatting and then looping the arms behind the knees.
4. At the count of 3 the players will run in this position from the starting line to the finishing line. While running the following song will sing by the boys

Song

Chola chola kattiley
Cholam adikkira veeteley
Panthadi pantadi Meenaley
Pathakku Cholam Naan Tharen'....

5. The winner will be the one who reach the finishing point.

Rules to play:

- ❖ After the race started the players cant straight their positions. If he does then he will disqualifies from the game.

10

Oonjal aaduthal

Type of the Game : **Outdoor**
No. of player : **Minimum 3**

Category : **Boys/Girls**
Age Group : **12 years**

Scientific Reason:

When children are pushed in a swing, or when they propel a swing themselves, they engage all of their muscles to hold on, balance and coordinate their body to the rhythm of moving back and forth. Swinging provides children with first-hand knowledge and experience of cause and effect and of understanding spatial learning, such as up and down and back and forth.



Materials Required:

- A swing

Goal:

Goal of the game is to the momentum for swinging by kicking the ground.

How to play:

1. The local 'oonjal' is made by tying the upper ends of a rope to a tree branch and fixing a comfortable pole at the lower end of it, where people can sit.
2. One can sit on the seat and clutch the ropes for balancing.
3. The momentum for swinging can be achieved by kicking at the ground using the feet only once.
4. The winner will be the one who oscillate maximum time in the given time period.

Rules to play:

- ❖ The children can kick the ground only one time.
- ❖ The count of the swing will be counted.

Type of the Game : **Outdoor**
 No. of player : **Minimum 2**

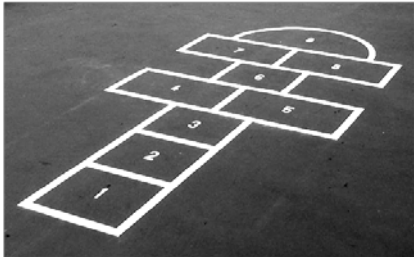
Category : **Boys/Girls**
 Age Group : **12 years**

Scientific Reason:

This game is a good exercise to calf muscles. And it increase blood flow to your entire body.

Materials Required:

- Chalk or powder
- A piece of pot



Goal:

The aim of the game is to capture maximum number of squares in the grid by hopping and jumping through the court in a specific pattern without the feet touching the lines and without putting a hand down to gain balance.

How to play:

1. The game can be played by 2 or more players.
2. The grid is drawn on the ground as shown in the figure.

Phase 1:

- Stand outside of the grid, near square 1
- Throw the stone in square 1
- Starting from square 1 hop over the stone on your way to 'Home' (square 9) and turn back and hop back to square 2 bend and pick the stone in square 1
- Throw the stone in square 2
- Starting from square 1 hop over the stone on your way to 'Home' (square 9) and turn back and hop back to square 3 bend and pick the stone in square 2
- Repeat the above process by throwing the stone in 3, 5, 6, 7 and 8

Phase 2:

- Place the stone in the palm opened
- Hop, starting from 1 unto 8, the player can stand in two legs in the home.
- Throw the coin out the grid (not too far) and jump on it in hopping position
- Repeat the process with the coin in the palm inverted

Phase 3:

- Ask the other players for “kaaya” or “Pazhalama”
- If the other players choose Kaai, sit down with back facing the grid and throw the coin so that may falls in any of the squares.
- If the players choose Pazhalam, then stand up with back facing the grid and throw the coin so that it may fall in any of the squares
- Hop into the grid, and pick up the coin as in the previous steps
- Draw a cross in the box in which you picked up the stone. (In this box, you can rest both of your legs)
- Hop out the grid with the stone. Now this indicates that you have captured a box.

Phase 4:

- Go through all above phases to capture the other boxes. You can rest both of your legs in boxes 4 and 5 and in the boxes that you have captured.
3. The winner will be the one who capture more boxes.

Rules to play:

- ❖ The player have to hoop in one leg through 1,2, and 3; then put one leg in 4 and the other leg in 5. And then hoop by one leg in 6 then put one leg in 7 and other in 8; and in 9th square she can put both legs.
- ❖ A player loses her chance at any stage if
 1. She Lands on a box that is captured by the opponents.
 2. The coin is thrown on crossed squares.
 3. The coin falls out of the grid.
 4. The coin falls on the lines of the grid.
 5. The coin slips down off the palm.

12

Per cholli vilayaduthal

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 12 years

Scientific Reason:

This game is a good exercise for muscles and its help the children's listening and concentration skills and also help the child to develop their social interaction. In this game if the player doesn't know each other's name then they can't be win, so this will help the children to interact with others.

Materials Required:

- Chalk or powder

Goal:

The goal of the game is to avoid getting touched by the touching player.

How to play:

1. A playing area will be fixed for the game by marking the boundaries.
2. Among the players one will be selected as the touching player and others are runners.
3. The touching player will try to touch the running players.
4. When the touching player is close for touching the running players can avoid the touch by saying any other player's name. Then the touching player has to chase that player whose name the other runner said.

Rules to play:

- ❖ A time limit to touch the players will be fixed.
- ❖ The touching player is failed to touch any of the running player within the time limit then the touching player will be out from the game.
- ❖ If the touching player touches any player as per the rules within the time limit then the touching player can join the other running players and the touched player becomes the next touching player and the game continues.
- ❖ After a running player says a name the touching player can touch only that player if he touches any wrong person then the touching player will be out of the game.

13

Pidi pandhu

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 12 years

Scientific Reason:

The game will enhance the reflex action, concentration and the observation skill among the children.

Materials Required:

- A small ball

Goal:

The Goal of the game is to catch the ball without dropping.

How to play:

1. The game can be played by 5 or more players.
2. The players will stand in a circle.
3. The ball will be given and the players can throw the ball among the members and if any one drops the ball then he will be expelled from the game.
4. The winner will be the one who remains at the end.

Rules to play:

- ❖ The players can throw the ball towards anyone in the circle without any order.

14

Reverse Skipping - Criss cross

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 12 years

Scientific Reason:

Skipping improves footwork, balance, coordination, and agility. It also improves cardiovascular health as it improves the heart beat rate.

Materials Required:

- Skipping rope

Goal:

The goal of the game is to do skipping without an interval.

How to play:

1. "Reverse Skipping - Criss cross," is similar to the basic jump with the only difference being that while jumping, the left hand goes to the right part of the body and vice versa for the right hand, with arms crossing in back of the body in reverse manner.
2. Number of counts will be made for each jump.
3. The one who did the maximum no of jump is the winner.

Rules to play:

- ❖ A standard time period will fix.
- ❖ If the rope touches the feet while jumping it is a foul.
- ❖ If the jumper misses any swinging, will not be counted.

Class - IX

1

Pallanguzhi-Kasippandi

Type of the Game	: Board Game	Category	: Girls
No. of player	: Minimum 2	Age Group	: 13 years

Scientific Reason:

This game enhances memory, mathematical skills. It also has a therapeutic effect on the physically challenged, especially in the coordination of hand movement. The game teaches Patience, improves observation skills; think analytically, it helps with mathematical thinking, calculation skills, memory and attention.

Materials Required:

- Game board with 14 pits
- 74 game pieces

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Kasippandi	4	12	6	Common to both

Goal:

The goal of this game is to collect all the coins or game piece of the opponent player.

How to play:

1. The game board containing 14 pits.
2. The game is played by two players. Each having 6 pits and the two centre pits are common for both.
3. The two centre pits are called the kassikkuzhi in which only one coin is put and the other pits having 12 game pieces each.
4. When the coins are being distributed, if it happens to the stage of thadavieduthal of the coins in the kassikkuzhi by which she is eligible to possess the coins getting accumulated in that pit.
5. If the other player also happens to do the same in the same kassikkuzhi, the coins are to be shared by both the players at the end of the round.
6. If a player loses all the coin the other person will be declared as the winner.

Rules to play:

- ❖ The two centre pits are called the kassikkuzhi in which only one coin is put.
- ❖ The pasu consists of six game pieces in this game.
- ❖ If in one game none of the two players beats the kassikkuzhi, the accumulated coins are kept in the same pit for the next round.
- ❖ If the distributed coins end in the pit before the kassikkuzhi, the player cannot proceed further. It is called thanguthal. Then the other player could continue the game.

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>

<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

2

Singam-Game Board

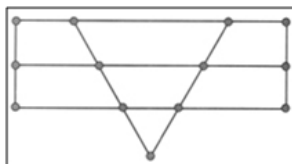
Type of the Game	: Game Board	Category	: Boys/Girls
No. of player	: Minimum 2 or 4	Age Group	: 13 years

Scientific Reason:

This game improves the power of concentration and calculation, friendly attitude, understanding, patience.

Materials Required:

- Game Board
- 1 Coin for each player
- 4 tamarind seeds as throwing pieces.



Goal:

The goal of the game is to bring their game pieces in a row.

How to play:

1. Two persons play this game.
2. It is a triangular image set on rectangular board. It has three horizontal lines, two vertical lines and one triangle in the middle. There are 13 points on the board.
3. Each person having four coins.
4. The players have to keep their four coins in the board and try to bring them in a row.
5. The opponent will try to disturb and block the game piece.
6. The winner is the one who bring their game pieces in a row.

Rules to play:

- ❖ No cutting will occur in this game the players can only block the other from making the coins in a row

3

Thanjavur kattam

Type of the Game	: Game Board	Category	: Boys/Girls
No. of player	: Minimum 2 or 4	Age Group	: 13 years

Scientific Reason:

This game enhances the concentration, quick thinking and decision making skills.

Materials Required:

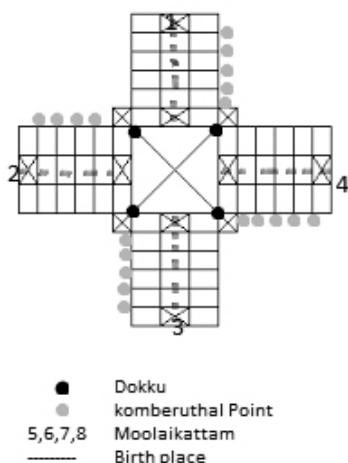
- Game board

Goal:

The goal of the game is to bring all the 6 coins in to Malai before the opponent do.

How to play:

1. This board game is played by two, three or four persons. The game can play in pairs too by sitting opposite.
2. Each side has 6 game pieces, and use 6 cowries as throwing pieces.
3. The game board consist of four sides each having eighteen squares in three rows. There are four crossed squares in each corner connecting all the four hands. The centre row of each hand has two resting places. The starting point for each player is the first crossed square in the middle row of his hand. This and the four blank squares in the middle rows are called the Birth place. The starting point for the each player is the 1st crossed square in the middle row of his hand. This and four blank squares in the middle row is called the birth place (Piranthaidam).The 4 corner crossed squares(moolaikkattam) and the other 4 crossed squares, one each at the bottom of hands are the resting place for all the players.
4. The game starts when the player put thayam.
5. The player comes down from the starting place through the birth place and goes round the outer square. Before he could come back to the third row of his hand, going round the full board.



6. When the player finishes the full round of the board and come to the last square of his hand and moves outside the last row and reaches Malai. It is known as Komberuthal.
7. If he happens to reaches the last point in his hand in Komberuthal he gets stuck up in Dokku. He could be cut by the opponent at that point known as dokku provided the latter's coin reaches his dokku.
8. The player could be made a move to avoid the frequent cuts by the opponents. He could move his coin in pairs so that the two coins would be safe.
9. The one who bring all the 6 coins to malai successfully is the winner.

Rules to play:

- ❖ The opponent players cannot enter in to any other players Birth place.
- ❖ No cutting takes place in the birth place..
- ❖ In the resting place only one player's coin can occur at once. But they can cross it if the count of dies permits.
- ❖ The player will be eligible to climb for a win (komberuthal) only if he cut at least one of the opponent coin.
- ❖ If a player cut the dokku coin then he needs to put a thayam to get a Pazham. In other words the coin in dokku could become a pazham if only the player put a thayam.
- ❖ If a coin is cut by the opponent the coin have to wait for a thayam to enter the game again
- ❖ The pair could cut only by another pair.
- ❖ The pairs could not be moved for odd numbers in throws.
- ❖ If a player wants to end the pair then it's permitted to do only in crossed square.

4

Mathaadu

Type of the Game	: Indoor	Category	: Girls
No. of player	: Minimum 4	Age Group	: 13 years

Scientific Reason:

This game enhances the concentration, team work skills and coordination among the children.

Materials Required:

- Chalk or powder for marking

Goal:

The goal of the game is to reach the finishing point as per the conditions.

How to play:

1. This is a team game.
2. Starting line and finishing lines are drawn.
3. Each team has equal number of members.
4. Team will stand in the starting point in a circular shape holding waist.
5. On the count of 3 the players will start to move like Churning curd. (I.e. move in a semicircle clockwise and anticlockwise).
6. The team who reaches the finishing line first will be the winner.

Rules to play:

- ❖ The team must have 4 members.
- ❖ If the team breaks the circle in between then the team will be disqualified.

5

Nalu Moolai Vilayattu

Type of the Game	: Indoor	Category	: Girls
No. of player	: Minimum 4	Age Group	: 13 years

Scientific Reason:

This game enhances the concentration co ordination and interaction among the children.

Materials Required:

- A place with 4 corner

Goal:

The goal of the game is to change their positions without touched by the touching player as per the conditions.

How to play:

1. The game can be played by 4 players.
1. One of the players will be selected as the touching player by any selecting method.
2. Other 3 players will take one corner for each and try to change their positions.
3. The touching person will try to touch the players as per the conditions.
4. The winner will be the one who remain up to last.

Rules to play:

- ❖ One corner can be occupied by only one player.
- ❖ The touching player can't touch the players while they are in the corner.
- ❖ If 2 players are in the corner then the touching player can touch any one of them.
- ❖ If the touching players can touch players while changing the positions.
- ❖ If a player is touched as per the rules then he became the touching person and the touching person can join the other players.
- ❖ If any players touched second time by the touching person then he will be out of the game.

6

Vaal varaithal

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 7 years

Scientific Reason:

The game will enhance the guessing sense and alertness in the children.

Materials Required:

- An incomplete drawing of an animal (like elephant, cow, etc) on a board or a chart
- A cloth for blind folding
- Pencil or chalk

Goal:

Goal of the game is to draw the incomplete picture while blind folded.

How to play:

1. This is an individual game.
2. An incomplete drawing of an animal (without Tail) will be fixed in a wall or board convenient to the players.
3. The players will be blind folded with a cloth.
4. The players will be get a marker or pencil and have to complete the picture by drawing the tail guessing its position.
5. The winner will be the one who make the correct drawing.

Rules to play:

- ❖ The players can follow the audience instructions.
- ❖ The audience can give either right or wrong instructions.

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 13 years

1. Jyestikasana

Jyestikasana (superior posture)



Lie flat on the stomach with the legs straight and the forehead resting on the floor.

Interlock the fingers and place the palms on the back of the head or neck.

Allow the elbows to rest on the floor.

Relax the whole body and become aware of the breathing process as described for shavasana.

Breathing:

Natural and rhythmical.

Rules:

- On the breath, participant has to tell "OM" after every inhale.
- Meditation is assessed on their posture- mudra with breathing.
- Physical - on the breath and relaxing the whole body. Feel the soothing warmth of the palms melting away the tensions in the neck and related areas.
- Spiritual - on ajna or manipura chakra.

Scientific Reason:

This asana is helpful for all spinal complaints especially cervical spondylitis and stiff neck or upper back.

2. Ardha padmasana

Ardha Padmasana (half-lotus pose)



Sit with the legs straight in front of the body. Bend one leg and place the sole of the foot on the inside of the opposite thigh.

Bend the other leg and place the foot on top of the opposite thigh.

Without straining, try to place the upper heel as near as possible to the abdomen.

Adjust the position so that it is comfortable.

Place the hands on the knees in either chin or jnana mudra.

Keep the back, neck and head upright and straight.

Close the eyes and relax the whole body.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Those who suffer from sciatica or sacral ailments should not perform this asana.

Scientific Reason:

Ardha Padmasana allows the body to be held completely steady for long periods of time. It holds the trunk and head like a pillar with the legs as the firm foundation. As the body is steadied the mind becomes calm.

3. Ushtrasana

Ushtrasana (camel pose)

Sit in vajrasana.

Stand on the knees with the arms at the sides.

The knees and feet should be together but may be separated if this is more comfortable.



Lean backward slowly reaching for the right heel with the right hand and then the left heel with the left hand.

Do not strain.

Push the abdomen forward, trying to keep the thighs vertical, and bend the head and spine backward as far as possible.

Try to relax the whole body, especially the back muscles, into the stretch.

The weight of the body should be evenly supported by the legs and arms.

The arms should anchor the shoulders to maintain the arch of the back.

Remain in the final position for as long as is comfortable.

Return to the starting position by slowly releasing the hands from the heels one at a time.

Breathing:

Normal in the final position. Do not try to breathe deeply because the chest is already stretched.

Sequence: It is important that this asana is followed by a forward bending asana, such as paschimottanasana, release any tension in the back. The most convenient counter pose is shashankasana since it may be performed immediately from vajrasana without unnecessary body movement.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the abdomen, throat, spine or natural breathing.
- ❖ Spiritual — on swadhisthana or vishuddhi chakra.
- ❖ People with severe back ailments such as lumbago should not attempt this asana without expert guidance.
- ❖ Those suffering from enlarged thyroid should also take care.

Scientific Reason:

This asana is beneficial for the digestive and reproductive systems. It stretches the stomach and intestine alleviating constipation. The backward bend loosens up the vertebrae and stimulates the spinal nerves, relieving backache, lumbago, rounded back and drooping shoulders. The front of the neck is fully stretched, toning organs in this region and regulating the thyroid gland.

4. Dwikonasana

Dwikonasana (double angle pose)

Stand erect with the feet one foot apart.

Extend the arms behind the back and interlock the fingers.



This is the starting position.

Bend forward from the hips while simultaneously raising the arms behind the back as high as possible without strain.

The arms act as a lever and accentuate the stretch given to the shoulders and chest.

Look forward as far as possible, so that the face is parallel with the floor.

Remain in the final position for a short time and return to the upright position.

Relax the arms.

Breathing:

Inhale while standing erect and when returning to the upright position.

Exhale while bending forward.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the stretch of the arms, shoulders and upper back.
- ❖ Spiritual — on anahata chakra.
- ❖ In acute or painful conditions of the shoulder joints this asana should be avoided.

Scientific Reason:

This asana strengthens the intraspinal muscles, between the upper spine and the shoulder blades, and develops the chest and neck. It is especially good for young, growing bodies.

5. Surya Namaskaram (Enclosed in Class 7)

6. Bhramari pranayama

Bhramari Pranayama (humming bee breath)

Sit comfortably in any meditative posture. Sit erect.

Inhale slowly and deeply through the nose.

Let the inhalation caress the throat area.

Then gently plug the ears with the respective index fingers and closed eyes.

Exhale slowly producing a long and continuous humming sound.

Enjoy the sound and vibrations produced during these breathing techniques.



Rules:

- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

Bhramari Pranayama is beneficial for Promotes a clear voice and is recommended for singers, Beneficial for pregnant women and in labor preparation, Makes an impact on the mind, producing peace and joy.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 13 years

Scientific Reason:



Improve blood circulation and muscle functions, strengthen muscles and promote its flexibility, improve self confidence and mental agility, augment body balance and physical fitness, improve the sportiveness, achieve self reliance.

Materials Required:

- Sword
- Urumi (Flexible Sword)
- Pole (Stick)
- Vaalum Parichayum (Sword and Shield)

Goal:

The goal of the game is to perform any of the three steps of kalari in the given period of time

How to play:

1. Kalarippayatt is the art of self-defence and it helps to sharpens physical reflexes and mental ability, develops mind, strengthens and co-ordinates body muscles and improves stamina.
2. Kalaripayattu is recognize as six Steps:

Verumkai (Free Hand Fight)

Free hand fight is the fight event done by hands and legs without the use of any weapons. This event is designed with hard and soft techniques and various movements of the body. Hard techniques like full contact punches and kicks and soft techniques like dodges and locks are tactically important in this free hand fight.

Maipayattu (Steps and Technique)

Maipayattu/Step is an integral part of Kalaripayattu, based on the eight body posture, which skill fully exhibits the psycho-physical agility and strength of its performer in whom the moral courage, enthusiasm and physical strength of a master of Kalari are judiciously integrated technique.

Vaal Payattu (Sword)

This is a skill which mesmerizes the spectator through the mastery of its in performer handling sword weapon through systematic training with complete concentration. This is a hallmark of Kalaripayattu.

Urumi (Flexible Sword)

This showcases the enthusiasm confidence, mental power and Valerie of a Kalari master. It requires perfect physical balance and coordination .It demands quick comprehension of the action of the opponent and adept precise limb movements on the part of the performer in self defence.

Neduvadipayattu (Stick Fight)

This is an area where the master of Kalari exhibit, express their co-ordination, perfection mental strength and swiftness against their opponent using stick it gives enough room for creativity to the performer, in the use of the stick.

Vaalum Parichayum (Sword and Shield)

A technique in Kalari which mystifies the spectators through time bound styles of sword and shield fight, where the strength precision speed co-ordination and Valerie blend in perfect manner. Precision in the use of there is attained through constant practice, harmonious movement of hand and undaunted concentration

Rules to play:

- ❖ The players have to Perform any three steps in the given time period.

9

Ezhu Vandi

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 13 years

Scientific Reason:

This game enhances the concentration.

Materials Required:

- Branch of Coconut tree
- Chalk or powder

Goal:

The goal of the game is to drag the coconut tree branch with the pair sitting in it to the finishing line as soon as possible without make him fall from the Ezhu Vandi.

How to play:

1. This is a team game.
2. Two pairs are made as a team.
3. Starting line and finishing line should be drawn.
4. The players should start from the starting line.
5. One person has to sit at one end of the coconut tree branch. Another person has to drag that branch from the other end.
6. The team which touches the finishing line first is the winner.

Rules to play:

- ❖ While racing, if the player falls down from the coconut branch, then the team will be disqualified.

10

GoliGundu - MukkuzhiAttam

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 13 years

Scientific Reason:

This game increases the aiming and concentration skills and it also a good exercise for the fingers which will help the children's writing skills.

Materials Required:

- Goli (Marbles)

Goal:

The objective of the game is to throw the Gollies into the holes.

How to play:

1. Each player has three gollies.
2. How to aim gollies:
The marble is held tautly in the forefinger of the left hand. Then the finger is stretched back like a bow-string by the pressure of the forefinger of the right hand the golli is shot by releasing the finger. Remember, while pushing the marble, the left thumb should firmly touch the ground.
3. To decide the player who gets the first turn, throws 3 gollies together aiming at the holes using one hand, who throw more gollies in to the pits will get the 1st chance.
4. The first player will try to aim the golli in to the pits if he succeeded then he will try to aim the golli in the second then 3rd pit; then the player will get 3 points.

5. If he succeeds to throw the 3 gollies in three pits then he ask the opponent to select any one pit and the player have to throw the 3 gollies in that pit one by one.
6. If the player succeededs in completing then he will get 5 points.
7. The winner will be the one who gets more points at the end.

Rules to play:

- ❖ If the player can't through the golli into the pit any time then the chance will go to the next player and he will repeat the steps.
- ❖ After one round the playing order will change as per the points and if any two players having same points then they will decide the order by the 1st method.

11

Pambaram - Udaithakattai

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 2	Age Group	: 13 years

Scientific Reason:

The game enhances the coordination and concentration of children. The primary skill on this rely on shortest rope length usage and still make the pambaram to rotate on the ground allowing you to catch it back with the rope.



Materials Required:

- Pambaram(top), Rope

How to play:

1. All the players have to go at the same time for the 'Goes' – this is the 'toss' for the game. The 'Goes' process is – at the count of 1, 2, 3 all the players should wind their Pambarams with their ropes, unwind it on the ground to rotate and then pick it up with the rope as quickly as possible.
2. The last person to finish the 'Goes' lose as well.
3. The player who losses the Toss will keep their Pambarams inside the circle drawn on the ground. The rest of the members will have a go at the Pambarams inside the circle.

- The people who managed to finish the toss successfully try to spin their Pambaram over the opponent's Pambaram in the circle trying to getting them out of the circle.
- The pambaram which crosses the boundary line by the players, that pambaram will be broken by all.

Rules to play:

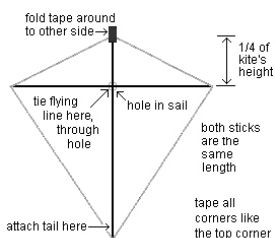
- ❖ If the Pambaram failed to rotate on its nail on the ground –it is called 'Mattai', you lose the toss.
- ❖ If you fail to catch the Pambaram through the ropethen you lose the toss.
- ❖ Each time the spinning Pambaram has to be picked up successfully to continue.
- ❖ The Player's pambaram will be kept in the circle if he fails to rotate his pamabaram when striking.
- ❖ A boundary line will be drawn at certain distance from a circle.

12

Pattam Viduthal

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 3	Age Group	: 13 years

Scientific Reason:



This game enhances the concentration and creativity in children.

Materials Required:

- Paper for making the kite
- Gum
- String

Goal:

The goal of the game is to get the kite into the wind by pulling in the line and then letting it out as the kite catches the wind and make it fly as high as possible.

How to play:

- In order to move the kite right or left or up or down, one has to simply let out line to make the kite spin. When the nose is pointing in the direction one wants the kite to move, either stop letting out line or pull it in and the kite should move in the desired direction

Rules to play:

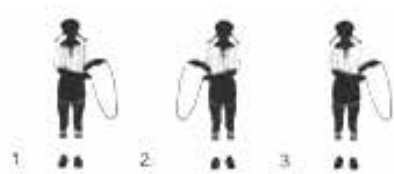
- ❖ The kite have to fly minimum 2 meter from the ground

Type of the Game : **Outdoor**
 No. of player : **Minimum 2**

Category : **Boys/Girls**
 Age Group : **13 years**

Scientific Reason:

Skipping improves footwork, balance, coordination, and agility. It also improves cardiovascular health as it improves the heart beat rate.



Materials Required:

➤ Skipping rope

Goal:

The goal of the game is to do skipping without an interval.

How to play:

1. This is an individual game.
2. "Skipping - Side swing," the rope passes the side of the skipper's body, without jumping it. Then skipper performs a basic jump after a side swing, you jumps once while swinging the rope underneath your feet.

Step 1 :

The player have to start with the rope behind the feet swing the rope up over head, and as it comes down towards your feet, bring both your hands to your right side so that the rope hit the floor to the right side of the feet.

Step 2:

Lift up your hands making a circular motion and bring your hands across the front of your body to your left side so the rope hit the floor to the left side of the feet.

Step 3:

And then do a normal skipping by swing the rope underneath your feet while jumping.

3. Repeat the steps continuously.
4. Number of counts will be made for each jump.
5. The one who did the maximum no of jump is the winner.

Rules to play:

- ❖ If the rope touches the feet while jumping it is a foul.
- ❖ If the jumper missed any steps then it will not be counted.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2 (Each12)	Age Group	: 13 years

Scientific Reason:

This game enhances physical fitness, strength, speed and stamina, and a certain amount of ability for dodging, feinting and bursts of controlled speed. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.

Materials Required:

- A evenly surfaced ground, rectangular in shape
- Two poles

Goal:

To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho.

How to play:

1. Kho Kho is played in 2 teams of 12, but only nine players take the field for a game or contest.
2. Start with 8 members of the "chasing" team sitting or kneeling in a row in the middle of the court in their eight squares on the central line, alternately facing the opposite directions.
3. Two wooden poles stand at either end of this central line.
4. The ninth player is the "chaser," and he takes his position next to one of the two poles, ready to begin the pursuit.
5. The opponent team enter the field, in batches of three are called defenders. These defenders, or dodgers, try to play out the 7 minutes time, and the chasers who try to dismiss them within that time.
6. Chasers run in one direction around the centre line where 8 members are sitting and cannot run in reverse course, and also cannot cut across the central line of sitters, even though the dodgers may run wherever they like. Chasers have to run around the entire line (row).
7. An active chaser can change position with a seated chaser, by touching him from behind (whose back must be facing you) by palm, and uttering the word 'kho' loudly, and simultaneously, chase or attack is build up through a series of 'khos' as the chase continues with a relay of chasers.

8. After the first set of 3 defenders is caught, the next batch of 3 is sent onto the field.
9. At the end of the innings there is an interval of 5 minutes and an interval of 2 minutes, in between the turns. Each side alternates between chasing and defence.
10. The objective is to tag all the opponents in the shortest time possible; the quickest team wins.

Rules to play:

- ❖ A match consists of two innings. An innings consists of chasing and running turns of 7 minutes each.
- ❖ A defender can be dismissed in three ways:
 - 1) If he is touched by an active chaser with his palm without committing a foul.
 - 2) If he goes out of the limits on his own.
 - 3) If he enters the limit late.
- ❖ A match consists of 2 innings. An inning consists of chasing and running turns of 9 minutes each. Each side alternates between chasing and defence.

Reference:

<http://www.traditionalgames.in/home/outdoor-games/kho-kho-ko-ko>

Class - X

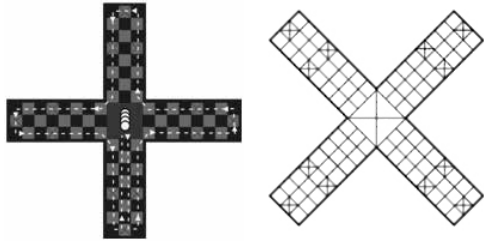
1

Pachisi

Type of the Game	: Board	Category	: Boys/Girls
No. of player	: Minimum 2 & 4	Age Group	: 14 years

Scientific Reason:

This game enhances memory, mathematical skills. It also has a therapeutic effect on the physically challenged, especially in the coordination of hand movement. The game teaches Patience, improves observation skills; think analytically, it helps with mathematical thinking, calculation skills, memory and attention.



Materials Required:

- Game board
- 6 game piece for each player.
- 6 Cowries

Scientific Reason:

This game will increase problem-solving skills concentration and it teaches planning and foresight.

Goal:

The goal of the game for each player is to move all four of their pieces completely around the board, counter-clockwise, before their opponents do.

How to play:

1. Each player has four beehive-shaped pieces (this can be increased to up to 16 pieces each side in some versions). The pieces of one player are distinguishable from another by their colour: black, green, red and yellow are used for each player.
2. Six cowries' shells are used to determine the amount to move the players' pieces. They are thrown from the player's hand and the

numbers of cowries which fall with their openings upwards indicate how many spaces the player may move:

3. There is a large square in the centre, called the Charkoni, which is the starting and finishing position of the pieces. The four arms are divided into three columns of eight squares. The players' pieces are moved along these columns during play.
4. Twelve squares are specially marked as castle squares. Four of these are positioned at the end of the middle columns of each arm; the other eight are four squares inwards from the end of the outer columns on each arm.
5. Each player's objective is to move all four of their pieces completely around the board, counter-clockwise, before their opponents do.
6. The playing order is decided by each player throwing the cowries. The player with the highest score starts, and turns continue counter-clockwise around the board. In some versions each player gets to throw the cowries shells until they throw a 2, 3, or 4.
7. If a 6, 10 or 25 is thrown, the player gets a grace. If a 6, 10 or 25 is thrown, the player gets a grace. This enables them to introduce one of their pieces from the Charkoni onto the board. In other versions this includes 10, 25, or 30 to introduce another of their pieces, and 7, 14 as a grace without introduction of pieces.
8. Each player's first piece may leave the Charkoni on any throw after it has been introduced onto the board. Each player moves their pieces down the centre column of their own arm of the board, then counter-clockwise around the outside columns.
9. A piece completes its trip around the board by moving back up its central column. Returning pieces may be placed on their side in order to distinguish them from pieces that have just entered.

If a player has their pieces closer to the end, and does not need a higher value throw, there are ways to nullify the higher value throw.

- i. If the player casts a 10, 25, or 30 - They need to consecutively throw 10, 25, or 30 three times (including the original throw) to nullify the higher value throw.
- ii. If the player casts a 7, they have to consecutively cast a 7 seven times (including the original throw) to nullify the throw.
- iii. If the player casts a 14, they have to consecutively cast a 14 fourteen times (including the original throw) to nullify the throw.

- iv. Since throwing three consecutive throws of 10, 25, or 30 in a single turn nullifies them, players can instead throw a 7 or 14 in between to keep their turn going. EX: A player can throw the following in a single turn 25, 25, 14, 10, 30, 7, 25, 30, 7, 10, 14, 25, 3
- v. Since throwing three consecutive throws of 10, 25, or 30 in a single turn nullifies them, players can instead throw a 7 or 14 in between to keep their turn going. EX: A player can throw the following in a single turn 25, 25, 14, 10, 30, 7, 25, 30, 7, 10, 14, 25, 30
- vi. Once all of the players pieces are introduced onto the board, every time a player throws a 10, 25, or 30 they must move their piece one additional square. EX: A player casts 25, 25, 3 in their turn; their pieces can move a total of 53 squares. But when all their pieces have already been introduced onto the board, they can now move a total of 55 squares (25+25+3+1+1).

Rules to play:

- ❖ A piece may not be captured by an opponent while it lies on a castle square.
- ❖ A player needs to have at least one piece on the board to be able to throw a 7 or 14.
- ❖ Only one piece may be moved with a single throw.
- ❖ If the player casts a value higher than they are eligible to move in a single throw, then they automatically lose that turn.
- ❖ More than one piece of the same team may occupy a single square (not true for all squares in some versions).
- ❖ A piece may not move onto a castle square that is already occupied by an opponent's piece.
- ❖ If a piece lands on a square (other than a castle square) occupied by any number of the opponent's pieces, those pieces are captured/killed and must return to the Charkoni
- ❖ Captured pieces may only enter the game again with a grace throw.
- ❖ A player making a capture is allowed another turn.
- ❖ A piece can only return to the Charkoni by a direct throw.

Reference:

<http://www.mastersgames.com/rules/pachisi-rules.htm>

How to play:

1. The game board containing 14 pits.
2. The game is played by two players. Each having 6 pits and the two centre pits are common for both.

3. The two centre pits are called the kassikkuzhi in which only one coin is put and the other pitas having 12 game pieces each.
4. When the coins are being distributed, if it happens to the stage of thadavieduthal of the coins in the kassikkuzhi by which she is eligible to possess the coins getting accumulated in that pit.
5. If the other player also happens to do the same in the same kassikkuzhi, the coins are to be shared by both the players at the end of the round.
6. If a player loses all the coin the other person will be declared as the winner.

2

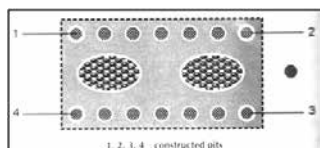
Pallanguzhi - Kattupandi

Type of the Game : **Board Game**
No. of player : **Minimum 3**

Category : **Girls**
Age Group : **14 years**

Materials Required:

- Game board
- 64 game pieces or coins.



Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Kattupandi	2	4 or 5	7	Not Common

Scientific Reason:

This game enhances memory, mathematical skills. It also has a therapeutic effect on the physically challenged, especially in the coordination of hand movement. The game teaches Patience, improves observation skills; think analytically, it helps with mathematical thinking, calculation skills, memory and attention.

How to play:

1. The game is played by two players.
2. Each player has 7 pits including the 2 corner pits. The corner pits are the strategic points in this game.
3. Each pit has 4 coins and the player has to start from any one of his corner pit and distribute the coins in the subsequent pits.
4. The player has to put 1 coin each in the pits. The pit in which the last coin is put should be taken again by the same player and put in pits in an orderly manner.

5. If the end pit is vacant, the player should stop playing for that round. And the opponent will start playing.
6. If the corner pit has three pieces and the player put the fourth piece in that pit. All the four pieces are to be kept above the pit in a corner of the board. The player has completed the construction.
7. If all the coins reach the corner pits the game ends and the player are permitted to take the game pieces accumulated in the corner pits.
8. The player who gets the maximum number of coins is the winner.

Rules to play:

- ❖ There is no taking of pasu or thadavieduthal in this game.
- ❖ If the construction is completed, the opponent loses their right to put her coin in that corner pit.
- ❖ One can have the construction in any number of corner pits.

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>

<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

3

Rectangle Board

Type of the Game	: Board	Category	: Boys/Girls
No. of player	: Minimum 2 or 4	Age Group	: 14 years

Materials Required:

- Game Board
- 1Coin for each player
- 4 tamarind seeds as throwing pieces.

Scientific Reason:

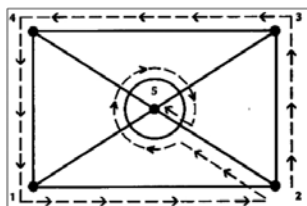
This game improves the power of concentration and calculation, friendly attitude, understanding, patience.

Goal:

The goal of the game is to make coin as Pazham before the opponent do.

How to play:

1. The game could be played by two to four players.
2. Each player has one coin.



3. The Game board is a rectangle with an inner circle taking the players to the pazham or destination.
4. The player will start the coin from any of one corner and the path is shown in the fig.
5. The winner will be the one who make his coin as pazham.
6. The players use the tamarind seeds (puliyamuthu) for throwing pieces. They take 4 tamarind seeds and rub one side of the seed till it becomes white (vellai) to differentiate from the other original black (karuppu) each throw is calculated differently with new a nomenclature.

Position of throwing pieces	Nomenclature	Measurement
Four white sides	<i>villusi</i>	orujan(distance between the extended Thumb and small finger)
Four Black Sides	<i>Katteri</i>	Orumuzham(the distance between Elbow and tip of middle finger)
Two White and two black side	<i>Champa</i>	four virakkadai(distance between four fingers)
Three white and one black sides	<i>Onrumillai</i>	No move
One white and three black sides	<i>Onrumillai</i>	No move

Rules to play:

- ❖ Second throw is permitted only for villusi,katteri and champa.

4

Raja manthiri

Type of the Game	: Indoor Game	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 14 years

Materials Required:

- Pen
- Paper chits equal to the number of players

Scientific Reason:

This game enhances the concentration.

Goal:

The goal of the game is to guess the 'Kallan' (Culprit)".

How to play:

1. Minimum 4 no of players can play this game.
2. Identical papers chits are made .the number of chits are equal to the number players.
3. Raja, manthiri and kallan will be write in any 3 papers .other paper will be plain.
4. All the Chits will be rolled. And shuffle it in a box or in the hands itself and ask each player to take one.The method of taking the paper like this is called 'Thiruvulam'.
5. The player who is having the 'Raja' asked "where is the manthiri?" The player who is having the 'manthiri (Minister) paper answered that "I am here". The player acted as 'Raja' (King) will say "catch the 'Kallan' (Culprit)" Manthiri has to catch the kallan.
6. If mantthiri is successful in identifying the kallan. Then he can give punishment to him.
7. If manthiri identifies the wrong one as kallan then Raja will punish manthiri
8. The winner will be the one who identify the kallan in maximum times within the given time period.

Rules to play:

- ❖ The players can't give any clues to others about the 'Kallan' (Culprit)"

Reference:

<http://www.traditionalgames.in/home/indoor-games/raja-rani-raja-rani>

5

Thuun Vilayattu

Type of the Game	: Indoor Game	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 14 years

Materials Required:

- Playing place with 4 pillars

Scientific Reason:

This game enhances the concentration and the co- ordination skills.

Goal:

The goal of the game is to change the pillar without touched by the 'Pattavar'

How to play:

1. The game is played 5 players.
2. One of the player is selected as the 'Pattavar'.'Pattavar' is the one who try to touch the other players.
3. If a 'Pattavar' touches a player as per the conditions then that player will be the next pattavar.
4. The winner is the one who became the 'Pattavar' min number of time in the given time duration.

Rules to play:

- ❖ While the players touching the pillar 'Pattavar' can't touch them.
- ❖ 'Pattavar' can touch the players while running.
- ❖ One player can touch one pillar at a time. If more than one player is touching the pillar then 'Pattavar' can touches any one of them. And he will be the next 'Pattavar'.

6

Yoga

Type of the Game	: Indoor Game	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 5 years

1. Makarasana

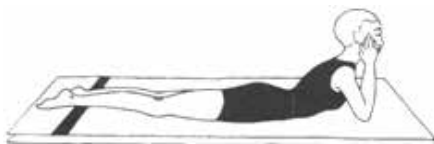
Makarasana (crocodile pose)

Lie flat on the stomach.

Raise the head and shoulders and rest the chin in the palms of the hands with the elbows, on the floor.

Keep the elbows together for a more pronounced arch to the spine. Separate the elbows slightly to relieve excess pressure on the neck. In makarasana the effect is felt at two points: the neck and the lower back. If the elbows are too far in front, tension will be felt in the neck; if they are drawn too close to the chest, tension will be felt more in the lower back. Adjust the position of the elbows so that these two points are equally balanced. The ideal position is when the whole spine is equally relaxed.

Relax the whole body and close the eyes.



Breathing:

Natural and rhythmic.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the breathing process or counting the breath with concentration on the lower back, and relaxing the whole body.
- ❖ Spiritual — on manipura chakra or on the nose tip if practicing nasikagra drishti.
- ❖ Those with back conditions should not practice this asana if any pain is experienced.

Scientific Reason:

This asana is very effective for people suffering from slipped disc, sciatica, lower back pain or any other spinal disorder. They should remain in this asana for extended periods of time as it encourages the vertebral column to resume its normal shape and releases compression of the spinal nerves. Asthmatics and people who have any other lung ailments should practice this simple asana regularly with breath awareness as it allows more air to enter the lungs.

2. Padmasana

Padmasana (lotus pose)

Sit with the legs straight in front of the body.

Slowly and carefully bend one leg and place the foot on top of the opposite thigh.

The sole should face upward and the heel should be close to the pubic bone.

When this feels comfortable, bend the other leg and place the foot on top of the opposite thigh.

Both knees should, ideally, touch the ground in the final position.

The head and spine should be held upright and the shoulders relaxed.

Place the hands on the knees in chin or jnana mudra.

Relax the arms with the elbows slightly bent and check that the shoulders are not raised or hunched.

Close the eyes and relax the whole body.



Observe the total posture of the body. Make the necessary adjustments by moving forward or backward until balance and alignment are experienced. Perfect alignment indicates the correct posture of padmasana.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Those who suffer from sciatica, sacral infections or weak or injured knees should not perform this asana.
- ❖ This asana should not be attempted until flexibility of the knees has been developed through practice of the pre-meditation asanas.

Scientific Reason:

Padmasana allows the body to be held completely steady for long periods of time. It holds the trunk and head like a pillar with the legs as the firm foundation. As the body is steadied the mind becomes calm. This posture applies pressure to the lower spine which has a relaxing effect on the nervous system. The breath becomes slow, muscular tension is decreased and blood pressure is reduced. The coccygeal and sacral nerves are toned as the normally large blood flow to the legs is redirected to the abdominal region. This activity also stimulates the digestive process.

3. Trikonasana

Trilconasana (triangle pose)

Variation I :

Stand erect with the feet about a metre apart.

Turn the right foot to the right side.

Stretch the arms sideways and raise them to shoulder level so that they are in one straight line.

Bend to the right, taking care not to bring the body forward.

Simultaneously bend the right knee slightly.

Place the right hand on the right foot, keeping the two arms in line with each other. Turn the left palm forward.



Look up at the left hand in the final position.
Return to the upright position with the arms in a straight line.
Repeat on the opposite side, bending the left knee slightly.
This completes one round.

Variation 2:

Repeat the basic form, but instead of keeping the upper arm vertical in the final position, lower it over the ear until it is parallel to the floor with the palm facing down. Try not to bend forward but to keep the body in one vertical plane. Look up at the left hand.

Slowly return to the starting position.

Repeat on the left side.

Breathing:

Inhale while raising the arms. Exhale while bending.

Hold the breath for a few seconds in the final position.

Inhale while raising the body to the vertical position.

Variation 3:

Stand with the feet one metre apart and the toes facing forward. Gaze directly in front.

Place the palms of the hands on each side of the waist with the fingers pointing downward.

Breathing out, slowly bend to the right from the hips while sliding the right hand down along the outside of the right thigh as far as is comfortable.

Do not strain and do not bend forward in an effort to achieve the final position in which the right hand reaches the foot. Flexibility will come with practice.

Stay in the final position for a few seconds, holding the breath.

Raise the trunk to the upright position while breathing in, and return the right hand to the waist.

Repeat on the left side to complete one round.

Variation 4:

Stand erect with the feet about a meter apart.

While breathing in, raise the arms sideways to shoulder level. This is the starting position.

While breathing out, bend forward. Twist the trunk to the left, bringing the right hand to the left foot.

The left arm should be outstretched vertically so that both arms form a straight line. Look up at the left hand.

Hold the breath in the final position for 3 seconds, feeling the twist and stretch of the back.

Return to the centre forward position.

Raise the body to the starting position while breathing in, keeping the arms outstretched to the sides.

Breathe out while bending forward. Twist to the right side and bring the left hand to the right foot.

Look up and gaze at the outstretched right hand.

Hold the position, retaining the breath for 3 seconds.

Breathe in and return to the starting position.

Do not lower the arms.

This is one round.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ This asana should not be performed by those suffering from back conditions.

Scientific Reason:

This series affects the muscles on the sides of the trunk, the waist and the back of the legs. It stimulates the nervous system and alleviates nervous depression. It improves digestion, stimulating the appetite, activating intestinal peristalsis and alleviating constipation. It also strengthens the pelvic area and tones the reproductive organs. Regular practice will help reduce waistline fat.

4. Supta vajrasana

Supta Vajrasana (sleeping thunderbolt pose)

Sit in vajrasana. Slowly bend back, taking the support of first the right elbow and arm and then the left.

Bring the top of the head to the ground, arching the back.

Place the hands on the thighs.

Try to keep the knees in contact with the floor. If necessary, separate the knees. Care should be taken not to strain the muscles and ligaments of the thighs and knees by forcing the knees to touch the ground in the final position.

Close the eyes and relax the body.



Breathe deeply and slowly in the final position.

Return to the starting position in the reverse order, breathing in and taking the support of the elbows and arms. Never leave the final position by straightening the legs first; this may dislocate the knee joints.

Return to vajrasana first and then straighten the legs.

Breathing:

Deep and slow.

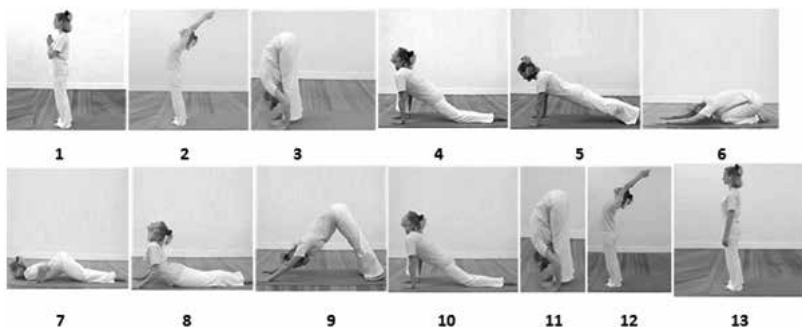
Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the lower back, abdomen or breath.
- ❖ Spiritual — on swadhisthana, anahata or vishuddhi chakra.
- ❖ This posture should not be practiced by people suffering from sciatica, slipped disc, sacral ailments or knee complaints.

Scientific Reason:

This asana massages the abdominal organs alleviating digestive ailments and constipation. It tones the spinal nerves, makes the back flexible and realigns rounded shoulders. The nerves in the neck and the thyroid gland are particularly influenced. The chest is stretched and expanded to full capacity, filling the lungs and bringing more oxygen into the system. It is beneficial for those suffering from asthma, bronchitis and other lung ailments. It enhances creativity and intelligence and redirects sexual energy to the brain for spiritual purposes.

5. Chandra Namaskaram



1. Pranamasana

Stand straight with feet together. Bring the palms together in the prayer position.

2. Hastauttan-asana

Breathing in, bring the arms forward and up, stretching as high as possible. Gently arch the back by pushing the arms back and the pelvis out in front. The elbows and knees are straight, and the head is in between the arms, chin pointing to the ceiling.

3. Padahastasana

Breathing out, bend forward. Place the hands on the floor. Bend the knees. With the hands on the floor, straighten the knees.

4. Ashwa Sanchalanasana

Push the right leg as far back as possible; right knee on the floor, sole facing the ceiling. Look up.

5. Dandasana

Holding the breath, push the left leg back. Bring the body into a straight line while keeping the knees straight.

6. Shishuasana

Breathe out and pull back. Take the hips to heels, forehead towards the knees and hands firmly on the ground in front; Stretch.

7. Ashtanga Namaskara

Move forwards, keeping the chin close to the ground. Your chin, chest, palms of your hand (on either side of the chest), knees, and toes touch the floor. Raise your posterior.

8. Bhujangasana

Breathing in, go into the Cobra position. Hands under the shoulders, elbows close to the body, heels together. Press the pelvis to the ground and lift up. Focus on the bending in the upper back.

9. Parvatasana

Breathing out, come up on hands and feet in an inverted 'V' position. Push back with arms and hips; try to get heels on the ground.

10. Ashwa Sanchalan Asana

Breathing in, bring the right foot forward. Looking up, keep left knee on the ground and left foot facing the ceiling.

11. Padahastasana

Breathing out, bring the left foot alongside the right.

12. Hastauttan-asana

Breathing in, come up to standing position, stretching the arms straight up and back, push the pelvis out to the front.

13. Tadasana

Breathe out and bring the arms back down to the sides. Feel the difference between the two sides of the body.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Chandra Namaskaram is best practiced at night, especially when the moon is visible.
- ❖ While practicing at night, ensure that the stomach is empty.

Scientific Reason:

Chandra Namaskaram helps in channelizing the lunar energy; which has cool, relaxing, and creative qualities. Chandra Namaskaram also stretches the spine, hamstrings, and backs of legs; strengthens leg, arm, back, and stomach muscles.

6. Ujjayi pranayama

Ujjayi Pranayama

Sit down with your spine upright and close your eyes. Inhale slowly through your nose and exhale through your mouth.

When exhaling, produce the sound ‘HHHHHAAAA’.

From now on, keep your mouth closed while exhaling. Generate the same sound as before but this time with your mouth closed. The position of your throat is unchanged and natural. Make sure the sound originates from your throat and not from your nose.

Now maintain the same throat position while inhaling, producing the same murmuring sound.

Begin to balance your inhalation with your exhalation. Balance the sound, quality and length of your breath. You’ll probably notice that your exhalation is longer and stronger. Therefore, expand and emphasise your inhalation. This is the first way to expand your breath.

Feel your heartbeat. Inhale over approximately three to five heartbeats and exhale over the same amount. This is the second way to expand your breath during inhalation as well as exhalation.

Lift your arms while inhaling, and lower them while exhaling. The way your breath adjusts to the movement (Vinyasa) is the third way to expand your breath. Now let your hands rest in your lap while you let your breath flow. Experience the effect of your breathing. By expanding your breath, you absorb Prana (energy). You might even

feel a delicate tingling in the back of your throat. As your practice becomes more refined and advanced, the quality of your breath will become more subtle and you will become more in touch with the Prana.

Concentrate on the turning point between inhalation and exhalation. Make sure you keep your breath flowing and your throat open. This is the basis for an ongoing flow of energy.

Now slowly open your breath and return to normal breathing.

Rules:

- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

Ujjayi Pranayama has tremendous healing effect on Thyroid related problem and also controls snoring. It is very useful for other throat related problem such as Tonsil. Patients have also relief in Asthama and cold. The warmth of the head is reduced, and lung diseases like asthma, tuberculosis etc. is cured. It enhances the capacity of digestive systems, respiratory systems etc.

7

AdiMurai - Kuthu Sandai (Boxing)

Type of the Game	: Indoor Game	Category	: Boys
No. of player	: Minimum 2	Age Group	: 147 years

Materials Required:

- Boxing Gloves
- A mouthpiece
- headgear
- Protective cups
- Loose fitting trunks
- Soft soled shoes.

Scientific Reason:

The game Enhances the hand-eye coordination, Develop self-defence skills, Help with weight loss, to maintain a balanced heart rate, to improve the strength of heart muscles, building a stronger heart, Build strong bones and muscles, Strengthen the entire body, Help to relieve stress, Act as an outlet for anger.



Goal:

The Goal of the game is to throwing punchers to each other.

How to play:

1. Boxing is a martial art and combat sport in which two people engage in a contest of strength, speed, reflexes, endurance and will, by throwing punches at each other, usually with gloved hands.
2. Each round shall consist of a three (3)-minute (Females: two (2)-minute) duration, with a one (1)-minute rest period between rounds.
3. The winner will be the one who gain maximum points in the given time period.

Rules to play:

- ❖ Boxers must always be standing on their feet in order to exchange punches.
- ❖ Punches thrown by a boxer must land above the waistline of the opposition.
- ❖ Punches are the only legal way to hit the opponent.
- ❖ Only the knuckle portion of the glove is allowed make contact with the opponent.
- ❖ Punches must not land on the back of the opponent, including the areas of the kidneys and the back of the head.
- ❖ A boxer hit with an unintentional low blow (a punch below the waist) has up to five minutes to recover and will be considered knocked out if he is unable to recover.
- ❖ The head of a boxer must always be above the waistline of the opponent.
- ❖ When a referee breaks up clinching boxers, both boxers must take a full step back before throwing a punch.
- ❖ When a boxer gets knocked down, his opponent is restricted from hitting the downed boxer and must go to a neutral corner while the referee makes the ten count.
- ❖ The ten count gives the downed boxer the opportunity to get back to his feet to continue fighting.
- ❖ Once a boxer stands after being knocked down, he must be approved to continue by the referee. If the boxer is unable to recover from the knockdown, his opponent will win by way of knockout (KO).
- ❖ Slipping or falling is not considered a knockdown, but a boxer who has slipped or fallen still cannot be hit while down.

- ❖ If a boxer cannot continue due to injury from an intentional foul, the boxer who committed the foul will be disqualified.
- ❖ If an intentional foul occurs and does not stop the fight, the referee must take points away from the boxer who committed the foul.
- ❖ Boxers who commit unintentional fouls receive a warning from the referee, who can also deduct points from a boxer if the boxer continues to commit the foul.
- ❖ Unintentional fouls that end a fight immediately can result in either a 'no contest' ruling or a declared winner. In professional boxing, a no contest would occur if less than four rounds of the match have been completed. Neither boxer would be declared winner. If the fight has gone past four rounds, then a winner will be declared. The winner, in this case, would be the boxer who has the most points at the current stage of the match. A declared winner via points wins by 'technical decision.' A 'technical draw' could also occur if the boxers have the same amount of points.
- ❖ A referee can choose to stop a fight at any point to protect a boxer from severe injury. The boxer will lose by 'technical knockout' (TKO).

8

Chain game

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 147 years

Scientific Reason:

This game enhances the co ordination and the team spirit in children.

Goal:

Goal of the game is to inverse the chain without breaking it.

How to play:

1. This game can be played by minimum 2 teams (any number of team can play this game at a time).
2. Each team contains equal number of players.
3. The team members will stand in a row holding their hands.
4. The players will make arches using the holding hands.
5. The player in the 1st position have to go in between the arch made by 2nd and 3rd players and the then pass the arch made by 3rd and 4th players so on.

- The 1st player has to reach the last position in zigzag move. While passing the team can't break the chain so the players will follow the first player without breaking the chain.
- The team who complete the chain in minimum time will be the winner.

Rules to play:

- ❖ If any of the members break the chain then the team will be disqualified.

9

Goligundu-VattaPendha

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 14 years

Materials Required:

- Goli
- Chalk or powder to draw the circle

Scientific Reason:

This game is good exercise for the fingers it will enhance the writing skills in children and it also increase the accuracy and concentration among the children.

Goal:

The goal of the game is to hit the opponent golli as per the conditions.

How to play:

- A circle (pendha) and the uthi code will draw in the ground and some gollies (as per the bet) will keep inside the circle.
- The player has to strike the gollies inside the pendha with his own goli.
- If his goli is gone outside the pendha then the next players have to strike that goli with their Goli.
- While striking if the player's goli is not gone outside the pendha then that goli will also keep in the centre. And the chance goes to the next player.
- If the player strikes the goli outside the pendha then he can take all the gollies kept inside the pendha. And the game continues
- The winner will be the one who get more gollies.

Rules to play:

- ❖ To decide the player who gets the first turn, players have to throw the goli from the uthi code to the pendha (Circle) whose goli is nearest to the pendha will get the 1st turn.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 14 years

Materials Required:

- Chalk or powder to draw the border line and the circle.

Scientific Reason:

This game enhances the co ordination, concentration, team work skill and social interaction among the children.

Goal:

The goal of the kunju is to enter the circle without get touched by the opponent team and the others member's goal will be to protect the Kunju from the opponent team and the same time tries to touch the opponent team's Kunju

How to play:

1. Minimum 8 participants should be there in each team.
2. The court should be drawn in square shape and at one edge of the square, a small circle should be drawn.
3. Two teams with equal number of players should be formed.
4. Both teams should select anyone from each team as `` KUNJU ``
5. The players should run and stand inside the circle without being caught.
6. Each team members should try to touch the opposite team's kunju.
7. While trying to touch, if any player touches the opponent player, then they are eliminated.
8. At the same time, they should protect their kunju from the opponents, the person who is kunju should hop around.
9. while team's kunju reaches the circle first, is the winner or if the kunju is touched by the opponent, they are the winners.
10. While playing, song (given in Tamil) should be sung.

Rules to play:

- ❖ The team members can touch only same team members or the opposite team's Kunju.
- ❖ If any team member touches the opponent team members other than kunju then both members will be out of the game and they can enter only after the next kunju is selected.

- ❖ If any Kunju is touched by the opponent team member then the kunju will be out of the team and that team will select any other player from the team as kunju and the game continues.
- ❖ While playing a song will sing by the players.

Song

*"Chola chola kattiley
Cholam adikkira veeteley
Panthadi pantadi Meenaley
Pathakku Cholam Naan Tharen
Chinna china mookuthi
Chithappa potta mookuthi
Athai potta mookuthi
Araipanathu mookuthi
Kalayana vasaliley
Kandedutha mukkti
Simantha Vasaliley
Thedi thantha mukkti"*

11

Mutti Udaithal

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 3	Age Group	: 14 years

- A pot with water swung at a height on a long rope.
- A bamboo pole

Scientific Reason:

This game enhances the concentration the observing skills and the reflex action.

Goal:

The goal of the game is to smash the pot with the bamboo pole.

How to play:

1. A pot swung at a height with a long rope.
2. A bamboo pole will give to the participant.
3. The participant has to smash the pot with the bamboo.
4. The winner will be the one who smash the pot in given time duration and the respective chances.

Rules to play:

- ❖ The swinging pot will be controlled by others they try to change the height and oscillation of the pot.
- ❖ Each participant will get 3 chances to hit the pot.

12

Naalu moolai kal

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 5	Age Group	: 14 years

Materials Required:

- A chalk or a powder to mark the boundaries

Scientific Reason:

This game enhances the quick reflex activity, concentration, coordination, and teamwork skills of the children.

Goal:

The goal of the game is to place the 4 stones in the 4 corners of the boundary line without touched by the "Pattavar".

How to play:

1. The game can be played by 5 players.
2. Boundary lines are drawn in the ground in a shape of square. And the centre of the boundary 4 stones will be placed.
3. Among the players one of them will be selected as "Pattavar" using any selecting method.
4. The "Pattavar" will try to protect the stones from the other players. And the other players will try to pick the stone and place it in to each corners of the border line without touched by The "Pattavar".
5. The winner will be the one who remains at the end.

Rules to play:

- ❖ The "Pattavar" can't touch the players who are in the boundary lines.
- ❖ The players can take one stone at a time.
- ❖ If any player touched before placing the stone in the corner then the player will be expelled from the game.
- ❖ If the players succeeded in placing all the stone in the corner then the "Pattavar" will be expelled from the game.
- ❖ New "Pattavar" will be selected using any selecting method.

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 2	Age Group	: 14 years

Materials Required:

- Pambaram (top), Rope

Scientific Reason:

The game enhances the coordination and concentration of children. The primary skill on this rely on shortest rope length usage and still make the pambaram to rotate on the ground allowing you to catch it back with the rope.

Goal:

The goal of the game is to should wind their Pambarams with their ropes, unwind it on the ground to rotate and then pick it up with the rope as quickly as possible.

How to play:

1. All the player should start tying the rope at the same time.
2. As soon as they hear the whistle sound, the players should throw the pambarams and with the help of the rope the pambaram should be taken back fast to their hands.
3. If the pambaram fails to spin on the ground it is called ``mattai`` and the person is eliminated.
4. The player who takes the pambaram first is the winner.

Rules to play:

- ❖ If the Pambaram failed to rotate on its nail on the ground –it is called ‘Mattai’, you lose the toss.
- ❖ If you fail to catch the Pambaram through the rope then you lose the toss.

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 3	Age Group	: 14 years

Materials Required:

- Skipping rope

Scientific Reason:

Skipping improves footwork, balance, coordination, and agility. It also improves cardiovascular health as it improves the heart beat rate.

Goal:

The goal of the game is to do skipping without an interval.

How to play:

1. "Reverse Skipping - Side swing," the rope passes the side of the skipper's body in reverse manner, without jumping it. Then skipper performs a basic reverse skipping jump after a side swing, you jumps once while swinging the rope underneath your feet in reverse manner.
2. Number of counts will be made for each jump.
3. The one who did the maximum no of jump is the winner.

Rules to play:

- ❖ A standard time period will fix.
- ❖ If the rope touches the feet while jumping it is a foul.
- ❖ If the jumper misses any swinging, will not be counted.

Class - XI

1

Chaupar

Type of the Game : **Board**
No. of player : **Minimum 2**

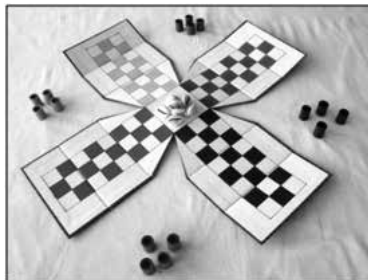
Category : **Boys/Girls**
Age Group : **15 years**

Materials Required:

- Game board
- Each player has 4 game pieces.
- Seven cowry shells

Scientific Reason:

This game improves the power of concentration and calculation, friendly attitude, understanding, patience.



Goal:

The goal of the game is gets all its 8 pawns into home without cut by the opponent as per the conditions.

How to play:

1. Each player's objective is to move all four of their pieces completely around the board, counter-clockwise, before their opponents do. The pieces start and finish on the Charkoni.
2. Each player's first piece may leave the Charkoni on any throw. Each player moves their pieces down the centre column of their own arm of the board, then counter-clockwise around the outside columns.
3. If a 6, 10 or 25 is thrown, the player gets a grace. This enables them to introduce another of their pieces from the Charkoni onto the board, and they also get to repeat their turn.
4. If a piece lands on a square (other than a castle square) occupied by any number of the opponent's pieces, those pieces are captured and must return to the Charkoni.
5. A piece completes its trip around the board by moving back up its central column. Returning pieces may be placed on their side in order to distinguish them from pieces that have just entered

6. Four of the castle squares are placed so that they are exactly 25 moves from the Charkoni. A common strategy is for returning pieces to stay on these squares, where they are safe from capture, until a 25 is thrown. Then they can finish the game directly.
7. The first player to get all his 4 pawns into the Home is the winner. Others can keep playing to get 1st runner-up, 2nd runner-up and the loser. In a partnership game, the team that first gets all its 8 pawns into Home is the winner
8. All seven cowry shells are used in each throw.

Scoring is as follows:

All 7 facing down	14 points
1 facing up, 6 facing down	10 points ,Another turn
2 facing up, 5 facing down	2 points
3 facing up, 4 facing down	3 points
4 facing up, 3 facing down	4 points
5 facing up, 2 facing down	25 points, Another turn
6 facing up, 1 facing down	30 points, Another turn
All 7 facing up	7 points

Rules to play:

- ❖ The playing order is decided by each player throwing the cowries. The player with the highest score starts, and turns continue counter-clockwise around the board.
- ❖ A player may have any number of their pieces on the board at one time. One piece only may be moved with a single throw, or if the player chooses, they can decline to move any piece on a throw
- ❖ More than one piece of the same team may occupy a single square. However a piece may not move onto a castle square that is already occupied by an opponent's piece
- ❖ Captured pieces may only enter the game again with a grace throw. A player making a capture is allowed another turn.
- ❖ A piece can only return to the Charkoni by a direct throw.

Reference:

<http://www.mastersgames.com/rules/pachisi-rules.htm>

Type of the Game	: Board Game	Category	: Girls
No. of player	: Minimum 3	Age Group	: 15 years

Materials Required:

- Game board with 14 pits
- 72 Game pieces

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Rajapandi	3	4 or 6	6,4,4	Not common

Scientific Reason:

This game enhances memory, mathematical skills. It also has a therapeutic effect on the physically challenged, especially in the coordination of hand movement. The game teaches Patience, improves observation skills; think analytically, it helps with mathematical thinking, calculation skills, memory and attention.

Goal:

This is a strategic game with skilful moves and a good memory about the position and number of coins kept in the opponent's pit.

How to play:

1. Three persons play the game, they are called King(Raja), Minister (Manthri) and Servant (Sevakan).
2. The king Minister and servant have 6, 4 and 4 pits respectively
3. The game pieces will be either 4 or 6 respectively.They remain in the same position for the first 3 rounds.
4. The game is started by the king.
5. The procedure of the pasuppandi is follows in this game.
6. Theextrapitsgiventothekingmayputhiminanadvantageousposition.
7. The one who won the maximum round will be the winner.

Rules to play:

- ❖ The king gives allowance or wage of one coin each to his minister and the servant. It is called padimuthu.
- ❖ After three rounds, the minister becomes the king and the servant as the minister and the king as the servant.
- ❖ After 6 rounds the order changes the servant, king, minister of the first round now became king, minister and servant respectively. Thus at the end of the nine rounds all the players would played as king, minister and servant.

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>
<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

3

Panchakeliya

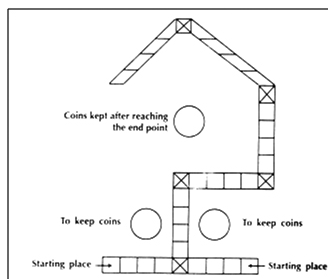
Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 2 + 2	Age Group	: 15 years

Materials Required:

- Game Board
- 3 game pieces for each player
- 6 Cowries

Scientific Reason:

This game improves the power of concentration and calculation, friendly attitude, understanding, patience.



Goal:

The goal of the game is to reach the finishing point as per the conditions.

How to play:

1. Two players or pairs play the game
2. The main part of the board goes vertically from a horizontal base, which has 9 squares, the centre being marker as X (Malai/House). The 4 each on the either side are the starting squares of each player the rest of the board on the baseline is in the shape of a question mark. There are 5 houses in the board.
3. Six cowries are the throwing pieces.
4. In this game no need of thayam to start the game
5. the coin could start with 6,5 or 1
6. The player whose 3 coins reach the en.5d point is the winner

Rules to play:

- ❖ No cutting takes place in Houses.
- ❖ The player can cut the opponent coin by getting appropriate count while throwing.

Reference:

http://jeuxstrategieter.free.fr/Pancha_keliya_complet.php

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 15 years

Materials Required:

- A stool
- A dumbbell of 10 kg

Scientific Reason:

This game is a good exercise for the legs and it improves bones density. It Increases the strength of connective tissue, muscles, and tendons.

Goal:

The goal of the game is to lift the weight in foot as per the conditions.

How to play:

1. This is an individual game.
2. The players will sit on a stool and one dumbbell of 10 kg will kept on the foot.
3. The players have to lift their foot and keep like that for as per the time duration given (School-1 min, Zonal – 1.30 min, and cluster -2min, Final – 3 min).
4. The winner will be the one who keep the dumbbell as high as possible up to the given time.

Rules to play:

- ❖ If the foot touches the ground be for the time duration then he will be disqualified.

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 15 years



1. Matsya kridasana s

Matsya Kridasana (flapping fish pose)

Lie on the stomach with the fingers interlocked under the head. Bend the left leg sideways and bring the left knee close to the ribs.

The right leg should remain straight.

Swivel the arms to the left and rest the left elbow on the left knee. If this is not comfortable, rest it on the floor. Rest the right side of the head on the crook of the right arm, or a little further down the arm for more comfort.

Relax in the Final pose will, alter some time, and change sides.

This position resembles a flapping fish.

Breathing:

Normal and relaxed in the static pose.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the breath and relaxing the whole body.
- ❖ Spiritual — on manipura chakra.

Scientific Reason:

This asana stimulates digestive peristalsis by stretching the intestines and helps remove constipation. It relieves sciatic pain by relaxing the nerves in the legs. People with backache, for whom the practice of forward bending asanas is not recommended, may practice matsya kridasana as a counter pose after backward bending asanas. This asana also redistributes excess weight around the waistline.

2. Siddhasana (boys)

Siddhasana (accomplished pose for men)

Sitting on the floor with your legs straight out in front of you, place your hands at your sides (close to your hips), with your palms down and fingers forward.

Shake your legs out in front of you a few times.

Bend your left knee, and bring your left



heel into your groin near the perineum (the area between the anus and the genitals).

Stabilize your left ankle with your left hand.

Bend your right knee and slide your right heel toward the front of your left ankle.

Lift your right foot, position your right ankle just above your left ankle, and bring your right heel into the genital area.

Tuck the little-toe side of your right foot between your left thigh and your calf.

Place your hands, palms down, on the same-side knee, with your arms relaxed.

Straighten and extend your back and neck, bringing your head up nice and tall; look straight ahead.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

The siddhasana improves the flexibility of your hips, knees, and ankles, and strengthens the back. It differs from svastikasana, in that you tuck your feet into your thighs between the thighs and calves on both sides. The posture is considered the perfect meditation posture for anyone practicing celibacy. Siddhasana is also beneficial for men with various prostate problems.

3. Utthita lolasana

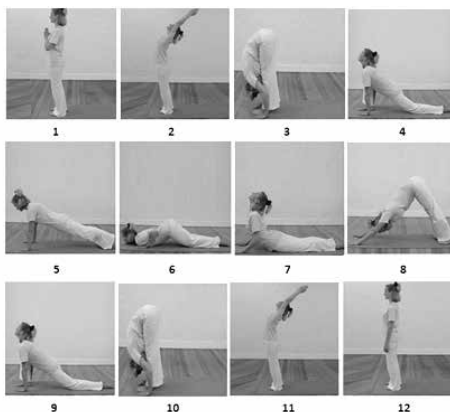
Utthita Lolasana (swinging while standing pose)

Stand erect with the feet a meter apart.

Raise the arms over the head keeping the elbows straight.

Bend the wrists forward so that the hands hang limp.

Bend forward and swing the trunk down from the hips, allowing the arms and head to swing through the legs.



Be tension-free like a rag doll. On the upward swing, raise the trunk so that it is parallel to the floor.

On the downward swing bring the hands as far back as possible behind the feet.

After 5 complete swings return to the upright position with the arms raised, then lower the arms to the sides.

Breathing:

Inhale fully through the nose while raising the arms and while returning to the upright position.

Exhale forcefully through the mouth on each downward swing to make sure all the stagnant air has been expelled from the lower lungs.

While swinging up slight inhalation will be a minor reflex action only. But the main object is to empty the lungs totally on the down swing. For added effect, the sound 'ha' may be made with each forced exhalation. This sound should come from the abdomen and not the throat, so the movement of the diaphragm should be emphasized.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ On the movement of the diaphragm and breath, keeping the body loose and on the rhythmic swinging movement.
- ❖ Not to be practiced by people who suffer from vertigo, high blood pressure or back conditions.

Scientific Reason:

This asana helps remove tiredness by stimulating the circulation and toning the spinal nerves. It stretches the hamstrings and back muscles, loosens the hips and massages the visceral organs. It speeds up lymphatic flow in the major ducts and improves drainage, especially from the abdomen and the base of the lungs. This is an excellent pre-pranayama practice as it opens up all the alveoli and rebalances the ventilation-perfusion matching in the lungs. It has the added benefits of inverted asanas, especially on the brain.

4. Chandra Namaskaram(159) **(Enclosed in Class 10)**

5. Utthasana

Utthanasana (squat and rise pose)

Stand erect with the feet about one meter apart.

Turn the toes out to the sides where they remain throughout the practice.

Interlock the fingers of both hands and let them hang loosely in front of the body.



Stage 1:

Slowly bend the knees and lower the buttocks about 20 cm. The knees should bend outward over the toes and the spine should be straight.

Straighten the knees and return to the upright position.

Stage 2:

Bend the knees and descend about half a metre.

Again return to the upright position.

Stage 3:

Bend the knees and lower the buttocks until the hands are about 30 cm above the floor and then rise again.

Stage 4:

Finally, lower the buttocks until the hands rest on or as near as possible to the floor.

Keep the arms and shoulders loose and avoid bending forward.

Stay in the final position for a few seconds. Then return to the upright position and relax the body.

Breathing:

Exhale while lowering the body.

Inhale while raising the body.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Not to be practiced by women suffering from prolapse of the uterus.

Scientific Reason:

This asana strengthens the muscles of the middle of the back, the pelvis and the uterus, and also the thighs, knees and ankles. It boosts the circulation of prana in the body.

6. Bhastrika pranayama

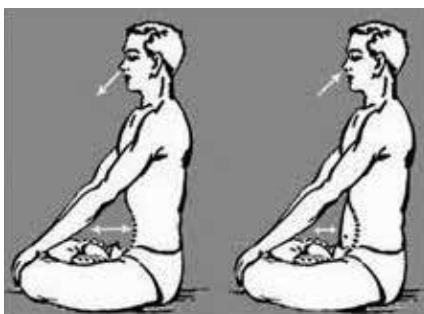
Bhastrika pranayama (bellows breath)

Sit comfortably in any meditative posture. Sit erect.

Keep the left hand on the left knee in Gyan Mudra .

Fold the index and the middle fingers of the right hand to touch the palm.

Close the right nostril with the right thumb.



Exhale through the left nostril and immediately inhale forcefully.

Quickly open the right nostril by closing the left nostril and repeat the procedure.

Keep repeating this pattern quickly gradually increasing the speed of inhalation and exhalation.

Simultaneously contract and expand the abdominal muscles and slowly return to the initial speed.

Rules:

- Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

Bhastrika pranayama is very good for the respiratory system including the diaphragm and the bronchial tubes. It improves function of digestive organs, reducing excess fat in the abdominal region.

6

AdiMurai-Karate

Type of the Game : **Outdoor**
No. of player : **Minimum 2**

Category : **Boys/Girls**
Age Group : **15 years**

Materials Required:

Scientific Reason:

Karate is self defence martial arts which improve our self confidence, concentration and focus, Respect, Discipline, and Humility and also develop our physical and mental attributes.



Goal:

The goal of the game is to Knock Out (KO) the opponent as per the rules.

How to play:

1. The players have to Knock Out (KO) the opponent as per the rules.

Rules to play:

The fight wins by:

- ❖ Knock Out (KO) of one of the fighters
- ❖ Stop of the referee for technical KO, i.e. when one of both fighters has no more his lucidity to go on fighting
- ❖ Giving up from one of the fighters
- ❖ Decision of the arbitrators, if the fight comes to end normally.
- ❖ Disqualification for speechless act.

Fight area:

- ❖ The fights will take place on a tatami of 8 m X 8 m, with a 2 m safety band.
- ❖ The arbitration team is composed of a central referee, and three arbitrator's assistants, outside the boxing ring, providing their judgment at the end of the fight.
- ❖ The victory by points is got with the majority.

Fight progress:

- ❖ The fight is managed by the central referee; he does not give any judgment.
- ❖ An official will be in charge of applying some petroleum jelly to the face of the fighters.

Authorized techniques**On the face:**

- ❖ Direct punch.
- ❖ All the techniques of opened circulars hand, palm, external and internal cutting hand.
- ❖ Circular technique fits, backhands with top of the fist, edge outside, internal edge.
- ❖ Punch by turning.

Striking with forearm.

- ❖ All the techniques of leg, blow of knee,

In the body:

- ❖ All the direct or circular techniques of fists.
- ❖ All the techniques of leg.
- ❖ Knocks of knee.
- ❖ Pokes.

At the lower level:

- ❖ Circular techniques of leg on thighs, carried with feet, shins, or knees.

Main rules:

- ❖ The projections must be followed straight away with a valid fist technique within the 5 following seconds. The leg attacks when on the ground are forbidden.
- ❖ Up, the control of the body of one of the fighters can be made with opened hands, with forearm, but this phase of fight must be brief and followed by a struck blow.

Prohibited techniques

- ❖ All the knocks in the back, the nape of the neck, the lumbar vertebra.
- ❖ At the face level: The technique of leg from top to bottom(kakatog-eri)
- ❖ At the lower level: The techniques of leg in the articulations.
- ❖ Kick in the shell.

7

Air Yoga

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 15 years

Materials Required:

- The yoga rope

Scientific Reason:

This game enhances the concentration lengthening the spine and opening the joints, increase strength and flexibility, solidifying balance, strengthening hard to build muscles

Goal:

The goal is to do any 5 asanas in the air using the Rope within the given time period.

How to play:

1. This is a team game. Minimum 5 players can be in a team.

2. The players have to do the asanas in the air with the help of a rope.
3. A time period will be given the players have to do any 5 asanas in the given time period without falling from the rope.

Rules to play:

- ❖ The players have to be in the air with the support of the rope while doing the asanas.
- ❖ If the player touches the ground before the time period then he/ she will be disqualified from the competition.

8

Kavan/kavanai

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 15 years

Materials Required:

- Kavanai (catapult)
- A small stone
- Target



Scientific Reason:

It is a good exercise to fingers and increases concentration power.

Goal:

The goal of the game is to hit the target in the given chances.

How to play:

1. It is an individual game.
2. All the players should have the kavan and small stone.
3. They have to mark the particular distance (10 m).
4. They have to use the kavan with small stone and hit the stone to the marking place.
5. All the players will get three chances.
6. The person who hits the aim correctly their hit is counted.
7. The player who hits the marked point for many times within the chance will be the winner.

Rules to play:

- ❖ Each player will get 5 chances for aiming the target.
- ❖ Each accurate hit will be calculated.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 8	Age Group	: 15 years

Scientific Reason:

This game enhances co ordination and team work skills in children.

Goal:

The goal of the game is to protect the chicks from the eagle.

How to play:

1. The game can be played by 4 or more persons in each team.
2. One team is "Kozhi" and the other team is "Kazhukau".
3. In the "Kozhi" team one player will be selected using any selecting method as the mother hen and other players as chicks.
4. In the "Kazhukau" team also select a player to catch the chicks.
5. The "Kozhi" team will form a chain behind the hen holding others waist. And the selected eagle (Kazhukau) will try to catch the chick and the hen will try to protect them by extending his hands.
6. The winner will be the team in which minimum numbers of members are out.

Rules to play:

- ❖ Two teams are formed with equal number of players in each team.
- ❖ Each eagle will get 3 chances to touch the chick.
- ❖ If any chick is touched by the eagle then he will be out of the game and the chick behind the hen became the next hen and the 1st person will take the lat position on the chain.
- ❖ After touching a chick the next player from the "Kazhukau" team will come and do the role of the eagle.
- ❖ If the eagle is failed to touch the chicks in the given chances then he will expel from the game.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 15 years

Materials Required:

- A pot with water swung at a height.
- A bamboo pole
- A black cloth to blind folds the player.

Scientific Reason:

This game enhances the concentration the observing skills.

Goal:

The goal of the game is to identify the pot and smash it while blind folded.

How to play:

1. A pot swung at a height.
2. Blind fold the participant with a cloth and a bamboo pole will give to the participant.
3. The participant has to smash the pot with the bamboo.
4. The winner will be the one who smash the pot in given time duration and the respective chances.

Rules to play:

- ❖ A cloth will be wrapped around the participant and the participant can't touch the cloth.
- ❖ Each participant will get 3 chances to hit the pot.

11

Ring Ball

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 5	Age Group	: 15 years

Materials Required:

- One ring ball

Scientific Reason:

It refreshes brain and strengthens the muscles.

Goal:

The goal of the game is to catch the ring ball without dropping.

How to play:

1. The game can be played by 4 or more players.
2. One player will be chooses by any selecting method.
3. All the other players will form a circular shape and the chosen player will stood in the centre of the circle.
4. The chosen player will pass the ring ball to each player. And the players will return it him after catching it without dropping.
5. The winner will be the one who remains in the last.

Rules to play:

- ❖ If any players drop the ring ball then he will be expelled from the game.
- ❖ If the chosen player drops the ring ball then the player who throws the ring ball will stand inside the circle and the previous player will take his position.

12

Skipping - Double Under

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 2	Age Group	: 15 years

Materials Required:

- Skipping rope

Scientific Reason:

Skipping improves footwork, balance, coordination, and agility. It also improves cardiovascular health as it improves the heart beat rate.

Goal:

The goal of the game is to do skipping without an interval.

How to play:

1. This is an individual game.
2. Double Under," which means you jumps once while swinging the rope twice underneath your feet.
3. Number of counts will be made for each jump.
4. The one who did the maximum no of jump is the winner.

Rules to play:

- ❖ If the rope touches the feet while jumping it is a foul.
- ❖ If the jumper done only one swings it will not be counted.

13

Tee Pantham / Panthukol

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 15 years

Materials Required:

- Tee Pantham / Panthukol

Scientific Reason:

The game enhances the concentration self confidence, courtesy, fitness and the re-



spect will give them an advantage in school, relationships, and on their outlook on life.

Goal:

The goal of the game is to perform with Tee Pantham / Panthukol within the given time period continuously without dropping the Tee Pantham / Panthukol.

How to play:

1. The game can be performed by 3 or more players.
2. The players have to use a Tee Pantham / Panthukol to perform.
3. Tee Pantham / Panthukol : Long staff with cloth rolled in ball-shaped attached at it's ends, the balls are lighted with fire and the wielding of the lighted staff.
4. The players have to perform with the Tee Pantham / Panthukol in the given time duration without dropping it in the ground.

Rules to play:

- ❖ If the Tee Pantham / Panthukol is dropped in between the performances then the player will be disqualified from the competition.

13

Urimaram Eruthal

Type of the Game	: Outdoor	Category	: Boys
No. of player	: Minimum 2	Age Group	: 15 years

Materials Required:

- A bamboo pole greased with oil is planted on the ground with butter or something like that placed at the topmost of the pole.

Scientific Reason:

It's a good exercise for the muscles of the legs and hands.

Goal:

Goal of the game is to bring the butter from the top of the pole

How to play:

1. A long polished bamboo pole greased with oil is planted on the ground with butter or something like that placed at the topmost of the pole.
2. Players, try to climb the pole and take the butter.

Rules to play:

- ❖ Each player gets 3 chances to climb.

Class - XII

1

Chandel Mandal

Type of the Game	: Board	Category	: Boys/Girls
No. of player	: Minimum 2 or 4	Age Group	: 16 years

Materials Required:

- Game board
- Each player has 4 game pieces.
- Four Dice

Scientific Reason:

The game enhances the children to connecting the destiny (Luck) and calculations skills.

Goal:

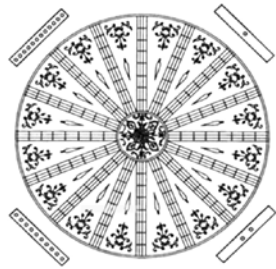
The goal of the game is to finish the all the coins to complete one round of the board.

How to play:

1. Maximum of 16 players can participate in this game.
2. In this board game 16 parallelograms are arranged in a circular form. Each has three rows and each row has eight squares.
3. Each player has 4 coins and four dice are used in the game.
4. One who finishes the course first is the winner

Rules to play:

- ❖ There is no cutting of coins in this game.
- ❖ All coins of the players have to come a full round of the board and reach the original place.



2

Kattam Amaithal

Type of the Game	: Board Game	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 15 years

Materials Required:

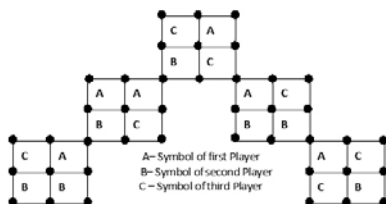
- Paper or Board
- Pen or marker

Scientific Reason:

This game enhances the analytical, ahead thinking, and sharpens the mind. This also improves tolerance.

Goal:

The goal of the game is obtain Strategic thinking. The goal of the game is to make maximum squares from the given dots.



How to play:

1. Innumerable dots could be drawn in a piece of paper or on the floor. The first player starts connecting two points anywhere on the board. The next player connects two points as he likes.
2. After some rounds, a player would able to form a square on the board.
3. The player not only attempts to make a square but also try to prevent the opponents to make Square.
4. The Player who forms the more number of squares is the Winner.

Rules to play:

- ❖ Before playing the game, standardize format of dots are drawn.
- ❖ If one square is made, the player has a second chance to make a marking.
- ❖ After forming a square, the player can denote it by marking a symbol.

3

Kuranakattam

Type of the Game : **Board Game**
No. of player : **Minimum 2**

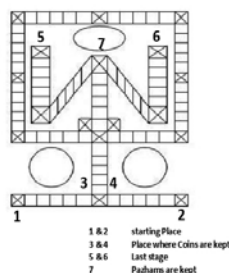
Category : **Boys/Girls**
Age Group : **15 years**

Materials Required:

- Game board
- 6 game piece for each player.
- 6 Cowries

Scientific Reason:

This game enhances the analytical, critical thinking, and visualization skills



Goal:

The goal of the game is to make all the coin as pazham without get cut by the opponent.

How to play:

1. Two person or pairs can play this game.
2. Each has 6 game pieces. Six cowries are used as throwing pieces.
3. The 1st six squares at the bottom are considered as the birth place of the players.
4. One player has to move from the right and other goes from left.
5. While moving in the opposite direction, there is a chance to cut the coins.
6. After making the full round, the player can enter their coins in the inner area of their respective place.
7. By putting the exact counts and reach the last malai, the player is eligible to get pazham.
8. The player who makes all his coins pazham is the winner.
9. Sometimes, the last coins happen to be stationed in the last square which is known as Dokku.
10. The player who has the Dokku coin should put the Thayam to get pazham.

The Counting:

Six Outer side	12
Five outer side & one inner side	1(tayam)
Four outer side & two inner side	2
Three outer side & three inner side	3
Two outer side & four inner side	4
One outer side & five inner side	5
Six inner side	6

Rules to play:

- ❖ Counts 1, 5, 6 are eligible for second throw.
- ❖ The opponent could not enter the birth place.
- ❖ Only after putting the thayam, the player could have a start.
- ❖ Only one player can station their coins in Malai.
- ❖ In the inner part of the chosen area, no cutting could be made there as opponent cannot enter this area.
- ❖ The opponent could cut the dokku coin by putting the exact count to reach his own dokku.
- ❖ The cut coin has to restart the round.

Type of the Game : **Board Game**

Category : **Girls**

No. of player : **Minimum 1**

Age Group : **15 years**

Materials Required:

- Game board
- 56 game pieces or Coins

Name of the Game	Number of Players	No. of coins in each pit	No. of pits for each player	Position of centre pits
Seethaipandi	1	1,2,3,4,5,6,7	14	-

Scientific Reason:

This game enhances memory, mathematical skills. It also has a therapeutic effect on the physically challenged, especially in the coordination of hand movement. The game teaches Patience, improves observation skills; think analytically, it helps with mathematical thinking, calculation skills, memory and attention.

Goal:

The goal of the game is take the coins from all the fourteen pits for distribution and is successful in re-depositing the respective coins in the respective pits as it was the when the game started

How to play:

1. The game board contains fourteen pits. The player has to fill one side of 7 pits in the following manner.

Number of pits	Number of coins
Pit:1	1 Coin
Pit:2	2 Coins
Pit:3	3 Coins
Pit:4	4 Coins
Pit:5	5 Coins
Pit:6	6 Coins
Pit:7	7 Coins

Likewise the player has to fill up to seven pits in the both the rows.

2. The player has to start from the seven coin pits and distribute the game pieces one each in the other pits.

3. The player goes on putting the coins in the pits. When he exhausts the coins on hand, takes the games pieces from the next pit and continues the distribution.
4. The game comes to an end when the player has taken the coins from all the fourteen pits for distribution and is successful in re-depositing the respective coins in the respective pits as it was ; when the game started.

Rules to play:

- ❖ This game is played by a single player.
- ❖ There is no pasu, Thokkam, Vazhittheduthal, kasi, Muthukattuthal etc....

Reference:

<http://en.wikipedia.org/wiki/Pallanguzhi>
<http://www.traditionalgames.in/home/property-games/pallanguzhi-pallankuli>

5

Yoga

Type of the Game	: Indoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 15 years

1. Siddha yoni asana (Girls)

Siddha Yoni Asana (accomplished pose for women)

Sit with the legs straight in front of the body.

Bend the right leg and place the sole of the foot flat against the inner left thigh.

Place this heel firmly against or inside the labia majora of the vagina.

Adjust the body position so that it is comfortable while simultaneously feeling the pressure of the right heel.

Bend the left leg and place the left heel directly on top of the right heel so it presses the clitoris, and wedge the left toes down into the space between the calf and thigh so they touch, or almost touch, the floor.

Grasp the toes of the right foot and pull them up into the space between the left calf and thigh.



Again, adjust the position so that it is comfortable.

Ensure that the knees are firmly on the ground.

Make the spine fully erect and straight as though it were planted solidly in the earth.

Place the hands on the knees in chin, jnana or chinmaya mudra.

Close the eyes and relax the whole body.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Siddha Yoni Asana should not be practiced by those with sciatica or sacral infections.

Scientific Reason:

Siddha Yoni Asana directs the energy from the lower psychic centres upward through the entire nervous system. This posture redirects the blood circulation to the lower spine and abdominal organs, and balancing the reproductive system and the blood pressure.

2. Swastikasana (Boys)

Swastikasana (auspicious pose)

Sit with the legs straight in front of the body.

Bend the left knee and place the sole of the left foot against the inside of the right thigh, so there is no contact between the heel and the perineum.

Bend the right knee and place the right foot in the space between the left thigh and calf muscle, so there is no contact between the heel and the pubis.

Grasp the toes of the left foot and pull them up into the space between the right calf and thigh.

Adjust the position so that it is comfortable. The knees should be firmly on the floor.

Straighten the spine.

Place the hands on the knees in chin, jnana or chinmaya mudra.

Rules:

- ❖ On the breath, participant has to tell “OM” after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Swastikasana should not be performed by people with sciatica or sacral infections.

Scientific Reason:

Swastikasana is a healthy position to sit in especially for those suffering from varicose veins, tired and aching muscles or fluid retention in the legs.

3. Dolasana

Dolasana (pendulum pose)

Stand with the feet about a meter apart.

Raise the arms and interlock the fingers behind the neck with the elbows pointing sideways.

Take a deep breath in. Turn slightly to the right, exhale and bend forward, keeping the feet firmly on the ground. Bring the head as close as possible to the right knee.

The legs should remain straight throughout the practice.

Hold the breath and swing the head and upper torso from the right knee to the left knee and then from the left knee to the right knee.

Repeat 3 times, still holding the breath.

Breathing in, return to the centre and the upright position:

This is one round.



Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on the back, straightness of the knees and the balance.
- ❖ Spiritual — on swadhisthana chakra.
- ❖ Not to be performed by people suffering from vertigo, high blood pressure or hiatus hernia.

Scientific Reason:

This asana strengthens the hamstrings and back muscles, makes the back supple and tones the spinal nerves. It improves the blood circulation to the head and face.

4. Chandra Namaskaram (Enclosed in Class 10)

5. Koormasanam

Koormasana (tortoise pose)

Sit on the ground with the legs outstretched.

Separate the feet as wide apart as possible.

Bend the knees slightly, keeping the heels in contact with the floor.



Lean forward from the hips and place the hands under the knees, palms facing either up or down.

Lean further forward and slowly slide the arms under the legs.

The knees may be bent more if necessary.

Slide the arms sideways and backward until the elbows lie near the back of the knees.

Do not tense the back muscles.

Slowly push the heels forward and straighten the legs as far as possible. The body will simultaneously bend further forward as leverage is applied on the hands and legs.

Gradually, keeping the awareness on breath and relaxation, move the body forward until the forehead or chin touches the floor between the legs.

Do not force or strain in any way.

Fold the arms around the back and interlock the fingers of both hands under the buttocks.

This is the final position.

Relax the whole body, close the eyes and breathe slowly and deeply.

Stay in the final position for as long as is comfortable.

Return to the starting position.

Perform a counter pose and then relax in shavasana.

Breathing:

Exhale while bending forward.

Breathe normally in the final position.

Rules:

- ❖ On the breath, participant has to tell "OM" after every inhale.
- ❖ Meditation is assessed on their posture- mudra with breathing.
- ❖ Physical — on relaxing the spine, back muscles and abdomen, and on the breath in the final position.
- ❖ Spiritual — on swadhisthana or manipura chakra.
- ❖ Those suffering from slipped disc, sciatica, hernia or chronic arthritis should not perform this asana.
- ❖ It should only be attempted if the spine is sufficiently flexible.

Scientific Reason:

Koormasana tones all the organs of the abdomen and is helpful in the treatment of disorders such as diabetes, flatulence and constipation. It increases circulation in the spine, soothing the nerves and relieving head and neck ache. It induces introversion, mental relaxation, composure and a sense of inner security and surrender. Passion, fear and anger subside, and the body and mind are refreshed through this practice.

6. Kapal bhati pranayama

Kapalbhati Pranayama (frontal brain cleansing breath)

Sit comfortably in any meditative posture. Sit erect.

Exhale through both nostrils, contracting the middle and lower abdomen portions.

Release the contractions quickly and immediately follow with another forceful exhalation. Inhale passively and effortlessly.

Gradually increase the frequency to about 100 strokes /minute.

After the round take a deep breath and gradually exhale.

Rules:

- ❖ Meditation is assessed on their posture- mudra with breathing.

Scientific Reason:

Kapalbhati Pranayama cleans capillaries of the remotest part of the body, Purifies the frontal portion of the brain, Aid in combating asthma, diabetes, and chronic bronchitis besides other nervous disorders, Cleans the nasal passages.

6

Adimurai - Nun Chak

Type of the Game : **Outdoor**
No. of player : **Minimum 2**

Category : **Boys/Girls**
Age Group : **16 years**

Materials Required:

- Nunchuck

Scientific Reason:

This game enhances the concentration and a good exercise and it also help the hand and eye co ordination. Training with nunchaku improves focus.



Concentration is needed when grasping new motions and techniques. Building concentration will help you improve your productivity.

Goal:

The goal of the game is to perform with the nunchaku as a visual tool.

How to play:

1. Freestyle nunchaku is a modern style of performance art using nunchaku as a visual tool, rather than as a weapon.

Rules to play:

Standard requirements:

For the standard requirements, a freestyler can get 0, 0.3 or 0.5 points. (Total of max. 6 points)

- Risk single nunchuck
- Risk double nunchuck
- Maintaining speed, without interruptions between different movements
- Synchronisation between musical beat and nunchaku/body movement
- Presentation
- Enough variation in used techniques
- Speed of the nunchuck during the entire freestyle
- Use of the maximum area of the available surface
- Expression and posture of freestyler
- Highlights of freestyle (very similar to the “difficult techniques” of the FINCA. The nunchuck has to stay in movement, so a back flip while not moving your nunchuck is, also in WNA freestyles, not considered a highlight)
- Budo spirit
- Creativity of freestyle

❖ Points for extra additions:

For each of these you can receive 0 - 1,0 points (total of max. 4 points)

- Entertainment level of performance (back flips can be used to score points here ;))
- Budo technique (this differs from budo spirit: Budo technique is like a well-placed block, or a karate kick in your performance, where budo spirit includes body-expression etc)
- Technical value of performance
- Extra bonus for special techniques

❖ Deductions:

For General mistakes / special mistakes, you can receive 0,2 or 0,5 points deduction

- Dropping your nunchuck (max 5x 0,5 points loss)
- General mistakes (lack of motivation, not a proper ending, fail of start / end synchronization with music, not proper dressed)
- Special mistakes (stepping outside the area, using extra material without permission, too short / long (your freestyle has to be between 1, 5 and 3 minutes)

7

Air Yoga

Type of the Game	: Outdoor	Category	: Girls
No. of player	: Minimum 5	Age Group	: 16 years

Materials Required:

- The yoga rope

Scientific Reason:

This game enhances the concentration lengthening the spine and opening the joints, increase strength and flexibility, solidifying balance, strengthening hard to build muscles

Goal:

The goal is to do any 5 asanas in the air using the Rope within the given time period.

How to play:

1. This is a team game. Minimum 5 players can be in a team.
2. The players have to do the asanas in the air with the help of a rope.
3. A time period will be given the players have to do any 5 asanas in the given time period without falling from the rope.

Rules to play:

- ❖ The players have to be in the air with the support of the rope while doing the asanas.
- ❖ If the player touches the ground before the time period then he/ she will be disqualified from the competition.

Type of the Game : **Outdoor**
 No. of player : **Minimum 7**

Category : **Boys/Girls**
 Age Group : **16 years**

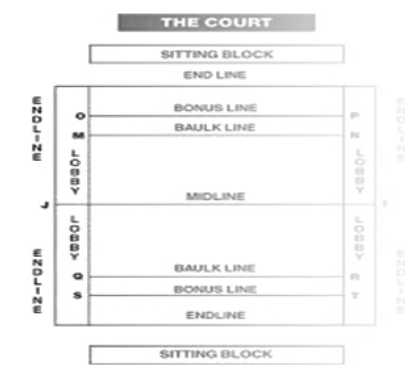
Materials Required:

➤ The kabaddi Court

Scientific Reason:

The game Kabaddi will help you develop considerable stamina, with quick reflexes, make snap judgments and concentration.

Goal:



How to play:

1. The game is played by two teams each team with 7 players.
2. Flip a coin to decide which team will go first.
 - Any sort of random method for determining which team goes first is fair game — you can also try rolling for the highest dice roll, guessing a number that a non-biased referee is thinking of, etc.

- If your team goes first, send a “raider” across the mid line.
- In Kabaddi, teams take turns sending players (called “raiders”) across the mid line to the other team’s side of the court. The raider tries to tag members of the other team and run back to his side — each player he touches equals one point for his team if he makes it back safely.
- However, the raider must start repeatedly yelling “Kabaddi” before he crosses the mid line and cannot stop repeating this word until he crosses back over to his team’s side. If he stops yelling or takes a breath on the opponent’s side of the court, even momentarily, he must return to his own side of the court, scoring no points. In this case, one point is awarded to the defending team for a successful play.
- Each member of a team must raid in sequence — if a team member raids out of order, the opposing team gets one point.

3. If your team doesn't go first, defend!
 - If your team is being raided, you and the other three players in play are "anti-raiders" or "stoppers." Your goal is to keep the raider from tagging you and crossing back over the midline. You can do this either by running away from him until he runs out of breath or physically restraining him by tackling or grabbing him.
 - Note that a raider may not be grabbed or held by his clothes, hair, or any part of his body other than his limbs and torso.
4. Take turns alternating between raiding and defending.
 - The two teams alternate between raiding and defending for two halves of twenty minutes each (with a five minute break between halves.)
 - After halftime, the two teams switch sides of the court.
 - The team with the most points at the end of the game wins!

Rules to play:

- ❖ Five Reserve Players can be substituted with the permission of Referee during time out or interval.
- ❖ Substituted Players can be re-substituted.
- ❖ If any player is suspended or disqualified from the match, no substitution is allowed for that particular player. The team will play with less number of players
- ❖ No substitution is allowed during the official time out.
- ❖ Substitution is not allowed for the out players in this game.
- ❖ The last raid of each half of the match shall be allowed to be completed even after completion of the scheduled time as mentioned above.

Reference:

<http://www.kabaddi-games.com/play.htm>

9

Kankatti kattam podal

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 4	Age Group	: 16 years

Materials Required:

- A Rope with 20 cm
- Cloths for blind fold the children

Scientific Reason:

The game enhances the team work skills and communication among the children and co- ordination.

Goal:

The goal of the game is to make a square while the team is blind folded.

How to play:

1. This is a team game. The game can be played by 4 players.
2. All the players will be blind folded.
3. The rope will be given to the players they have to make a square in the ground.
4. The winners will be the one who get more points.

Rules to play:

- ❖ The players can communicate each other and give the instructions to the team mates.
- ❖ The team get 3 chances to drop the rope.
- ❖ If first time it makes a square then the team get 15 points in second time 10 and third time 5 points.
- ❖ If any of the team members drop the rope then it will be counted and one chance will reduces.

10

Kayar izhuthal

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 7	Age Group	: 16 years

Materials Required:

- A Rope
- A chalk or powder for marking

Scientific Reason:

The game is a good exercise for the muscles and it enhances the coordination and teach the children to work together.

Goal:

The goal of the game is to bring the rope a certain distance in one direction against the force of the opposing team's pull.



How to play:

1. This is a team game. 3 or more players in each team.
2. The object of Kayar izhuthal (Tug-of-War) is to pull the other player or team across the centre line. To do this, you must use a rope and pull against one another until they come across the line in any way, or if they choose to forfeit.
3. The winner will be the one who made the opponent team to cross the border line.

Rules to play:

- ❖ Draw a border line on the ground in the middle of where the rope will be. And each team will stand 1.5 meter from the borderline.
- ❖ Each team must have an equal number of players.
- ❖ The players can only start to pull the rope at the count of 3.
- ❖ If any players leave the rope in after the game started then he will be out of the game and the rest team will continue the game without stopping.

11

Nizhalil olithal

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 8	Age Group	: 16 years

Materials Required:

- Chalk or powder for marking

Scientific Reason:

This game is a good exercise for leg and hand muscles, and it enhances to the ability to do things quickly.

Goal:

The goal of the game is to touch the opponent while not in the shadow.

How to play:

1. This is a team game can be played by 4 players minimum in each team.
2. A boundary will be drawn in the playing area.
3. Two teams with equal number of team members are formed.
4. One team will make the shadow; Team (A) and the others; team (B) will hide in the shadow.

- Among the (A) team members; one player will be chosen as the touching player. The other players will stand in different positions inside the boundary lines.
- The (B) team members will sit in the shadows which made by the standing members of A team.
- The touching player will try to touch the opponent team members who are not sitting in the shadow. If the touching player touches the opponent while they standing in the shadow they will become statues and while in statue he can be released only when his team members touch his head.
- The standing players of team (A) can move to their right hand side to avoid the shadow falling in the sitting player.
- The winners will be the one who get more points.

Rules to play:

- ❖ A time will be fixed for the play.
- ❖ If the touching player touches any (B) team member when he is not in the shadow then the (A) team gets 1 point.
- ❖ The standing players who make the shadows can only move towards their right hand side.
- ❖ In one shadow only one player can sit.
- ❖ The sitting person can move only by walking can't move in sitting position sitting.
- ❖ The (A) team members can turn 90 degree only when the touching player touches him.
- ❖ If anyone (Team (A) or Team (B)) touches the borderline then he will be out from the game.
- ❖ After the half time the team will change as (A) team will become the hiding one and the (B) team becomes the one who makes shadows.

12

Mal Yutham

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 16 years

Scientific Reason:

This game enhances the concentration, improves self confidence and mental agility, augments body balance and physical fitness, improves the sportiveness, physical training is meant to build strength and develop muscle and flexibility.

Goal:

The goal of the game is to pins his opponent to the earth with both shoulders touching sand.

How to play:

1. Mal Yutham is fight between two protagonists in a large area.
2. The game is a trial of strength and the victor is one who pins his opponent to the earth with both shoulders touching the sand and mud.



Rules to play:

- ❖ No blows with the hands are allowed and the men grapple with each other face to face.
- ❖ There is no rest period or 'rounds' and the match once started goes on till one of the players is defeated or signals his acceptance of defeat.

13

Paandi-Rocket Silli

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 16 years

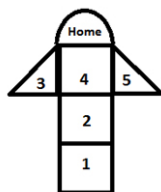
Materials Required:

Scientific Reason:

This game is a good exercise to calf muscles, it enhances the balance, concentration, and it increase blood flow to your entire body.

Goal:

The aim of the game is to capture maximum number of squares in the grid by hopping and jumping through the court in a specific pattern without the feet touching the lines and without putting a hand down to gain balance.



How to play:

1. The game can be played by 2 or more players.
2. The grid is drawn on the ground as shown in the figure.

Phase 1:

- Stand outside of the grid, near square 1
- Throw the stone in square 1

- Starting from square 1 hop over the stone bend and pick the stone in square 1 on your way to 'Home' and turn back and hop through square 4, 2 and 1
- Throw the stone in square 2
- Starting from square 1 hop over the stone bend and pick the stone in square 1 on your way to 'Home' and turn back and hop through square 4, 2 and 1
- Repeat the above process by throwing the stone in 3, 4 and 5

Phase 2:

- Place the stone in the palm opened
- Hop, starting from 1 unto 5, the player can stand in two legs in the home.
- Throw the coin out the grid (not too far) and jump on it in hopping position
- Repeat the process with the coin in the palm inverted

Phase 3:

- Ask the other players for "kaaya" or "Pazhalama"
- If the other players choose Kaai, sit down with back facing the grid and throw the coin so that may falls in any of the squares.
- If the players choose Pazhalam, then stand up with back facing the grid and throw the coin so that it may fall in any of the squares
- Hop into the grid, and pick up the coin as in the previous steps
- Draw a cross in the box in which you picked up the stone. (In this box, you can rest both of your legs)
- Hop out the grid with the stone. Now this indicates that you have captured a box.

Phase 4:

- Go through all above phases to capture the other boxes. You can rest both of your legs in boxes 4 and 5 and in the boxes that you have captured.

3. The winner will be the one who capture more boxes.

Rules to play:

- ❖ A player loses her chance at any stage if
 1. She Lands on a box that is captured by the opponents.
 2. The coin is thrown on crossed squares.
 3. The coin falls out of the grid.
 4. The coin falls on the lines of the grid.
 5. The coin slips down off the palm.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 3	Age Group	: 16 years

Materials Required:

- Skipping rope

Scientific Reason:

Skipping improves footwork, balance, coordination, and agility. It also improves cardiovascular health as it improves the heart beat rate.

Goal:

The goal of the game is to do skipping without an interval.

How to play:

1. "Reverse Skipping - Double Under," which means you jumps once while swinging the rope underneath your feet in reverse manner.
2. Number of counts will be made for each jump.
3. The one who did the maximum no of jump is the winner.

Rules to play:

- ❖ A standard time period will fix.
- ❖ If the rope touches the feet while jumping it is a foul.
- ❖ If the jumper misses any swinging, will not be counted.

Type of the Game	: Outdoor	Category	: Boys/Girls
No. of player	: Minimum 2	Age Group	: 16 years

Materials Required:

- Cycle for each players
- Chalk or powder to mark

Scientific Reason:

This game enhances the balancing skills, concentration, and patience in children.

Goal:

The goal of the game is to ride a cycle in the longest interval of time.



How to play:

1. Starting and ending line should be marked.
2. Tracks should be drawn for each player.
3. The game should start after the announcement (whistle)
4. The players should not keep their legs down till the end.
5. Time delay is not allowed.
6. The players should go only in straight path.
7. If any player touches the ground he will be eliminated.
8. The player who reaches the border line is the winner.

Rules to play:

- ❖ Once you have both feet on the pedals you must not take them off again until you've reached the finishing point.
- ❖ Players must keep moving at all times, stopping for any length of time is not permitted after the game started.
- ❖ The players can only move forward, else they will disqualify from the game.
- ❖ The player who touches the ground by feet after the race start will disqualify from the game.

16

Uriyadi

Type of the Game : **Outdoor**
No. of player : **Minimum 5**

Category : **Boys/Girls**
Age Group : **16 years**



Materials Required:

- A pot hanging in height
- A bamboo pole

Scientific Reason:

This game enhances the coordination, patience, concentration and team work skills among the children.

Goal:

The goal of the game is to reach the pot making the human pyramid and hit it by the pole.

How to play:

1. A pot will be hanging in a particular height.
2. The players have to make a human pyramid to reach the height and hit the pot by the pole.

Rules to play:

- ❖ If the players will fall while making the pyramid then they will lose one chance.
- ❖ The players will get three chances to make the pyramid.

Hindu Spiritual and Service Fair 2016
Initiative for Moral and Cultural Training Foundation [IMCTF]
Competition for School Students

This year's Hindu Spiritual and Service Fair would be an innovative unique one because as it connects high values to our Daily life by unfolding the Themes samskarams and Symbols. Even the competitions are based on these themes.

- Protects Forests and Wild life.
- Preserves Ecology.
- Prevents Pollution.
- Inculcate Family and Human Values.
- Foster Women's Honor.
- Promotes Patriotism.

General Instructions for the competitions:

1. Entry forms should be sent to the organizing institution on or before _____ and ensure that the spelling initial of the names, class are correct.
2. Quarter finals will be conducted on _____ at _____
3. Semi finals will be conducted on _____ at _____
4. Final round of competitions will be conducted at the Hindu Spiritual and Service Fair 2016.
5. Students are expected to dress up according to the themes for the competitions.
6. Once the names are registered, changes will not be entertained.
7. A student is allowed to participate only in one competition.
8. Teachers/ Parents should accompany the participants.
9. Participants should bring the necessary material needed for the competition.
10. Participants should remain till the end of the competition as the prizes will be given on the same day.
11. Decision of the Judges will be the final.
12. Participants should bring bonafide certificate.
13. The school which secures highest points will be awarded with a overall championship rolling shield.
14. Schools can have photocopies of the entry form as per their requirement.
15. For Bhajan & group song ,electronic instruments are not allowed.
16. Avoid cinema tunes for all songs and dances.
17. The filled in format for the competition should be sent to _____
18. For further details, contact Phone no. _____