



To review of an indigenous game and its contribution including spiritual and yogic value in humanities

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Abstract

Traditional and indigenous game namely “Nun-chik-chik” has been depicted and at the same time its importance including spiritual and yogic value in the humanities has been revisited with an intention to pay due respect to our tradition as it is not by kind. In fact, it has a high value by which we may introduce us in front of the world that we are also having the games like it where various developments take place as physical, mental, physiological, psychological and even spiritual as a feel good sense is enjoyed after the game played.

Keywords: review, indigenous game, spiritual and yogic, humanities

Introduction

Traditional games and sports are like as diamonds and gold's of the society which convey the value of the solidarity, diversity, inclusion, fair-play and cultural awareness of a society. But due to many reasons the traditional games and sports are going to be limited within the history and literature. In fact traditions lead us from the front of the society and traditional games and sports are one of the main parts in this regards. In India there are variety of communities are living in different corner of the country similarly variety of traditional games and sports we found. Likewise, in Tripura and Bengal have many traditional games and sports, for example: lathi khela, kit-kit, ha-do-do, guli games (glass/stones/mud marbles), guli-dang etc. Among them Nun-chik-chik game has been reviewed here and at the same time its contribution in humanities depicted in a factual verses on survival measure, minimum resource and material used, health and wellness, impact on behavioural pattern and on spirituality in a wider and yogic sense as according to yogic text. Yoga means to achieve calmness, satisfaction, enjoy wellness, to be fit in all around and in this regard this game has contribution in many ways.

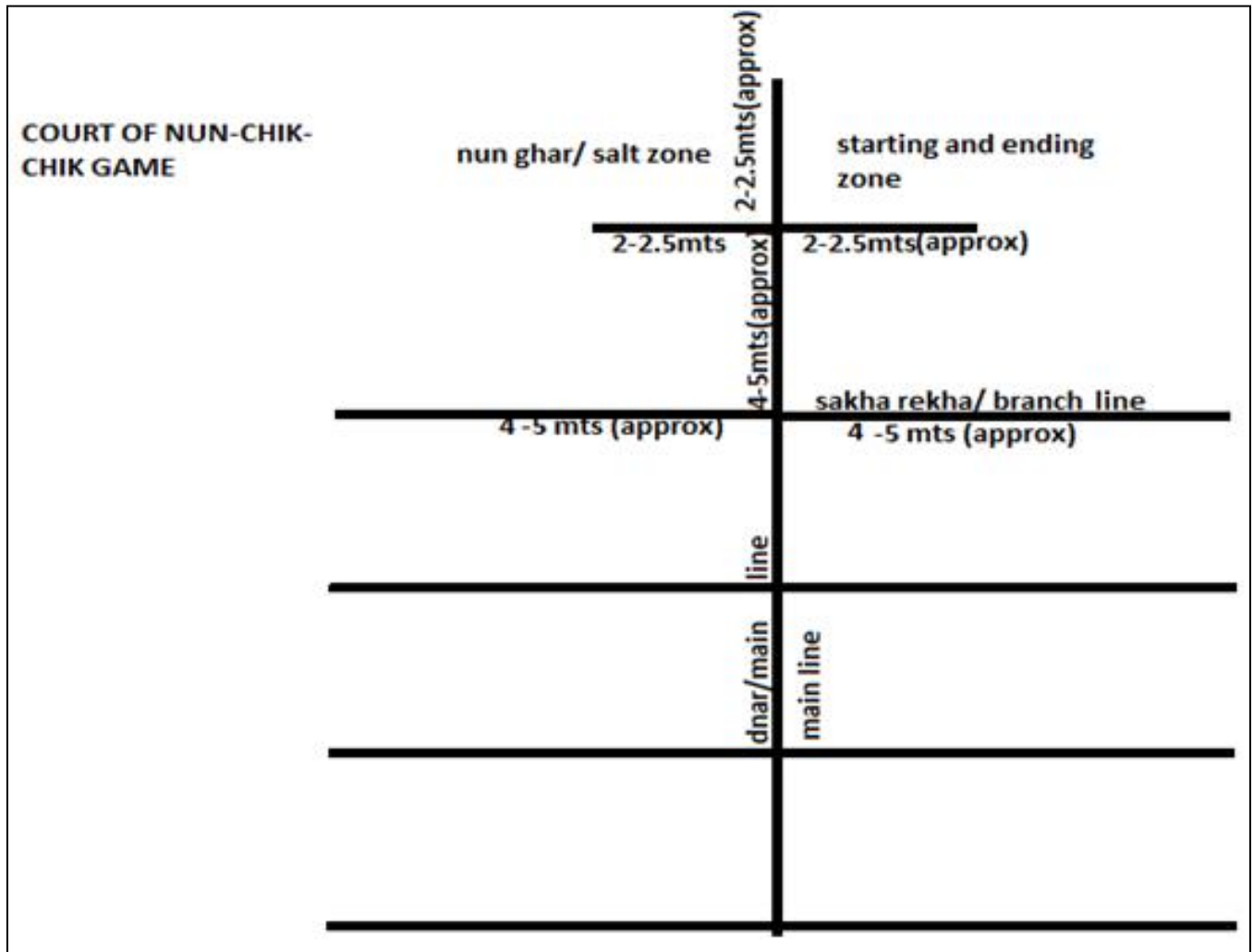
Objective: It is to look back to our glorious tradition to step ahead at present and for future in next and also a little effort to introduce the cute game in front of you as it may be known in a wider space.

Description of the game Nun-chik-chik (Nun means salt, chik means line)

It has a team game between two teams with a minimum of 03 (three) and maximum of 5/6/7/8 or even more player may play in team. In starting zone two players are stand on respective line each as defense and other players of defense side are stand on branch lines and it depends on number of players present in a particular game situation and it has its beauty as if permit the space, the unlimited number of players can play the game at a time. The players who are

stands on main line, he/she may cover the full length of line if situation demands and player stands on branch line similarly he/she may cover the full length of line. Offence team started the game from the starting zone and they started to move with dozing the opponent and safely be able to come out from the zone means untouched by the opponent through two sides and in between of the two defense players, if touched in a authorized way then defense side become offence and any player of offence side if safely reached the finishing zone/ gad ghar /starting zone (when any player be there or not, in fact last two players may auto out from the starting zone besides the salt zone means at that time if touched also by defense player then no effect in result and a player of offence team after coming out from the starting zone may again enter in same zone and may go to the salt zone to cover the salt zone through either side of the defense player in dnar/ main line or may enter in between two player or may enter by the other way by both side of salt line player, during his/her entry to the salt zone from the starting zone/other zones be protected by the defense players, if touched then result will be in favour of defense side) by covering all zones including nun ghar/salt zone (after entering the salt zone an offence player may allowed to enter the finishing zone on either side, an offence may enter the salt zone directly or in any time during the game and in all time she/he be protected by the defense side, if touched in authorized way, the result will in fever of defense side) then that team gained a game or opponent gained a gad/dhal(lose a game. In this way, it continued until touched by defense player and when touched then offence team become defense and during their offence state how much game they gather may decide their winning or defeat.

****NB:** During game if any valueless situation arises in defense or in offence then according to demands of the game wise decisions may be taken.



Source of figure of the court: In fact the reviewer own self was an active member of this sweet and cute indigenous game in his entire childhood hence the memory of him is the resource of the above image or figure (the length of measurement of line may increase or decrease if situation demands and breadth of the lines is approximately one feet, defense players are allowed to touch the offence players by standing in his/her respective line only).

Fig 1

Contribution in humanities: As traditional games are defined as played informally with minimum materials and equipments, where children are learned by example from other expert children and played it without written rules of reference. Here this game also has same features as defined above.

Like other traditional games, it has the quality to brought children together to encourage team work and social interaction. Besides, it has also boosted physical fitness qualities like: agility, endurance, flexibility, strength, skill and balance etc., which in terms to survive them in a better way including their inner defense mechanism in physiological level. It not only boosts the above mentioned qualities but also contribute to develop the logical thinking, mathematical and civic education. In a whole, it has to stimulate overall brain functions including imagination and other higher senses.

The game has the ability to enhance the health, wellness and spiritual value which depends on physiological and mental relaxation and moreover on mental satisfaction and calmness in yogic sense. The traditional game has the positive effect on mental satisfaction, calmness and feels good sense.

Conclusion

Hence in every respect, preservation of information, knowledge and culture of traditional / indigenous games and sports like Nun-chik-chik and other, is very important for the generation to come. In fact, the game has cultural asset, cultural heritage and natural outcomes and has a very high value, is unique in feature and identity of a society which can be introduced even in the world.

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