



Teachers Training Programme in Traditional Sports and Games

Traditional Sports and Games: An Intangible Cultural Heritage”

**Department of Sports,
Hislop College**

Report:- “Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage”

“The most beautiful thing we can experience is the feeling of nostalgia. Preservation of heritage is the source of true respect for nostalgic past.” With this aim in mind to explore the child like happiness along with teachers training, Sports department of Hislop College has organised Teachers Training Programme on Traditional Sports and Games : An Intangible Cultural Heritage on 10th January, 2018. Several enthusiastic teachers and students representative from different states participated.

The programme began with inauguration ceremony organised in quadrangle. The ceremony began with the prayer and followed by incredible demonstration of Malkhamb, under the supervision of Dr. Deepak Araspure. This was followed by the welcome of guests with Shal and Shriphal. Dr. (Ms) Dipti Christian, Principal of our college welcomed Dr. Deepak Araspure and his team with Shal and Shriphal. Dr. Rt. Rev. Paul Dupare greeted Prof. Arun Gadkari Sir with Shal and Shriphal. Principal Madam welcomed Rt. Rev. Paul Dupare, Bishop of Nagpur with Shal and Shriphal. On this auspicious occasion, Dr. (Ms) Dipti Christian, Principal madam was felicitated by Vice-Principal Dr. R. J. Andrew and other heads of the department and students representative from different states for receiving Best Principal Award. After the traditional welcome ceremony the official inauguration of ‘Teachers’ training programme on Traditional Sports and Games :An Intangible Cultural Heritage was declared by playing those forgotten Traditional Indian games (Lagori, Kancha, bhawara, etc) by all the dignitaries presented on the dais and other participants.

Further proceedings of the teachers training programme was preceded by Mrs. Pooja Swami, (Assistant Prof. English) who welcomed all the dignitaries in Shalom. All the dignitaries on the dais were requested to inaugurate the teachers training programme by lighting the lamp. This was followed by the felicitation of the dignitaries. Rt. Rev Paul Dupare, Bishop of Nagpur was felicitated by Principal, Dr. (Ms) Dipti Christian with memento and sapling. Principal Madam welcomed Dr. Avinash Asnare, Director SGBAU, Amravati University with memento and sapling. Dr. Kalpana Jadhav, Organising Secretary of the programme felicitated Principal madam and Vice-principal Dr. Andrew Sir. Dr. Amit Kanwar felicitated Dr. Kalpana Jadhav with sapling.

Traditional Sports and Games: An Intangible Cultural Heritage

This was followed by introductory remark by organising secretary Dr. Kalpana Jadhav. Dr Kalpana welcomed teachers and students representative from different state and gave this programme an admirable starting by asserting that 'Life is a like a camera, try to capture positive things'. She encouraged all the members presented in this teachers training programme to capture positive things.

Principal, Dr. (Ms) Dipti Christian Madam's address was very encouraging, especially for new generation. Through her address she emphasised to conscientize new generation about heritage games. Madam expressed her concern for new generation's physical health as they spent more time in playing virtual games than physical activity. Through her address madam analysed the need for the revival of heritage games for the overall development of present and future generation.

The occasion was graced by the chief guest, Rt. Rev. Paul Dupare who spoke about the forgotten games and shared some inspiring thoughts that left an indelible mark on the minds of the audience.

Keynote address was delivered by Dr. Avinash Asnare. Dr. Avinash through his topic 'Effect of Westernization on Indian Culture and Tradition' analysed the effect of western culture on the cultural artefacts like festivals and religious practices, clothing, cuisine, arts, traditional sciences, language, lifestyle etc of Indian Civilization. Because of advent of different recreational mediums we have forgotten the real happiness we derived through traditional sports. According to him traditional games give real happiness because there was no competitive approach in those games. They were played with sportsman spirit with all flexibility of rules and regulations which is missing in modern games. Dr. Avinash also throws light on the materialistic effect of Westernization on Indian sports and games and shared his view on how reachable traditional games were for the general masses. Dr. Avinash analysed ten chief traditional games through his power point presentation address. Dr. Avinash explained all forgotten games with rules and forms in which they were played, he talked about Gilli Danda, Lagori, Kancha, Dhopkhel, Posh Ampang, Gutte, Chauparpacchisi etc.

Mr. Arun Gadkari, Former University Kho-kho and kabbadi player discussed the importance of games in our life from physical fitness point of view. Mr. Arun Gadkari explained eight aspects of overall fitness—physical, mental, intellectual, emotional, social, cultural and spiritual. Mr. Gadkari further

Traditional Sports and Games: An Intangible Cultural Heritage”

illustrated the significance of indoor games in order to maintain stability in society.

The first session ended with vote of thanks by Dr. Amit Kanwar.

The second session started with Dr. Kumkum Boradkar's concept of yoga. Through her concept of yoga Dr. Kumkum asserted that yoga has always been an integral part of Indian lifestyle and Indians have adopted a holistic approach towards health. Dr. Kumkum further added that often stress is seen as a major hindrance when it comes to the academic performance of students or teachers. Hike up in the competition has increased the incidents of stress and depression among students at an alarming rate. As we all know that yoga comes up with stress relieving powers so it can undeniably be a stress buster for everyone. Dr. Kumkum further asserted that yoga is not only about the physical exercise but it also involves meditation and pranayam. It serves both physical and psychological aspects of a person. There are meditations practices involve in yoga because of which both the conscious and subconscious segment of the brain can be benefitted. 'It is important to practise overall yoga exercise on order to get full benefit from it,' Dr. Kumkum concluded.

Dr. Zakir Khan from Anjuman College of Engineering, Sadar, highlighted two traditional games – Lathi and Tug-of-War with the detail description of rules and regulations. Dr. Zakir urged all the participants presented at teachers training programme to promote traditional games.

Dr. Madhavi Mardikar presented her view on the development of physical education in comparison with Germany, Sweden and America. Dr. Madhavi concluded with the suggestion that we all have to work hard to bring change in Indian universities, especially Nagpur University, regarding their approach towards sports and faculty of sports. Dr. Madhavi added that we must work together towards building more national and institutional capacity to outreach to potential teachers who can prove themselves at every front.

The Teachers' Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage ended with valedictory ceremony. Dr. Amit Kanwar proposed a vote of thanks.

Traditional Sports and Games: An Intangible Cultural Heritage”

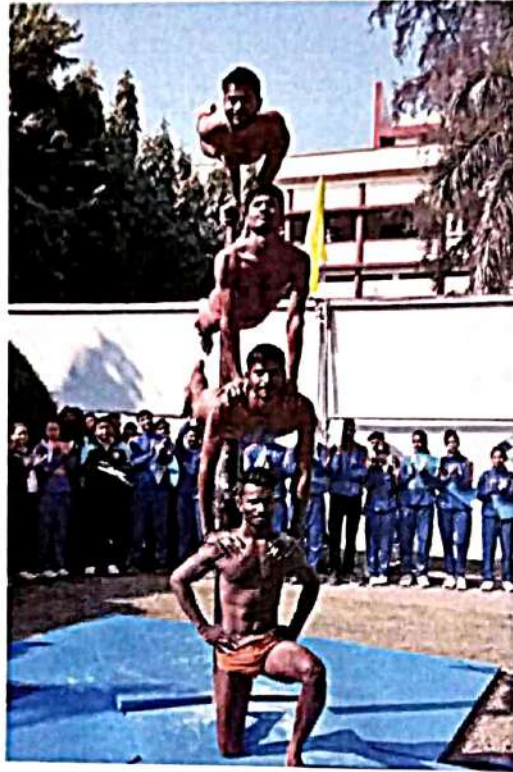


(From Left to right) Dr. Raymond Andrew, Vice Principal, Dr. Madhavi Mardikar, Resource Person, Dr. (Ms) Kalpana Jadhav, Organising Secretary, Bishop Rt. Rev. Paul Dupare, Chief Guest, Dr. (Ms) Dipti Christian, Principal, Dr. Avinash Asnare, Keynote Speaker and Prof. Arun Gadkari, Resource person before the start of the One Day Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage

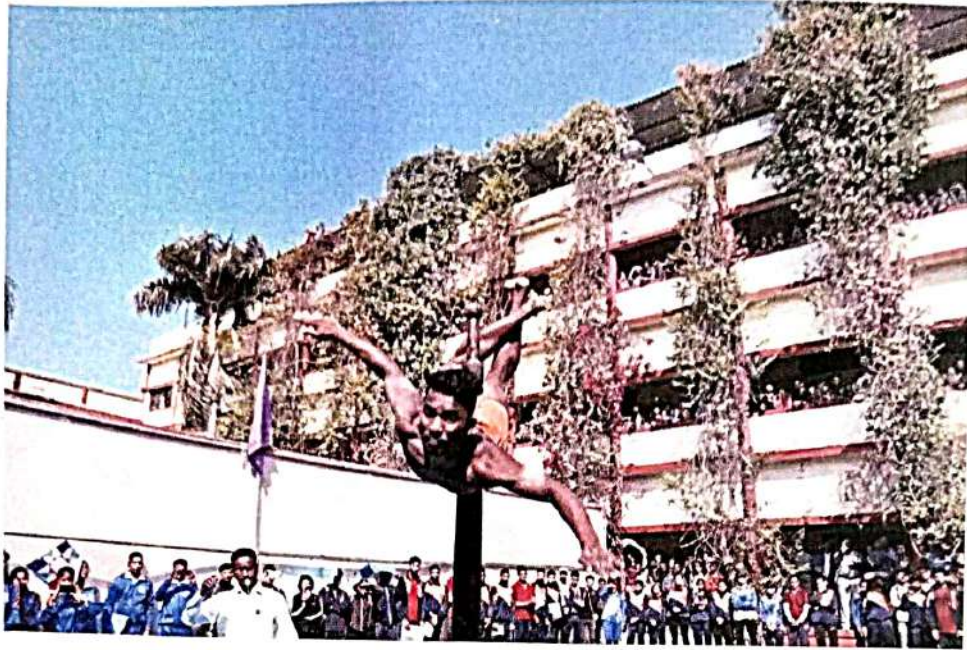


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Bishop Rt. Rev Paul Dupare showing the skill of latto in the One Day Teachers Training Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage



Demonstration of traditional game “MALKHAMB” in the One Day Teachers Training Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage



Demonstration of traditional game “MALKHAMB” in the One Day Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage



Traditional Sports and Games: An Intangible Cultural Heritage”

Dignitaries breaking the traditional game of Lagori in the One Day Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage



Dr. (Ms) Dipti Christian felicitated by Heads of the department and delegates from various states for receiving the Best Principal's award

Traditional Sports and Games: An Intangible Cultural Heritage”



Formal Inauguration of One Day Teachers Training Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage



Traditional Sports and Games: An Intangible Cultural Heritage”

Dr. Avinash Asnare delivering the keynote address in the One Day Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage



Prof Arun Gadkari conducting the first technical session in the One Day Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage



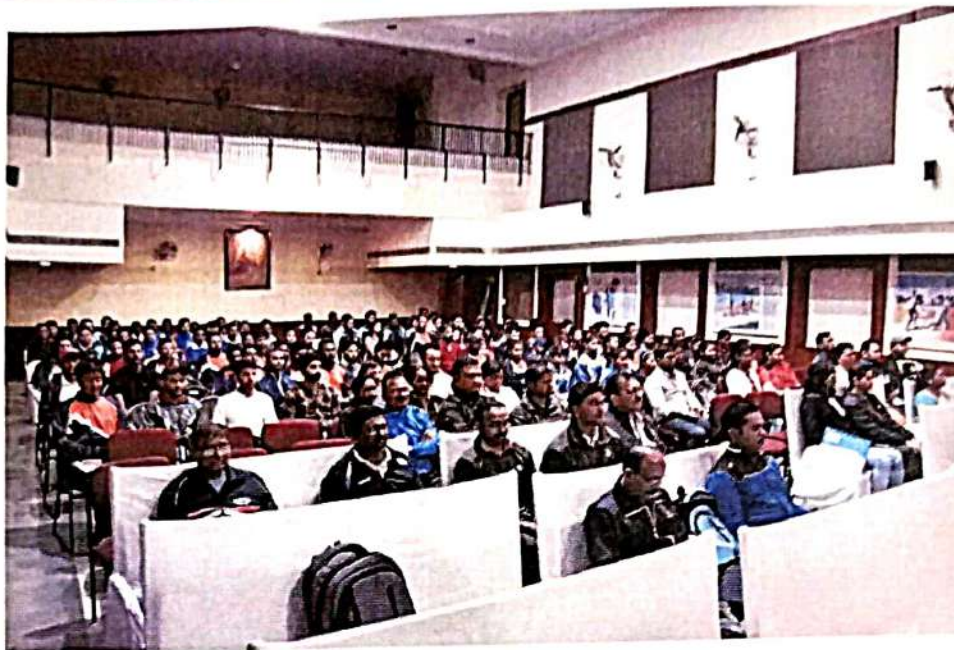
Traditional Sports and Games: An Intangible Cultural Heritage”

Dr. Kumkum Boratkar conducting the second technical session in the One Day Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage



Dr. Zakir Khan conducting the third technical session in the One Day Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage

Traditional Sports and Games: An Intangible Cultural Heritage”



Participants in the One Day Teachers Training Teachers Training Programme on Traditional Sports and Games: An Intangible Cultural Heritage


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A Heritage Status Institution
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10th January 2018
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