

VAC: INDIGENOUS SPORTS

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credit	Credit distribution of the Course			Eligibility Criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical / Practice		
Indigenous Sports	02	0	0	2	Pass in Class 12 th	Nil

Learning Objectives

The Learning Objectives of this course are as follows:

- Introduce students to the diverse range of Indigenous Games and Sports.
- Recognize the role of games and sports in preserving cultural identity and heritage.
- Engage the students in games to improve their fitness and health.
- Develop motor skills, coordination and endurance through regular practice and play.
- Inculcate discipline, values and leadership qualities.

Learning Outcomes

After completing the course, the student shall be able to:

- Gain a comprehensive understanding of the diverse range of traditional games and sports across different regions of India.
- Apply the techniques learnt for stress management and well-being.
- Enrich their social skills, leadership qualities and citizenry responsibilities.
- Create a sports culture among youth.

Unit-I: Indigenous Games and Physical Fitness

(16 hours)

Indigenous games and their significance.

On Field Practicals

- *Langdi*
- *Lagori*
- *Zanzeer Khel* (Chain Game)
- *Dandasana* (Plankthon)
- *Tripad Daud* (Three-legged Race)
- *Baadha Paripath* (Obstacle Circuit)

Participation in various competitions on the basis of above.

Unit-II: Indigenous Games /Sports and Mental Fitness

(16 hours)

Developing Group dynamics and team building

On Field Practicals

- Innovative Ball Games

- *Khajana Khoj* (Treasure Hunt)
- *Saanp Sidhi maidan par* (Snakes & Ladder on Ground)
- *Pachisi* (on field)
- Innovative Value Education Games

Participation in various competitions on the basis of above.

Unit-III: Recreation and Leisure Games

(12 hours)

Leisure activities to relieve stress among youth

On Field Practicals

- *Rumaal Jhapatta* (Dog & the bone)
- *Andh Patti Khel* (Blind fold Games)
- *Chakka Khel* (Frisbee Games)
- *Chakma Gaiind* (Dodgeball)

Participation in various activities on the basis of above.

Unit-IV: Indigenous Sports on International Platform

(16 hours)

Pursuit of Excellence in sports among the Youth

On Field Practicals

- Kho-Kho
- Kabaddi
- Rassa Kashi (Tug of War)
- Shatranj (Chess)
- Dhanur-Kaushal (Archery)

Participation in various sports competitions on the basis of above

Practical /Practice Component

(30 sessions of 02 hours each= 60 hours)

Note: The concepts should be explained in the practical classes through various games and sports.

Examination scheme and mode: Subject to directions from the University of Delhi from time to time.