

STUDY ON THE SELECTED INDIGENOUS SPORTS OF TRIPURA: A THEMATIC APPROACH

S.C. Das¹ and L.T. Singh²

¹Dept. of Physical Education, Govt. Degree College, Kamalpur, Dhalai, Tripura

²Dept. of Physical Education & Sports Science, Manipur University, Imphal, Manipur

¹dassudeep7@gmail.com, ²thambalsingh@gmail.com

ABSTRACT

The purpose of the present study was to identify the most popular indigenous sports of Tripura. For this study five (5) popular indigenous games and sports were purposively selected. The primary data has been collected from the indigenous sports experts, community leaders (president/chairmen), district sports officers and other renowned or experienced persons of tribal communities' inhabitant in Tripura. The interview and survey method was used for the collection of data. The secondary sources data was collected from different books, e-books, national & international journals, e-journals, published & unpublished thesis, articles, newspapers, you tube videos, scholars, educationist etc. which describing the different tribal communities and ethnic groups. Descriptive statistical technique was used to justify the indigenous games& sports of different tribal communities of Tripura.

Keywords: Indigenous Sports, Kaldong/Kadong, Badul-Khung Kokmani, Wa-Suchamo, Bongbrai Birma, Matham, Tribal communities, Tripura.

1. Introduction

Sports play a vital role in social and cultural functions and the importance of it can hardly be exaggerated. The contribution of sports towards the overall welfare of the human society may be capsule sports provide ample and healthy means for recreation and relaxation of human mind and body. It also provides opportunity for social interaction thereby fostering peace and understanding among different peoples, nation, race and religions. Apart from this it provides healthy and socially acceptable opportunities for the peoples and nation to compete against each other. Participation in sports activities creates physical fitness among the peoples and this physical fitness is the sum total of five motor abilities namely strength, endurance, speed, flexibilities and coordination. The various fun games and sports and other activities directly or indirectly improve one's physical fitness. Indigenous games and sports are part of intangible heritage and a symbol of the cultural diversity of our society. They are also efficient means to convey values of solidarity, diversity, inclusiveness and cultural awareness. Tripura is one of the north-eastern states of India. The state comprises of only 0.3% of India's total population. The peoples of this state are very fond of traditional games and sports. The state government also contributes to enhance the indigenous sports and games of Tripura.

The traditional games of Tripura are called Thwngmung. Other traditional games of Tripura are Achugwi Phan Sohlaimung, Bumanikotor, Dwkhwi Sotonmung, Phan Sohlaimung, Kaldong or Kadong, Longoi Chokmung, Muphuk Sagwnang, Musta Seklaio, Ramtan Laira, Wabao Fan Sailaio, Wasago, Sohlaimung and Cooking game. These are the locally played sports that the people here indulge in and they are ardent lovers of these sport activities.

Tripura, once a princely State acceded to the Indian Union as a 'C' category State on 15th October, 1949. Tripura, the third smallest state, located in the North Eastern Region of the country is inhabited by about 36.74 lakhs people of whom 31.8 per cent belong to the tribal communities as reported in the Census 2011. It is generally believed that the word "Tripura" originated from the word "Tripura Sundari" which is the name of a sacred deity of Tripura. The geographical area of Tripura is 10491.69 sq. km. Tripura became a full-fledged State on the 21st January, 1972. Presently the state has 8-Districts viz. Unokoti, North Tripura, Dhalai, Khowai, West Tripura, Sipahijala, Gomati and South Tripura. The Tripura Tribal Areas Autonomous District Council (TTAADC) was set up in 1982 under the Seventh Schedule of the Constitution, which was brought under the Sixth Schedule in 1985.

There are 19 Scheduled Tribes in the State with their own cultural identity and bewildering variation in population size, namely i) Tripuri, ii) Reang, iii) Jamatia, iv) Chakma, v) Lusai, vi) Mog, vii) Garo, viii) Kuki, ix) Chaimal, x) Uchai, xi) Halam, xii) Khasia, xiii) Bhutia, xiv) Munda, xv) Orang, xvi) Lepcha, xvii) Santal, xviii) Bhil and xix) Noatia.

The Tribes of Tripura have rich cultural heritage which are being handed down from generation to generation. The Tribal rites, rituals, beliefs and practices along with the tribal festivals constitute a rich cultural heritage which has survived as an integral component of the Indian culture without sacrificing its indigenous tradition. Apart from Tripuri and Indigenous people, there are other group of people in Tripura. They can be broadly classified in to two. Bengali and Manipuri.

2. Objectives

- i. To investigate and evaluate the selected indigenous sports of different tribal communities of Tripura.
- ii. Generalizations and future scopes of indigenous games and sports of Tripura.

3. Methodology

3.1 Selection of Indigenous Sports

For the purpose of study, five (5) popular indigenous games & sports were purposively selected from the different tribal communities of Tripura. Name of all the five (5) indigenous sports are Kaldong/Kadong, Badul-Khung Kokmani, WaSuchamo, Bongbrai Birma, Matham. These five games & sports are selected on the basis of the popularity and commonly played among all the tribal and other communities living in Tripura and these games & sports are also having very good scope in future. The selected indigenous games & sports are described below in the table 1.

Table-1

Sl. No.	Name of Indigenous Sports	Name of Tribal Communities
1	Kaldong/Kadong	Tripuri, Reang and few other tribal communities of Tripura.
2	Badul-Khung Kokmani	Tripuri and all other tribal communities of Tripura.
3	WaSuchamo	Reang, Tripuri and few other tribes is also participating.
4	Bongbrai Birma	Reang and Tripuri
5	Matham	All tribal and non-tribal communities of Tripura.

3.2 Sources and Collection of Data

The primary data has been collected from the indigenous sports experts, community leaders (president/chairmen), district sports officers and other renowned or experienced persons of tribal communities' inhabitant in Tripura. The interview and survey method was used for the collection of data. The secondary sources data was collected from different books, e-books, national & international journals, e-journals, published & unpublished thesis, articles, newspapers, you tube videos, scholars, educationist etc. which describing the different tribal communities and ethnic groups.

4. Description of Different Indigenous Sports

The hills and plains people of Tripura have inherited a large variety of games and sports which provide not only pastime and pleasure

but also call for certain qualities. There are some games and sports which require physical strength and others either skill or patience. Certain games are invented in imitation of the nature of animals and birds. Some other games have been prepared in imitation of household chores. Still certain other games indicate historical events, natural calamities, social problems, economic crisis etc. What follows is an attempt at narrating the traditional games of Tripura. The Tripuri and Reang community's games have been noted at length. This narration has been followed by a short discussion about the games and sports played by the Bengali people. Once the respective cultivation season was over, the people of Tripura led a much more leisurely life.

4.1 Kaldong/Kadong

History of the Game: Kaldong is a game of the Tripuri community, which gives pleasure among the children and youths, basically boys used to play this game. And while playing they wear different colours of traditional dress for identification. This game actually origin since long ago, during that time the male tribes of Tripuri community usually used to walk with two bamboo stick during the rainy season to avoid the clay and muddy feet's. After observing few decades, gradually, it has been turned in to a game. The children of Tripuri community started playing among them during leisure time and gradually promoted as permanent indigenous game. Later on this game has been introduced in their traditional festivals, schools and other tribal communities in the state. This game also used to play in different form like, running/walking competition picking up needle from the ground and fighting with another fellow by one leg, when another leg will remain lifted position and showing this skill by adopting different posture like suryanamaskar by standing in a place 10 to 15 minute without moving. Many modifications have been done in this game as well as equipment's & marking materials and it is also called balance game.

Equipments & Marking Materials: For playing of this game, required two muli bamboo (wathwi) pole with size of minimum 6 to 7 ft height and two small piece of muli bamboo are also required with minimum half (1/2) ft & maximum one (1) in length are tightly fixed in the lower part of the bamboo

pole about 2 to 2.5 ft. above the ground (the ground height depends of the individual height) for place of feet's step. Required plain field for competition about 25 to 30m length and 20 to 30m breadth, than marked 6 to 10 lanes with 2 to 3m wide (number of lane depends on number of participants). A 15-20m length red ribbon is required for finishing line. The modification in the equipment's and marking/setup can be done according to requirement.

Age and Sex: For youth and boys and men only.

Uniform/Dress: Any casual dress can wear but in formal organizing competition, generally they wear half-slip and dhoti (Traditional dress) for participants.

Procedure: In this game, all the participants will stand behind the starting line in front of their own lane. Participants make sure that they must have two bamboo pole and proper uniform. At a time 8 to 10 participants can participate, if the participants are more than the organizer can divide in groups. On the command Go/whistle, all the competitors will climb up on the knots and holding the bamboo with their hands and then start running/walking as fast as possible with minimum time towards the finish line. The volunteers will stand behind the finish line and as soon as competitors touch the finish line, the volunteers will catch the 1st, 2nd, 3rd etc. if the participants is more than in that case divide them in different groups. The selected winners of each groups has to compete in the final.

Fig. No. 1: Photo of Kaldong Game



Rules of the Game

- i. Participants are allowed to choose their own lane.
- ii. Participants must stand behind the starting line, if any participants touch or cross the starting line will be instructed to stand behind the starting line by the officials.
- iii. Participants will start walking/running only after the command/whistle given from the official. If any participants walk/run before the command/whistle, a warning will be given by the official.
- iv. During the competition the participants are not allowed to touch their feet on the ground.
- v. The participants must walk/run in their own lane only, leaving or crossing the lane is not allowed.
- vi. Any kinds of violations or misconduct of rules and regulations are not allowed.
- vii. The traditional dress is compulsory to participate in the competition in case if it is formally organized.
- viii. All the officials/judges must ready before start the competition and final blow of whistle is given only after the ready signal given from the judges by showing the white flag.

Benefit of the Game

This game helps to enhance the balance and stability, coordination, strengthens muscles, improves motor skills and develops attainment.

Future Scope of the Game

Kaldong is a very popular game not only among the Tripuri community but also popular in all other tribal communities of Tripura. This is a skill based game and required lots of practices to get perfection in the game or able to participate in the competition. Now a day this game was played in Tripura only as per the researcher found, it may be playing in some part of the country and abroad but which was not under the record. The game is unique among the indigenous games and sports. This game is played only during their festivals and religious occasions or sometimes in their traditional programs as well as displayed in front of visited special guest. The game is losing its popularity day by day among the youth of Tripuri as well as other communities

due to fastest growing effect of modernization or modern (competitive) games and sports. This game will have huge scope in future, if we modify or bring some changes in the game. Researcher had deeply discussed with the sports expertise, authorities of tribal communities, educationists and my research guide about the modification and future scope of the game. Accordingly if we change or modify in the equipment, rules and regulations and procedure of the game then it will be more interesting, systematic, organised and competitive in nature.

- Firstly we can use little more modified bamboo/wood or fibres stick or may be any other good material which helps scientifically more advantages to the player performance.
- Secondly, if we change the size and shape of the small bamboo piece which is placed/fixed in the lower side of the bamboo stick for placing the feet. Apart from this we can use some soft and non-sleepy synthetic or non-synthetic materials in the small bamboo where both the feet were placing.
- Thirdly, at present they were used their traditional dress for played the game because most of the indigenous games and sports were organised in their festivals and occasions to maintained their traditional games and sports. In that case, it has disadvantages for the player or restricts the movements, so that we can decide a fixed and non-traditional specific dress code.
- Fourthly, we can modify the procedure of game as well as measurement of playing area so that game will be more interesting.
- Lastly, we can modify the rules and regulations of the game. At present the rules and regulations of the game are not clearly defined, we must clearly specify the rules and which is more systematic and favourable to the competitive in nature.
- Then, we should train the trainers or experts of indigenous sports about the updated/modified game, so that they can implement all the newly changes in the game during their festivals and whenever they organise or conduct the game.
- In the initial stage the game should be introduce in the schools, colleges and clubs

to increase the more popularity of the game among the students and other peoples.

- Few tournament or competition can be organising in the district or state level to bring the public attention including non-tribal communities of Tripura.
- Government should emphasis in the financial support as well as facilities and which is more important for the development of the game and sport.
- Publicity is also very important to highlight the game in the national or international level.
- Association and other committees and sub-committees can be made or form to deals everything about the game like-management, operating, controlling etc.
- Time to time feedback can be collected from the experts and implement accordingly for betterment of the game.

4.2 Badul-Khung Kokmani

History of the Game: In ancient time, the Tripuri peoples were live in the cave/tree house and hilly areas. They used to go for hunting of wildlife or feral animals for livelihood and it is most commonly done by the primitive group of Tripuri. Hunting is a practice of seeking pursuing and capturing or killing wildlife or feral animals like, deer, pig etc. these practices were very common in almost all the tribal communities living not only in Tripura but other state of the country as well as the world. The indigenous youth is bound to train up in this game, as because hunting is compulsory in their life. Hunting was the main occupation among the people of ancient world. Later on the peoples were started practicing in the form of a game or prey and for that they usually used to play with mammals and birds. After that reformation and modification can be done gradually and now a day, this game is very

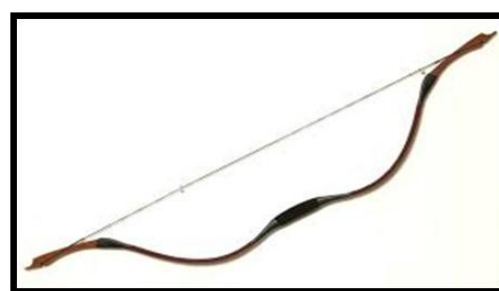
much popular all-over the world in the name of Archery. The bow and arrow both are made of bamboo since ancient period. But now all the equipment is modified with modern technology and rules and regulations of the game are also modified/change. Still this game is very popular among the tribes of Tripura and played in their traditional festivals and occasions, annual sports in school and college.

Equipment and Marking Materials: For this game required few bow and arrows, then a target board or circle which is made up of wood/mud or sometimes placed banana tree, especially in village and chalk powder for marking, if not available, I that case the organizers remove grass or soil from the upper surface and pen and paper for record keeping.

Age & Sex: for male only (age ranging from 10 to 50 years).

Procedure of the Game: A straight line is drawn for assemble of participants behind the starting line or may be left or right side. A starting line is drawn three (03) to five (05) meters and a target board/point is placed horizontally, 18 to 25m distance from starting line. On referee signal/whistle, the first participant has to stand just behind the starting line with his bow arrows. Organizer are also advisable to kept few bow and arrows to conduct the game successfully. On the command start or whistle, the first competitor hit the target board/circle. In the target board there are three different circles with different colours, among the three circles, two is drawn inside the bigger circle, the first circle is bigger than 2nd and 3rd circle and 2nd circle is bigger than 3rd circle respectively. Every participant will get three (03) attempts at a time. Similarly every participant will come one by one on referee signal for their attempt. Two assistant are also appointed to assist the referee or collect the arrows from the target board.

Fig. No. 2: Photo of Badul-Khung Kokmani Game



Scoring: In the target board, there are three different size circle with different colours, the smallest circle is red colour which having 10 marks, second smallest circle is black which having 5 marks and bigger circle is white colour which having 01 marks. The participant who scored height point is declare first and the participant who scored second height point is declare as second and the participants who score third height point is declarer as third position.

Rules of the Game

- i. Number of attempt and round is decided by the organizers and officials; it depends on number of participants and facilities available.
- ii. Distance of target board/circle is modifying according to facilities available.
- iii. Participant should aim their target behind the starting line. Touching and crossing the line is not allowed during attempt.
- iv. No one is allowed to stand and move behind or around the target board.
- v. Only two assistant (official) are allowed to stand any side of the target area and collect their arrows immediate after the attempt.
- vi. The participant, who is going to take the 1st attempt and who is take the 2nd attempt, that may be according to written their names in the list or may be on the basis of toss.
- vii. Only three attempts are allowed to each participant.
- viii. If the players having same score, than one extra attempt is given to them for deciding.
- ix. There is no specific dress code for this sport but makes sure the dress should not disturb their performances.

Future Scope of the Game

Badul-Khung Kokmani is a sport which is known as Archery in present day and it is already popular and spread whole over the world. Now a day the Archery competition is organizing in the national and international level. Archery was included in the Olympic in 1900. This sport was already established and having huge scope for the upcoming youths of the country and abroad in near future. The game

is increasing its popularity day by day among the youth of different tribal communities living in different parts of Tripura and India.

Researcher had depth discussions with the different sports experts, authorities of tribal communities, educationists, other experienced personalities and my research guide about the modification and establishment of the game. According to their views it is cleared that archery is already established and reached to its destination, so only few things we can do for increase the opportunity and more popular are as follows:

- If we bring little changes in the format and variation of the sport then the archery become more interesting and will increase the number of participation in future.
- As we all know that, archery is a sport where player was aimed to the target (accuracy cheek) but as per the researcher point of view, few more variation may bring in the sport to become more interesting.
- Should introduce a moving target board or object where target can be done as well as a moving platform where players can be stand then aiming their target.
- Number of players can be increase for mass participation and a mixed event also can start.
- If require, the modification of the game procedure as well as measurement of playing area can be done.
- To provide better facilities to the sports in the rural India so that it will be a great platform for the Indian youth especially the youth of tribal communities.
- The game should be formally introduced in the educational sectors especially in state government to increase more popularity of the game among the students and other peoples.
- The competitions can be organising frequently in the district or state level to bring the public attention about the sports.
- Government should give more emphasis regarding the financial support as well as facilities and which is more important for the development of the game and sport.
- Publicity is also very important to highlight the game in the national or international level.

- Association and other committees and sub-committees can be made to deal everything about the game like-management, operating, controlling etc.
- Time to time feedback can be collected from the experts and implement accordingly for betterment of the game.

4.3 Wa Suchamo

History of the Game: This game is popular in every tribal communities of Tripura. Basically, Wa Suchamo game is originated from throwing. Since ancient time, hunting was the main occupation in their livelihood and throwing is one of the compulsory attacking skills which they used. Not only hunting but it is used in their lifestyle and everyone has to know the throwing, so from that concept, this game is introduced to check their throwing ability. Many modifications have been done in the game. Now this game is quite interesting and popular among the youth of all the sub tribes' communities but Reang peoples playing this game from beginning.

Age and Sex: For male (17 to 40 year) only.

Equipments and Marking Materials:

Required two muli bamboos of 50 feet height and 8 inches in diameter. The other will be 1.5 ft length with one feet diameter; it is like pipe,

chalk powder for marking, whistle, pen and paper.

Procedure: A circle is drawn at the radius of 4 feet, is called playing area. 50 feet long bamboo is fixed vertically in the centre of the circle with 2-3 feet inside the ground and should be placed straight and other end of bamboo should be pointing towards the sky. A small bamboo has to be entered inside the big bamboos and should stand over the ground. Two marks have been done in long bamboo in two points at a distance of 40 feet and 45 feet respectively for identifying the position among the competitors. On referee signal/whistle, the contestants have to enter in to the playing area one by one according to their names announces by the judge. The contestants have to stand nearby the circle. On second signal/whistle, all the contestants have to enter into the circle. On 3rd whistle the game will start, the first contestant has to hold at the bottom of small bamboo with his throwing hand and tries to throw it forcefully towards the sky. The distance he covered will be recorded by the official if small bamboo can't go out of the big bamboo. This process of playing will be continuing for all still the completion of all the three (3) chances.

Fig. No. 3: Photo of Wa Suchamo Game



Scoring: Every contestant will get three (3) chances and their performances will be measured in distance/length covered by the participants in their throws. Out three chances, the best one is counted and accordingly the judge will announced the 1st, 2nd and 3rd position. It is important know that if any contestant throw the small bamboo out of the

big bamboo then the selection will be done on the basis of time.

Rules of the Game

- Make sure both the bamboos should be very smooth.
- Two marking point should be mandatory in the long bamboo at the distance of 40

- feet and 45 feet respectively for measuring their performance.
- iii. Judges must be ready before start of the competition with all the necessary materials.
 - iv. If the facilities are available then participants are divided into two or more groups.
 - v. The participants may wear traditional dress or any dress which is suitable for competition.
 - vi. The participants are not allowed to bring their own bamboos because it time consuming for setup.
 - vii. Only male participants are allowed to play this game.
 - viii. If the participant is successfully throw out of the big bamboo will get 20 marks.
 - ix. If any participant does not throw out of the big bamboo then distance covered in length will be counted to give marks.
 - x. If the participant cross the 40 feet and below the 45 feet will get 10 marks and if the participants cross 45 feet and below 50 feet, will get 15 marks.
 - xi. Total three (3) chances will be given to each participant and out of that best performance is counted for selecting position.

Future Scope of the Game

Wa Suchamo is a game where throwing ability of the arm of an individual/player can be measure. This game is little similar to the javelin throw but throwing action of the arm was used in many games and sports like-cricket, softball etc. Researcher had depth discussions with the different sports experts, authorities of tribal communities, educationists, other experienced personalities and my research guide about the modification and establishment of the game. According to their views it is cleared that as it is similar to throwing action of other games and sports so Wa Suchamo player will get very good advantages, if they participate in the competitive sports like-javelin, cricket, soft ball etc. and if we bring some changes in the equipment, procedure of the game and rules and regulations of the game then the game will be more interesting and popular among the tribal and non-tribal

communities of Tripura as well as country. The modifications are as follows:

- Firstly we have to use modified bamboo or any other good material which gives scientifically more advantages to the player performance.
- Fourthly, we can little modify the procedure of game as well as measurement of playing area so that game will be more interesting.
- Lastly, we can modify the rules and regulations of the game. At present the rules and regulations of the game are not clearly defined, we must clearly specify the rules and which is more systematic and favourable to the competitive in nature.
- Then, we should trained the trainers or experts of indigenous sports about the updated/modified game, so that they can implement all the newly changes in the game during their festivals and whenever they organise or conduct the game.
- In the initial stage the game should be introduce in the schools, colleges and clubs to increase the more popularity of the game among the students and other peoples.
- Few tournament or competition can be organising in the district or state level to bring the public attention including non-tribal communities of Tripura.
- Government should emphasis in the financial support as well as facilities and which is more important for the development of the game and sport.
- Publicity is also very important to highlight the game in the national or international level.
- Association and other committees and sub-committees can be made or form to deals everything about the game like-management, operating, controlling etc.
- Time to time feedback can be collected from the experts and implement accordingly for betterment of the game.

4.4 Bongbrai Birma

History of the Game: This game played mostly by indigenous children of Tripura those who are entered 8 to 12 years age group; in Tripuri language, the game is called Bongbrai Birmani, which means Honey Bee fly games. The player has to make body balance like Honey Bee Fly. In the modern sports the

Mallakhamb is similar to Bongbrai Birma. The tribal communities organize this game during their festivals and occasions where many peoples were participating to enjoy the game.

Age & Sex: For boys only, age is between 8 to 16 years.

Dress of the Game: Traditional or any other dress can be wear to play this game.

Equipment of the Game: A strong wooden or bamboo pole is required at the length of 8 to 10 feet with 4 to 5 inches in diameter and some soft cotton cloths with 2 to 2.5 meters long is required, stop watch, whistle, pen & papers and marking materials.

Procedure of game: A circle is drawn with 3 to 4 feet in radius then at the centre point of the circle, a wooden/bamboo pole is fixed on the ground vertically at least 2 to 3 feet inside the

ground. On the referee's first signal/whistle, the first participant have to come inside the circle and by the arm support, he should place his both the legs in the pole by touching the feet. The officials and assistants will bands his upper leg into the pole with soft cotton cloths tightly and other leg will be open but have to place in the lower side of the pole for making the body balance. On the final whistle, the participant has to leave his hands from the ground and hold the hands behind the head and maintain the body balance in horizontal position like as honey bees, that is why this game is called "Bongbraibirmani" means honey bee fly game. The participants have to show their body strength. This process of playing will be continuing until the winner is decided.

Fig. No. 4: Photo of Bongbrai Birma Game



Score/Result: The participant/player who maintains their body balance in maximum time will be declared as the winner of the game.

Future Scope of the Game:

The purpose of the game is to check the body balance capacity of a player. This game is very similar to the Mallakhamb sports because Mallakhamb is totally based on body balancing. The Mallakhamb is also an Indian origin indigenous sport of Maharashtra since ancient time. Mallakhamb is already spread to whole country and competitions are conducted in national level. As we came to know that Bongbrai Birma is an indigenous sport of tribal communities of Tripura and Mallakhamb is an indigenous sport of Maharashtra, so these two sports are having similarities. Then researcher gone through the discussions with the different experts of sports, educationists, other experienced personalities and my research guide as well as other researchers about the

modification and establishment of the game. According to the researcher and experts views, if we can bring some changes or modify in the rules and regulations, procedure of the game and equipment if required then the game will be more interesting and will be the same as Mallakhamb and it is already established and have huge scope in future in national and international level. But to increase the popularity of the sport among the youth boys and girls, we need to work more on that sport. Mallakhamb help us easy to develop the sport and we should provide the scope to our youth for the participation in the modified Bongbrai Birma and enhance their performance. The changes and modifications of procedure of play, rules and regulations, equipment, uniform, scoring etc. should be same as Mallakhamb sport because both indigenous sports are almost similar and their purpose was also same and Mallakhamb is almost in the way established in India. But we need to create

more facilities and should introduce in to the schools and colleges of every state in India as well as introduction of various coaching centers. We should encourage our youth and provide them good scope to participate and show their talent. If required some more modifications can be done to increase the popularity of the sports among the peoples of India and abroad. The emphasis of state and central government is very much important for the development and establishment of the sports. There is very good scope for the youth of tribal communities of Tripura to explore themselves through this sports and it also highlight their tribes, culture and traditions.

4.5 Matham

History of the Game: This is a game actually played in water bodies' like- pond, lake, river etc. The game is also very popular and commonly played among all the communities of Tripura but especially Tripuri and Bengali communities are playing more than other tribal communities. The children's are enjoying very much to play this game mostly in summer season. In Tripuri language, Matham is water animal which sustain as like fish and it helps to increase their swimming ability and water polo as well as other water sports. This is very popular in the modern days at national and international level.

Age & Sex: For both boys and girls (age is 8 to 16 years).

Dress of the Games: Half shorts or any short cloths is advisable to play this game, sometimes, the children's are play in naked.

Equipment and Marking Materials: only a water body is required to play this game, no any other equipment's is required.

Procedure of the Game: To play this game, a well-equipped water body is required at least 20 square meters area. Minimum 3 to 5 players are required to play this game. There is no separate officials are required, among the players it will manage the game. So among them one player will be Matham, which will decide by toss or if anyone is willing to take first Matham. Before final start of the game, all the players should come any one side of the pond or lake and Matham will be their opposite side. Few distances should be maintained among the Matham and other players. Then on

start, the player who acted as Matham will catch or touch the other players. If he is successful to touch or catch any one of them then he/she will also act as Matham and try to catch or touch other players, so like ways the will be continuing playing till all the players catches or touched by the Matham. Similarly many rounds can be played.

- i. Swimming is not allowed to participate in the game.
- ii. Unfit children are not allowed to participate in the game.

Future Scope of the Game:

Matham is a water based game which is similar to water polo and as well as other water sports. This game mainly improves one's swimming ability and which is very important for all water sports. Matham have huge scope in future as well as to participate in present competitive water sports like swimming and water polo. Researcher had depth discussions with the different experts of sports and water sports, educationists, other experienced personalities and my research guide as well as other researchers about the modification and establishment of the game. According to the researcher and experts views, if we can bring some changes or modify in the rules and regulations, procedure of the game and equipment is required then the game will be more interesting, systematic and competitive in nature. The changes and modifications are as follows:

- The area of water bodies or playing area should be specifying clearly and water should be clean and must have the facilities to change the water time to time as required.
- Number of players/participants should be fixed including playing and substitutes players.
- A proper dress/uniform should be set separately for male and female.
- Should decide fixed time duration for the game.
- The game can be play among two or more team. The modification of game procedure and rules and regulation can be done for better establishment of the game.
- Lastly, we can modify the rules and regulations of the game. At present the rules

and regulations of the game are not clearly defined, we must clearly specify the rules and which is more systematic and favourable to the competitive in nature.

- In the initial stage the game should be introduced in the schools, colleges and clubs to increase the more popularity of the game among the students and other peoples.
- Few tournament or competition can be organised in the district or state level to bring the public attention including non-tribal communities of Tripura.
- Government should emphasis in the financial support as well as facilities and which is more important for the development of the game and sport.
- Publicity is also very important to highlight the game in the national or international level.
- Association and other committees and sub-committees can be made or form to deal everything about the game like-management, operating, controlling etc.
- Time to time feedback can be collected from the experts and implement accordingly for betterment of the game.

5. Summary and Conclusion

Indigenous games and sports are played a vital role for the growth and development of every child. India has very good traditional culture of playing various Indigenous games and sports which does not require any expensive equipment nor uniforms, shoes and accessories but only require is people and free space to play. Such games are always helps to bring kids together encouraging teamwork and social interaction. Tripura is the third smallest state,

located in the North Eastern Region of the country and having good traditional cultural playing large variety indigenous games and sports. As we all know that at present many competitive games and sports was came or modified from the indigenous games and sports and some of them are included in the Olympic games also like, Wrestling, Archery, Kabaddi etc. There are nineteen (19) sub-tribes inhabited in Tripura and the traditional games of Tripura are called Thwngmung. Every community have their own traditional games and sports but as we all know that Tripuri is a largest tribal community, so there are some games and sports which is commonly played by all other tribal communities of Tripura. The indigenous sports which was selected for the study was according to the popularity and future scope. The primary data has been collected from the indigenous sports experts, community leaders (president/chairmen), district sports officers and other renowned or experienced persons of tribal communities' inhabitant in Tripura through survey and interview method.

These games are having huge scope for upcoming youths in future, if we modify or bring some changes in the equipment, rules and regulations and procedure of the game then it will be more interesting, systematic, organised and competitive in nature. And we should introduce these indigenous sports in the schools, colleges, clubs, few tournaments or competition can be organised, publicity is also very important to highlight the game and Government should emphasis in the financial support as well as facilities

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