



## A Study of Sports and Recreational Activities of Pura Village People and their Attitude Towards these Activities

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### Abstract

*Sports and Recreational activities make the children to more dynamic in day today activities. This research focuses on in what way it helps to improve their character towards the ideologies of the great social reformer Thanthai Periyar. We had selected 67 Periyar PURA villages for this survey and about 40 games which include indoor and outdoor games. Looking at the modern children, one striking difference between the childhood that the previous generation had and the one that this generation is having is the lack of Indian or native games. In our generation (i.e., 1980s and before) we used to play a variety of indoor and outdoor games that were the games of this soil. Nowadays almost all kids play games like cricket, tennis and football. Nobody is playing games like Kabaddi, Goli, Ghilli or the indoor games like the Dhaayakattam, paramapadham, pallanguzhi, paandi or aadu puli aattam. These games have a rich culture and heritage value and were tools of passing on some ancestral knowledge or the other. They also sharpened our observational and math skills unlike the hit and run games of the west that are uni-dimensional and strengthen only hand eye coordination. Traditional Games were not just games, they were designed in such a way that one can develop lot of skills like logical thinking, building strategy, concentration, basic mathematics, aiming, and lot more.*

**Keywords:** Sports, Recreation, Pura Village, Activities.

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### Introduction

Periyar Maniammai University, Vallam, Thanjavur, Tamilnadu launched a programme of rural development based on the ideas of its mentor & social reformer Thanthai Periyar, who proclaimed that villagers should get the same amenities as enjoyed by people in cities and towns. Sixty-five villages situated on the south west of Thanjavur district and north of Pudukkottai district of Tamilnadu are adopted by PMU for implementation of sustainable development projects to give economic uplift named PURA (Providing Urban Amenities in Rural Areas). The staff and students of PMU, created a database of physical infrastructure, natural resources, population, cropping pattern, subsidiary avocation etc. to identify priority needs. These priority needs are addressed, one by one as specific projects. Local inhabitants of the villages participate in these projects plan, implement, evaluate and maintain to provide economic sustainability. All these developments are being implemented utilizing the natural resources for sustained development without endangering environment.

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This economical and living conditions slowly given change by various departments of Periyar Maniammai University. The department of Physical education where I am working as an Assistant Physical Director interested to know the recreational activities of PURA village people. Therefore I have a plan to survey sports and recreational activities of PURA village people and its impact on social revolution which Thanthai Periyar dreamt it and I deal with how people form relationship with one other and create social arrangements that enable them survive and exert some control over their lives. I also ask questions about how behavior, relationship and social life are related to characteristics that defined as socially relevant by people in particular groups. The recreational activities of PURA villages definitely may have social impact on people. As a research scholar, I interested to study on different recreational activities which competitive and non-competitive in nature. After making survey on different level of people, planning to collect rules and regulations of games and its social impact on people. The following are a few games involve by different level of the PURA village people. When a new research project is launched, the researcher has to construct its backgrounds with the previous work with don't by others. We gathered information from others and our own previous experiences. By reviewing

literature related to the problem, the researcher not only became aware of the history of the research problem but also established a link between the past and present. Success of a new research project depends upon how well it is linked with the past project on the subject.

By doing so present investigator has tried to identify trends in the related research and focus on the findings and conclusions of the researches that have some bearing direct and indirect on the present investigation. Sports survey of the physical activity background present participation and the attitudes towards sports and recreational activities of resident graduates women of Michigan state. The result indicated similar participation and attitudes patterns despite widely varying family and school background. (Coralie Phillips-1967).

Studied historical background, “a study of traditional sports and material arts of North eastern tribal of India”. The main purpose of the study was to find out the traditional sports and martial arts of North eastern tribal of India of selected aspects of social and cultural life. These activities were found popular among youth, adults and children. (Jyoti Ranjit Singh -1994). Sports and games undertook a comparative study of attitude towards physical activity of university male and female students with the purpose to discover the structure of attitude towards physical activity of male and female students living in the same environment. The study concluded that both male and female groups showed strength of attitude toward physical activity as a social experience. (J.Bhullar-1982). A study in traditional physical education and folk dance of Manipur. It was inferred that there existed a rich tradition of recreational sports and folk dances in Manipur with different varieties. These activities were found popular among youth, children and adults. (K.Bhanumathi-1984)

Social and physiological factors that influence women's participation in recreational physical activity. The major conclusion was the women's participation in physical activity was a function of compelling commitments, physiological factors and social factors, specific variables related to participation included intrinsic satisfaction, body mass index and home and child care obligations. (Linda Rae Shelton-1986). Sports and recreational activities conducted a survey on traditional sports and recreational activities of tribal culture in Madhya Pradesh. The following were the main findings: Traditional sports and recreational activities were more popular among the tribal culture, mostly children were found playing minor games, most of the sports activities were organized in groups by the tribal people and most of the tribal people accepted that their working efficiency is affected by the sports and recreational activities. (Jyoti Jungare-2005). I am working as an Assistant Director of Physical Education of PMU, interested to know the recreational activities of PURA village people.

The recreational activities of Pura villages

definitely may have social impact on people. As a research scholar, I am interested in the study of different recreational activities which are both competitive and non-competitive in nature. A detailed survey on different level of people was taken, planning to collect the Rules and Regulations of games and its social impact on people. The following are a few games interestingly adopted by the PURA Village people.

### Games Surveyed

1. Thirudan police
2. Raja rani
3. Poo Parikka Varugirom
4. Vidukathai
5. Color color what color.
6. Hide & Seek
7. Kho Kho
8. Nondi
9. Kichi kichi thambalam
10. Kabadi
11. Oodi puduchi vilayaduradhu
12. Anila Naaya
13. Pattukku Pattu
14. Poo Bandhu
15. Appalam Udaithal
16. Manjal Thanner
17. Mothitram Thedurathu
18. Aadu puli attam
19. Paramapadham
20. Langa Kattai
21. Sozhi Urutturadhu
22. Bambaram
23. Jalli kattu
24. Goli gundu
25. Seven stones
26. Gilli thanda (Kittipulla)
27. Pattam
28. Mudhugu puncture
29. Nongu vandi
30. Cycle Tyre
31. Seetu
32. Pallanguzhi
33. Mangatha
34. Silambam
35. Football
36. Volleyball
37. Five stones
38. Oru kodam thanni
39. Kokku para para
40. Aakku paakku vethala paakku

### 1. Kabaddi

Kabaddi is a team sport, played mostly in South Asia. The word 'Kabaddi' is derived from a Hindi word that means, 'holding your breath,' which is the activity that underlies all games of Kabaddi. It is most often played in underwear (Shorts) in villages and in track suits in tournaments. Kabaddi was one of the demonstration games at Asiad '82.

**How to Play**

Number of teams	: 2
Number of Players per Team	: 12
Number of Players in court	: 7
Number of Players in reserve	: 5
Dimensions of the Court	: 12.50m x 10m, divided by a line into two halves
Timing	: Two 20 minute halves, with a break of five minutes
Criteria	: On the basis of age-group and weight
Referee's	: 7 (1 referee, 2 umpires, 2 linesmen, 1 time keeper and 1 scorer)

The side winning the toss sends a 'raider', who enters the opponents court murmuring continuously, 'Kabaddi - Kabaddi' in one breath. The raider's aim is to touch anyone or more players on the opposing side, and return to his court without losing that breath. The person, whom the raider touches, will be out. The aim of the opposing team will be to hold the raider, and stop him from returning to his own court, until he takes another breath. If the raider cannot return to his court in the same breath while murmuring 'Kabaddi - Kabaddi', he will be declared out. Each team sends a player alternatively into the opponents' court. If a player goes out of the boundary line during the course of the play, or if any part of his body touches the ground outside the boundary, he will be out, except during a struggle.

The team scores a lona (a bonus of two points), if the entire opposition is declared out. The game then continues by putting all the players on both sides. Matches are staged on the basis of age-groups and weight. Seven officials supervise a match - one referee, two umpires, two linesmen, one time keeper and a scorer. The first World Kabaddi Championship in the history of the game, was organised in Hamilton when approximately 14,000 people packed Copps Coliseum, to watch stars from India, Pakistan, Canada, England, and the United States compete. The Kabaddi Federation of India (KFI) was founded in 1950, and it compiled a standard set of rules. The Amateur Kabaddi Federation of India (AKFI) was founded in 1973. The AKFI has given new shape to the rules, and it has also the rights of modification in the rules. The Asian Kabaddi Federation was founded under the chairmanship of Mr. Sharad Pawar (Maharashtra). Some of the Arjuna Award winners are Sh. Sadanand Mahadeo Shetty, Sh. Sadanand Mahadeo Shetty, Sh. Shakuntla Panghar Kholavakar, Sh. Shantaram Jaatu, Kumari Monika Nath, Kumari Maya Kashi Nath, Rama Sarkar etc.

**2. Oodi puduchi vilayaduradhu**

Oodi puduchi vilayaduradhu is a simple traditional game that can be played anywhere. This game is even played by kids below 2 yrs with their elders for having fun.

**Requirements**

1. Two or more players

**2. Play Area (Open Ground / Any room in a house)****How to Play?**

This game is played in two methods. Method 1: The players who are interested in playing this game gather at the play area and select a player who is going to be 'out'. That person is the person who will catch others. Once the 'out' person is selected the other say 'Jute' (Ready for the game) and start running here and there, the person who is 'out' will run after the players to catch them, the players run in such a way that they are not get touched by the person who is out. Once the 'out' player touches any running player then that player becomes the 'out' person and he need to run after others to make them 'out'.

In between the game, if any player gets tired or if they want to stop the game at any point any one player can stop it by yelling 'waitease'. Once someone says 'waitease' then all have to stop running or the 'out' player should not touch the player who said 'waitease' (it mainly depends upon the rules formed at the beginning of the game), even if the 'out' player touches that player he will not be 'out'. Method 2: This game is played as similar to Method 1, but instead of 'waitease' the player sits in the place where he stands. If the player sits then the 'out' person cannot make him 'out'.

**3. Anila Naaya**

Anila Naaya is similar to that of Maramerik kurangu (Tree Climbing Monkey). This game is also an interesting and funny game played in urban areas where lot of trees is available. Big trees are not suitable to play this game; small trees with more branches are best suited.

By playing this game the players learn climbing, enhance their hearing capacity, differentiate between animals that climb tree and the animals that do not climb tree, and by running here and there their physique gets improved.

**Requirement**

1. Six or more player
2. Small Trees with branches

**How to Play?**

1. Suitable trees where one can climb up and down easily are located.
2. An 'out' person is selected by playing any choosy game
3. The 'out' person stands in a distance from the tree away from others at the beginning.
4. The 'out' person has to say Anil (Squirrel) or Naai (Dog). If he says Anil all has to climb the tree and if he says Naai all has to come down from the tree.
5. The 'out' person says Anil and Naai slowly in the beginning and slightly increases the speed between Anil and Naai, so that the players move up and down from the tree quickly.

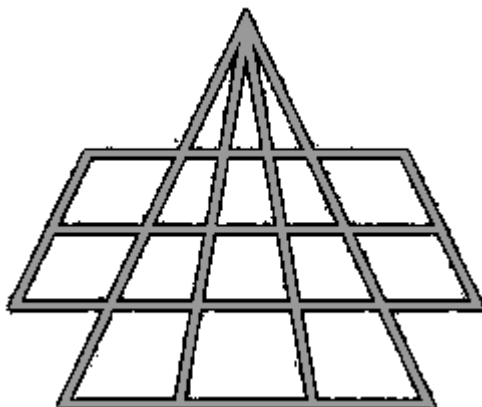
6. All the players have to do as the 'out' person says, If anyone fails to do it or do it wrongly then he becomes 'out'.
7. The 'out' person can also run behind the players to touch them and make 'out' when they are in the ground away from the tree or run from one tree to another. The players escape from the 'out' person and jump and run here and there and try not to become 'out'
8. The Main aim of the 'out' person is to make any other player 'out'

#### 4. Aadu puli attam

Aadu Puli aatam (goat and tiger game) is a strategic, two-player (or 2 teams) board game originated in Tamil Nadu and is also played in Karnataka(Huli gatta) and Andhra Pradesh(Puli Joodam or Puli - Meka). The game is asymmetric in that one player controls three tigers and the other player controls up to 15 goats. The tigers 'hunt' the goats while the goats attempt to block the tigers' movements.

##### Things Needed to Play:

1. Board with the game chart or Chart drawn on a floor (See Picture for chart)
2. 2 or more players
3. 3 Pulli's & 15 Aadu's



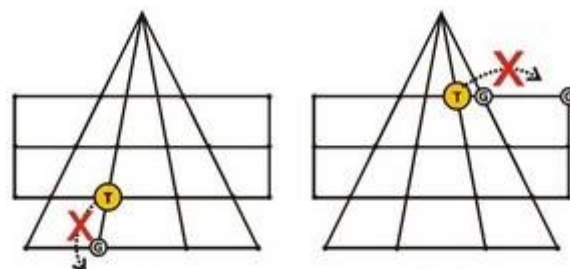
##### How to play?

1. Draw the chart as in the picture in a paper or on the ground with chalk powder
2. Start the game with 3 Pulis (tigers) are one placed on the apex, and 2 in the inner place closest to the apex. All aadus (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 aadus' moves first by placing an aadu onto a free intersection on the board.
5. Then it is the puli's turn. One puli is then moved to an adjacent position along the lines that indicate the valid moves. Moves alternate between players.
6. A puli captures an aadu by jumping over it to an adjacent free position (as in checkers). Aadus can not move until all 15 have been put on the board.

#### Rules

##### The pulis must move according to these rules:

1. They can start capturing aadus any moment after the match has started.
2. They can capture only one aadu at a time.
3. 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.
4. A Puli cannot jump over another Puli.



##### The Aadus must move according to these rules:

1. They must leave the board when captured.
2. They cannot jump over the Pulis or other aadus.
3. They can only move after all 15 have been put on the board.

##### Objective of the Game:

1. Aadu's objective is to encircle Pulis so that none of the Pulis can move. Puli's objective is to kill 5 Aadus.
2. Puli wins if all the aadus are captured and Aadu wins if all Pulis are blocked from movement.

#### 5. Langa katta

Langa Katta is one of the famous and simple traditional game played in villages by adults betting money. A dealer hosts this game. The money lost by the players while playing go to him, and he is responsible for giving the winners their price money. Kids also play this game without betting

##### Requirement

Specialized Board and Dice with a container to roll the dice.

##### Board

The board is a specially made square board divided into 4 as shown in the figure, and then any Pictures or playing card symbols are drawn on the board.



##### Dice

Three Dices specially made with the faces having the pictures or symbols as in board. The dealers make tricks in designing the Dice.

### Rules

1. The betters need to bet money on the pictures/symbols in the board.
2. The dealer will have three dices with the same pictures / symbols on the face of the dice
3. The dealer will roll the dice.
4. The picture that faces up after rolling the dice is the winner.
5. Since three dices are there is a probability of all the dices showing same picture or showing two similar pictures or three different pictures.
6. The Players who betted money on the picture that did not turn up will go to the dealer and they are the losers
7. If a picture comes in 1 dice then the player gets 50% extra of the money he betted on that picture
8. If a picture comes in 2 dice then the player gets 75% extra of the money he betted on that picture
9. If a picture comes all the 3 dice then the player gets 100% extra of the money he betted on that picture

### The Adult Game

1. The dealer will sit under a tree and make noise by putting the dice in the tin container and will invite the players to play the game.
2. The dealer will first throw the dice and will make the player win for 2 to 3 round and tempt him to bet more money.
3. Once the player gets confidence in winning then the dealer will start playing trick on rolling the game and make the player lose all his money to him.

### The Kids Game

All the kids playing the game gets a chance to roll the dice. The kids play by betting Tamarind seeds or by just noting down the points they betted. The kid with more tamarind seeds or with maximum pot is the winner of the game.

### 6. Sozhi Urutturadhu

Sozhi Urutturadhu is a traditional game played using Sozhi that is cauri shells. Lot of games are played using Sozhi. Sozhi is a replacement for dice in Paramapada. Sozhi has two side's one is the top which is fully covered while the bottom has a opening in it. When the shells are rolled and thrown on ground, some will have the fully covered part on the top and some with the opening part on the top. The number of shells with the fully covered part on top is counted or vice –versa. The count is considered as we do it in dice.

Sozhi is also used to play othaya retiya (Odd or Even). Around 5 to 6 shells are rolled by asking the players whether they want an odd number or even number before throwing the shells on ground. Once the players choose their option, the rolled shells are thrown on the ground and counted for open and close shells on top. If the open shells are odd in number, then the players who opted for odd will get a point and the players who opted for even will lose. They play this game and note

the point in a paper and will continue to play until they are tired, the player with maximum mark at the end is the winner. Some people used to judge future using sozhi. Sozhi plays a vital role in the life of people in TamilNadu Villages.

### 7. Jallikattu

“Jallikattu” is a cattle/ bulltaming sport played in Tamil Nadu as a part of Pongal celebration. This is one of the oldest living ancient sports seen in the modern era. It is held in the villages of Tamil Nadu as a part of the village festival. The festivals are held from January to July, every year. The one held in Alanganallur, near Madurai, is one of the more popular events. This sport is also known as “Manju Virattu”, meaning “chasing the bull”.

Jallikattu is based on the simple concept of "flight or fight". Cattle being herd and prey animals in general tend to run away from unwanted situations. But there are quite noteworthy exceptions. Cape buffalos are famous for standing up against lions and killing them. The Indian Gaur bull is known for standing its ground against predators and tigers think twice about attacking a full grown Gaur bull. Aurochs, the ancestor of domestic cattle was known for its pugnacious nature. Jallikattu bulls belong to a few specific breeds of cattle that descended from the kangayam breed of cattle and these cattle are very pugnacious by nature. These cattle are reared in huge herds numbering in hundreds with a few cowherds tending to them. These cattle are for all practical comparisons, wild and only the cowherds can mingle with them without any fear of being attacked. It is from these herds that calves with good characteristics and body conformation are selected and reared to become jallikattu bulls. These bulls attack not because they are irritated or agitated or frightened, but because that is their basic nature.

There are three versions of jallikattu:

1. **Vadi Manju Virattu** - This version takes place mostly in the districts of madurai, pudukottai, theni, tanjore and salem. This version that has been popularised by television and movies involves the bull being released from an enclosure with an opening. As the bull comes out of the enclosure, one person clings to the hump of the bull. The bull in its attempt to shake him off will bolt (as in most cases), but some will hook the guy with their horns and throw him off. The rules specify that the person has to hold on to the running bull for a predetermined distance to win the prize. In this version, only one person is supposed to attempt catching the bull. But this rule being strictly enforced depends on the village where the event is conducted and more importantly, the bull himself. Some bulls acquire a reputation and that alone is enough for them to be given a unhindered passage out of the enclosure and arena.
2. **Vaeli Virattu** - This version is more popular in the districts of sivagangai, manamadurai and madurai.

The bull is released in an open ground without any restrictions in any way (no rope or determined path). The bulls once released just run away from the field in any direction that they prefer. Most don't even come close to any human. But there are a few bulls that don't run but stand their ground and attack anyone who tries to come near them. These bulls will "play" for some time (from a few minutes to a couple of hours) providing a spectacle for viewers, players and owners alike. The magnificence of such bulls cannot be described. They must be seen firsthand to really understand the basic psyche behind the sport of jallikattu.

3. **Vadam Manjuvirattu** - "vadam" means rope in tamil. The bull is tied to a 50 ft long rope and is free to move within this space. A team of 7 or 9 members must attempt to subdue the bull within 30 minutes. This version is very safe for spectators as the bull is tied and great the spectators are shielded by barricades.

### Training of jallikattu bulls

The calves that are chosen to become jallikattu bulls are fed a nutritious diet so that they develop into strong, sturdy beasts. The bulls are made to swim for exercise. The calves, once they reach adolescence are taken to small jallikattu events to familiarize them with the atmosphere. Specific training is given to vadam manju virattu bulls to understand the restraints of the rope. Apart from this, no other training is provided to jallikattu bulls. Once the bulls are released, then instinct takes over.

### History

Jallikattu, which is bull-baiting or bull fighting, is an ancient Tamilian tradition, popular amongst warriors during the Tamil classical period. According to legend, in olden days the game was used by women to choose their husbands. Successful "matadors" were chosen as grooms.

The term Jallikattu comes from the term "Salli" kassu (coins) and "Kattu" (meaning a package) tied to the horns of the bulls as the prize money. Later days during the colonial period this term got changed to Jallikattu which is the term currently used. Usually the majestic Kangayam bull is involved in this game, as they are naturally more ferocious and muscular than any other of its species.

Famous Jallikattu locations include:

1. Alanganallur
2. Avaniapuram
3. Tiruvapur near Pudukottai
4. Kondalaampatti, Thammampatti in Salem, Tamil Nadu
5. Palemedu near Madurai
6. Sravayal near Karaikudi
7. Kanduppatti near Sivagangai
8. Venthanpatti near Ponnamaravathy, Pudukottai (Dist)
9. Pallavarayanpatty near Cumbum

Unlike in bullfighting, the matador does not kill the bull. There are rarely any casualties suffered by the bulls. Several animal activists object to this dangerous game every year, but so far these objections have been in vain. There are several rock paintings, more than 3,500 years old, at remote Karikkiyur village in the Nilgiris district in Tamil Nadu that show men chasing bulls. Kaikkiyur, situated about 40 km from Kotagiri town, is the biggest rock art site in south India. The rock surface site, teeming with more than 500 paintings, was discovered in 2004. Another single painting discovered in a cave at Kalluthu Mettupatti, about 35 km west of Madurai, between Madurai and Dindigul, shows a lone man trying to control a bull. Archaeologists estimated that this painting, done in white kaolin, is about 1,500 years old.

### Conclusion

Motivation for this research is to identify how children are involving in sports and recreational activities. It proves how character of children is improved due to sports activities. Further to motivate children to involve in sports activities.

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