

Open Text- Based Assessment 2015-16



English Class-IX

Themes:

1. Let's Welcome, Accept and Respect
2. Indigenous Games of India

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Central Board of Secondary Education

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OPEN TEXT–BASED ASSESSMENT

ENGLISH CLASS-IX

Theme–1: Let's Welcome, Accept and Respect

Abstract

The North East part of India comprises of 8 states – Sikkim, Assam, Meghalaya, Manipur, Arunachal Pradesh, Mizoram, Tripura and Nagaland. Each state has its own unique culture, society and traditions making it as one of the most diverse regions on the earth. India prides itself in being a country which rejoices in the concept of Unity in Diversity. The region has much more to offer to the world other than just its rich flora and fauna. It boasts of unparalleled cultural practices, respect for different faiths, tribal life, gender equality, art forms, family values and fierce independence. They are and always will be an integral part of our motherland. India is a nation proud of its secular way of life.

U, Me, We

*U, Me, We
What is it, if not
Unity in Diversity*

*Exemplifying peace, purpose and Positively
Through their culture, literature and entity.*

*We are no less but more,
Treat all with love galore.*

*All states are our integral parts,
Lets not stand apart,*

*Be together to be stronger,
For now and forever.*

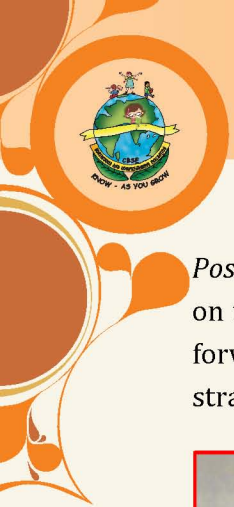
The people of the north eastern part of India enjoy being rightful citizens of this proud nation which fervently believes in diversity, tolerance and secular vision. This region is one of the most ethnically and linguistically diverse India and has a high concentration of population with each tribe having its own distinct historical identity, linguistic and cultural practices and lifestyles that are carried forward from generation to generation.

North East India is indeed a paradise unexplored and one of the best destinations for nature lovers, trekkers and wildlife enthusiasts. It is one of the most treasured and eco-friendly areas in India with

vast natural resources and in a cauldron of different cultures.

Tradition Meets Modernity....

Nestled in the Northeast is the beautiful state of Manipur which is a home to numerous traditional art forms which also integrate various weapons like sword, spear, dagger, etc. Through controlled soft movements, coordinated breathing rhythms and great heroic traditions, timeless myths and local legends of Manipuris as the backdrop, dancers have created the most famous ritual spear dance.... *Thang-Ta*. The heart of the *Thang-Ta* is the sword. In fact, there are hundreds of different sword drills for training the basic steps and stepping patterns. The basic stance is called the *Lion's*



Posture.... at the start of the sword drill, the dancer stands with feet apart, turns to the left, pivoting on the heels of both feet. The feet should form approximately a 45 degree angle. The dancer leans forward until the toes of the left foot are aligned with the knee and the chin. The body forms a straight line from the back of the head down to the right heel.



Thang-Ta exponent Biseshwor Sharma uses his martial skills for art, theatre art aesthetics

Khilton Nongmaithem is one of the exponents of Thang-Ta who, under the tutelage of traditional gurus since the age of 6 is responsible for rediscovering and propagating this nearly lost art by representing India in international festivals.

Originally, training in martial arts was essential for the overall survival of the community and of initiating the youth into the nuances for cultural knowledge and practice. However,

with the passage of time, training was carried out for actual combat as well as ritualistic dances to reinforce cultural identity. As a common public performance which keeps the youth of the community following cultural traditions, it also brings in nationalist pride among the young people of the Manipur villages. This perpetuates the sense of belonging to a group and a country. In fact, in India the two best known martial art traditions – *Thang-Ta* of Manipur and *Kalaripayattu* of Kerala have survived through centuries and both have a strong spiritual basis with strict moral and ethical codes. They are meant for protection and defense and are vehemently opposed to cruelty, violence and viciousness.

Although the tribes of these states were initially isolated and practiced their own indigenous rituals and customs, but after coming into contact with the British, they have, ever since been more westernized in their lifestyles.

Rhythms of Manipur, the Manipuri band that played at the Singapore Flyer on February 5, 2013 as part of the ongoing celebrations marking 20 years of ASEAN-India relations truly lived up to its reputation as a fusion band. Its music transcended both time and place. The members used traditional Manipuri musical instruments, Indian classical instruments and the violin and its compositions were a merger of traditional tunes as well as contemporary beats. They belted out a medley of tunes of different states of the North East, symptomatic of the emerging politics of identity and cultural discourse in our country, its efforts to preserve tradition and yet imbibe modernity and cosmopolitanism. What is less known about these states is the thriving rock music scene in their towns and cities.



Stock Photo

Shillong, the capital of Meghalaya is often called the '*Rock Music Capital*' of India, complete with its own Bob Dylan, Elvis, Beatles and Pink Floyd fan clubs. The abilities of musicians have gained prominence in the rest of India through their recent successes in national music competitions and rock music festivals. Musicians, singers and choir groups have carved a national and international reputation. The proliferation of information technology has enabled access to the latest music releases even to the remote rural parts.

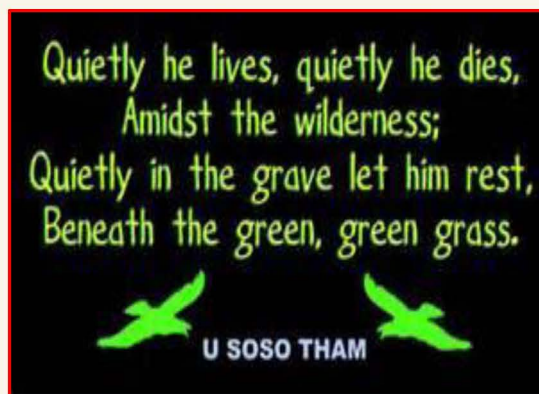
The famous Hornbill National Rock concert, which is one of the hot spots showcases various styles of rock music, soft rock and roll, hard rock, pop and metal. The seven sister states together with their one brother (*Sikkim*) have a number of rock bands who are famous locally and have also performed internationally. In fact, the Soulmate Band created history by being the first and only blues band ever to represent India on the world stage.

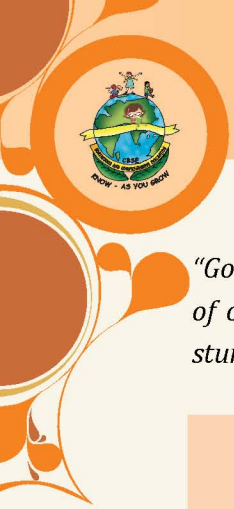
No doubt, the population of this region have excelled in the past and do so even today in a number of fields pertaining to academics, sports, literature, art and media. They are the recipients of various national and international awards and accolades and are alumni of prestigious institutions in India and abroad. They are excellent research fellows and also among the best doctors, engineers, social scientists and sports persons. Personalities who have left a mark are Bhupen Hazarika in the field of music and Assamese films, Mary Kom and Baichung Bhutia in sports, Arnab Goswami in television, Bezbarua and U Soso Tham in literature, just to name a few.

The Torch Bearer of Khasi Poetry...

Born in Meghalaya, U Soso Tham, the Khasi poet was the first to initiate secular literature and make use of Khasi idioms mainly taken from English poetry. Born to a very poor family of four children, his life is a true example of what one can achieve even in the face of adversity. He was a man of enthusiasm and spirit and was revered by both his students and admirers. His writings depict his views against the so called English

living style and culture which many Khasis adopted and considered a status symbol. He wrote: "*The British had enmeshed us completely with their wiles and guiles when they succeeded to make us sing,*





"God save the King" with heads held high even when we should have hung them low, had dug the grave of our culture when they had been able to make us look down upon it to ape their self which had stunted our intellectual growth and warped our natural outlook on life.

*There's such a one!
Near him don't go,
With him to eat and drink is owed!
In towns and cities let him to outlaw'd,
His bag and baggage, he all be fraught.*

Uniquely, this poet knew nothing about the craft and style of poetry. For him the foot, meter, rhyme, rhythm and idea were just like scattered bones of dead animals. It is his heart that spoke, the heart that had received injustice and hatred in his personal life. Regarded as the Robert Burns of the

Khasi highlands, this man of letters, till date, remains the greatest literary icon in the history of literature of Meghalaya.

The Girl who Taught the World to Weave, is a story of the time when human beings first walked the earth. It is a beautiful folklore of the Mishmisare, who inhabit the Lohit and Dibang districts of Arunachal Pradesh, have a long history and were one of the first tribes to migrate where they fiercely ruled. Let's enjoy a short tale from their tribe about the origin of the art of weaving.

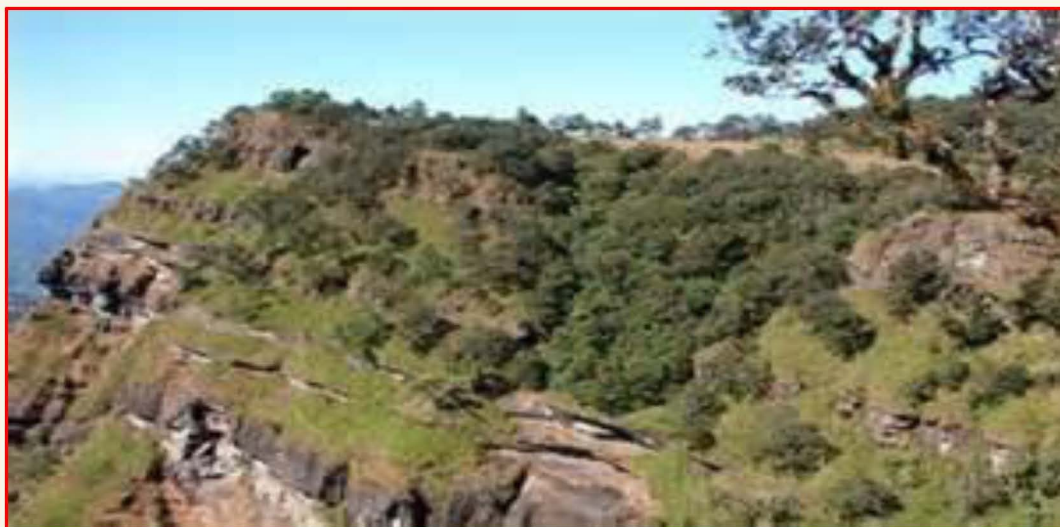


The first human being to weave was a girl named Hambrumai. She had learned the art from God Matai. She would sit by the river and learn her designs from the nature that surrounded her... by watching the waves and ripples that appeared in the river, and by copying the branches of trees, plants and flowers. But one day, Hairum, the porcupine, saw her cloth. Tempted by a richness he had never seen before, he came to steal it from her cave. The entrance was too small for him and as he tried to push his way in. As he tried to get inside the cave, he pushed a rock. The rock fell by

the riverside, and crushed Hambrumai. Her loom broke into pieces and the river carried them to the plains, where people found it and learnt to weave. The designs turned into butterflies and the pattern she made can still be seen on their wings.

The beautiful and colourful weaving patterns are popular all over the world, are exhibited in international fairs and festivals and worn as a symbol of pride by the people of this land.

Folk tales are a rich source of the traditions and culture of a particular state or a group of people. For many decades, they have been passed on from one generation to another. Let's go to the foothills of Mizoram to know who, according to the local natives, are true human beings...



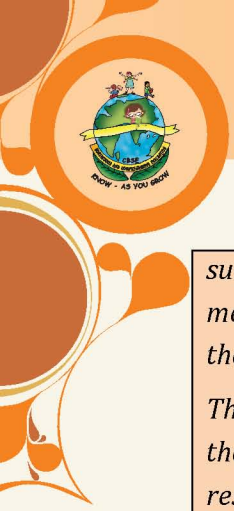
Once, there was a famous temple in the hills of Mizoram. The head priest of the temple was famous and renowned. As he grew older, he started searching for a suitable successor who could take his place. But, much to his dismay, he could not find any suitable person. As he lay on his deathbed, he called the trustee of the temple and told him, "After my death, make sure that only a 'human being' replaces me as the priest of this temple." Saying this, the priest died.

The news spread like wild fire. People came to know that the priest had died and now there was an urgent need for a replacement. A day was set for all the candidates to reach the temple where the successor will be chosen. Since early morning that day, aspirants started coming to the temple travelling across the steep and rough route which was full of thorns and stones. By the time most people managed to reach the temple, they were badly injured and suffered many bruises on their feet.

The trustee asked the aspirants to recite difficult 'shlokas' and verses from the sacred texts and explain various procedures of priesthood. In the afternoon, when the selection procedure was about to end, a young man entered the temple. The trustee remarked, "Young man, you are very late. Why did you take so long to reach here? You look miserable, your clothes are torn and your feet are bleeding profusely." The man replied, "I know sir, I am late. So, I will not participate in the competition. If you permit me, can I wash my wounds and rest for a while?" When the trustee heard such words, he was curious to know more about the person. He asked again, "But, how did you hurt yourself so badly? Others too are bruised but not as much as you are."

"Sir, I saw that the path to the temple was full of thorns and stones. I thought it would be difficult for devotees to come and pray in this temple. Therefore, I cleaned the way. That is why I got late and that is how I hurt myself. I apologize for the delay, but as I said, I have opted out of the competition. Moreover, I am not so much educated like these learned men present here."

Hearing this, the trustee smiled and said, "Congratulations sir, you are the chosen one. I am sure that our earlier priest meant a person like you, when he said he wanted a 'human being' to be his



successor." When the others heard the announcement, they were furious and shouted, "What do you mean? Are we not human beings? Why did you choose this young man as a priest who has confessed that he has little knowledge and education?"

The trustee replied, "Our old priest used to say that even animals can take care of themselves. But they have no idea of responsibilities and duties. Only a 'human being' knows about his or her responsibilities towards humanity. All of you were keen to reach the temple in time but none of you thought to clear the way. But this young man thought of others and took upon himself this difficult task. By the definition of our old priest only he qualifies as a 'human being' and hence, only he should be the successor of the great old man."

A multi-faceted stalwart a poet, singer, actor, journalist, author, film-maker, music composer.... Dr. Bhupen Hazarika dons many hats and no wonder is the only pioneer of Assam's film industry and hence has been rightly hailed as the uncrowned king of north eastern India's cultural world.



He has been ranked among the leading film makers of the nation and is probably the only stalwart responsible for placing the nascent Assamese cinema on the global cinema map. Through the medium of cinema he has integrated all the north eastern states, their cultural vibrancy, humanity, universal brotherhood, empathy, justice and nationalistic pride. Recipient

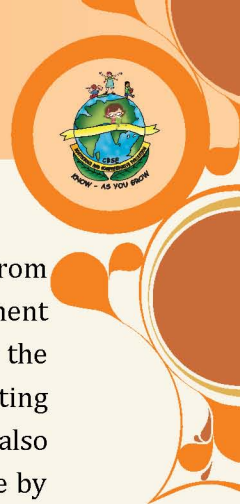
of national awards like Padmashri, Padmabhushan, Dada Saheb Phalke award and the Sangeet Natak Academy award, he has produced, directed, composed music and sang for 32 films in Assamese, Hindi and other languages.

An academically prolific person, he has to his credit more than 1000 lyrics, 50 major books of short stories, essays, poems, children's rhymes and travelogues. The government of Arunachal Pradesh felicitated him with the gold medal in 1977 for his outstanding contribution towards tribal welfare and upliftment of their local culture through cinema and music. In fact, while studying in the United States, he was awarded a gold medallion in New York as the 'Best Interpreter of Indian Folk Songs'. Apt lyrics and soothing music are the hallmarks of his memorable songs in Hindi and the vernacular languages which people still hum and remember fondly. Who can forget the lilting tunes of "Eklachalo re", "Dil Hoon Hoon Kare" and "Ganga baheti ho kyon"?

It's bloom time in Sikkim...

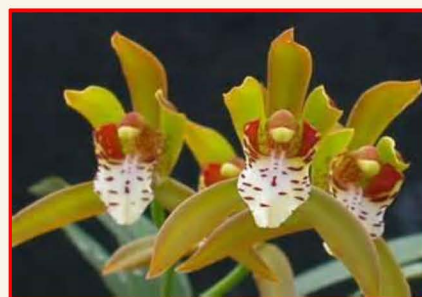
The business of floriculture is indeed booming for the local florists in Sikkim. The climatic advantage, a highly educated workforce and assistance from the government are factors which boost floriculture. Realizing the potential, the state government gives assistance to farmers through various





training programmes and facilities. Subsidies from marketing and transport facilities as well as investment opportunities are provided to the local farmers. After the initial training, the farmers are provided with planting materials such as seeds, insecticides and manure and also with the infrastructure to farm flowers on a large scale by providing them with green house facilities.

If required, demonstrations are also presented for them. Laxmi Rai, a local farmer says, *"The government has encouraged us, as the weather here is suitable. Initially it gave us 500 saplings on a trial basis. It was first given to a few families and now we have 62 families on this plot. They have also given us technical support."*



Sikkim is famous for its lush green plantations and is reaping good profits in its floriculture business. To promote Sikkim at the international level, an international flower show is also held in the state to boost flori-tourism, an emerging genre of nature tourism in a state that is known for its rich biodiversity. Instituted in 2008, this flower show exhibits nearly 5000 floral species, including 500 exotic colourful orchids. In fact, promoting floriculture is also an alternative livelihood for the educated youth. The government has put together a mechanism to train youth in flower cultivation and for the last ten years, livelihood schools at the district level have been educating young people in various vocational skills so that they become a highly skilled human resource. In fact, Sikkim is investor-friendly and is looking for global investment in horticulture and floriculture. Along with expertise and technology they want to devise more ways to develop the market. A new developing airport at Pakyong in east Sikkim, 30km from Gangtok will push the domestic supply chain with direct access to New Delhi. It will be the only state to grow flowers organically and the state department plans to bring 50,000 hectares of land under organic cultivation. The geography of this small state is congenial to green industries. A '10-Minute to Earth' programme launched in 2009 ensures that every Sikkimese plants at least one sapling to turn it into a green state. So much so that the state has been honoured with a number of national awards for its green initiatives.

At present, Sikkim exports cut flowers which includes roses, liliun and anthurium on a commercial scale. It is the only state in the country which produces high value cymbidium orchids. It has also been designated as the agriculture export zone with particular emphasis on the production and export of large cardamom, ginger and cherry pepper.

Sikkim is trying to make floriculture a primary economic activity of this picturesque north eastern border state and link it to tourism.



The Sunrise Sector

The government of India has identified floriculture as a 'sunrise industry' and accorded it 100% export oriented status. It has emerged as a 'high tech' activity taking place under controlled climatic conditions. Viewed as a high growth industry, it is becoming important from the export angle. The liberalization of industrial and trade policies have paved the way for the development of export oriented production of cut flowers. The new seed policy has already made it feasible to import planting material of international varieties. It has been found that commercial floriculture has higher potential per unit area than most of the field crops and therefore this industry has been shifting from traditional flowers to cut flowers for export purposes, thereby giving Indian entrepreneurs the necessary impetus.

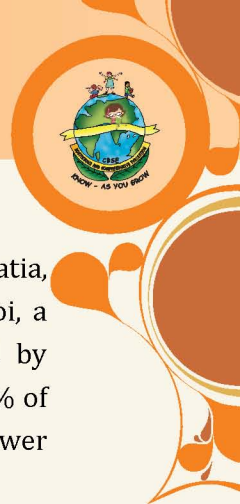
Nurturing Nature.... the north east India is a hilly region. The first settlement was that of the tribes. Nonetheless, it accommodates people of all ethnic and linguistic diversity along with a number of flourishing urban settlements. The northeast is a rich treasure trove for environmentalists, nature lovers, tourists, trekkers, ethnologists....all those who care for and respect the beauty and bounty of nature. Also, a hilly terrain does not refer to a forest. With urbanization, industries and factories have been set up including the best educational institutions like the IIT Guwahati, IIM Shilong, TISS Guwahati, etc. Urbanisation has developed a progressive mindset both in terms of infrastructure as well as outlook.

In the next five years, the main focus of the government will be to bring this region at par with the rest of the hinterland. The Institute for Defense Studies and Analyses (IDSA) organized a meeting that focused on the *Northeast role in India's Look East Policy (LEP)* in 2013. The purpose of this roundtable conference was to invite specific projects that could be implemented in the region under the aegis of the ASEAN – India Vision Document 2020. The Northeast which is the gateway to the Southeast Asian countries can play a vital role on the economic and bilateral trade front. Projects in the field of health, culture, tourism, human resource, capacity building and food processing will be intensified. Multicultural and ethnic studies will be encouraged; intelligence and policing systems will continue to be improved. The development of transportation and communication links are a strategic issue and greater resources would be allocated for the same. Rich in scenic beauty, this area is an ecological treasure trove and hence has a huge potential for eco-tourism.

About Tripura.....

Tripura, the former princely state, is the third smallest state that boasts of unmatched and unspoiled natural beauty. Located in north-eastern India, it marks a distinctive combination of communities and cultures that impart an utterly ethnic charm to this state. Tripura claims to be a prehistoric land since it finds mention in the ancient epics of the Mahabharata and the Puranas. Bengali and Kokborok (Tripuri) are the most common languages that are spoken and understood by the majority of people.

Tripura encloses a rich cultural heritage of music, fine arts, performing arts, and handicrafts.



The state has numerous diverse ethno-linguistic groups, such as, Tripuris, Jamatia, Reang, Noatia, Koloi, Murasing, Chakma, Halam, Garo, Kuki, Lushai, Mogh, Munda, Oraon, Santhal, and Uchoi, a composite culture has emerged on the whole. Economy of Tripura is mainly dominated by agriculture and allied activities. In fact, agricultural activities provide employment to about 64% of the state's workforce. Today, the state's development has significant due to growing power facilities, expansion of transport and communication networks.

The forests of Tripura are a home to numerous birds and beasts. The hornbill, elephants, gobos, spectacled monkey, deer, buffaloes, bears, wild boars, abound the forests. In fact, history and legends have enriched these wildlife treasures of Tripura even more. The elephants find mention in the history of battles, while a minister, Abul Fazal in the court of Mughal emperor Akbar has eloquently praised them commenting that, "the best elephants are those of Tripura."

Tripura's forests have become an enchanting abode of sylvan charm. The rich flora and fauna makes this small state a hot spot of biodiversity. The sanctuaries are home to a number of endangered and endemic species, migratory birds, medicinal and aromatic herbs, making the state an ideal destination for tourists, especially those who are inclined towards eco-tourism, school children, taxonomists, botanists, environmentalists, ecologists, etc. In fact the people of Tripura themselves are taking an active role in conserving the state's wildlife. Tripura's economy, together with various sectors like agriculture, tourism, industry, etc, is growing slowly, but steadily. Here an exotic variety of flora and fauna can be seen in the stretched forests and hilly areas. To sum up, Tripura is though a smaller state but has immense potential of development.

SAMPLE QUESTIONS AND MARKING SCHEME

Q.1 "Paradise Unexplored" is how one can describe the north east region. Discuss. 5 Marks

Value points

- Beautiful flora and fauna
- Unique culture
- Diverse art & craft forms
- Paradise for tourist / naturalists / environmentalists / nature lovers

Q2. Draft a five-point proposal which can be submitted to the government regarding integration of the people living in the north east with the rest of India. 5 Marks

Value points

- Improving rail / road / air connectivity
- Sensitizing people to accept and respect diversity
- Generating employment opportunities



- Role of media
- Developing Northeast as a tourist hot spot
- Any other

Q3. The people living in the north east truly exemplify the spirit of secularism. How do the people living in the north east exemplify respect for other cultures? 5 Marks

Value points

- People practice and respect all faiths / religions
- No discrimination on any grounds
- Equal opportunities given to all
- Peace loving community
- Proud to be Indians



OPEN TEXT–BASED ASSESSMENT

ENGLISH CLASS-IX

Theme–2: Indigenous Games of India

Abstract

Sport: A contest or game in which people do certain physical activities according to a specific set of rules and compete against each other (Merriam Webster dictionary). The history of sports in India dates back to thousands of years, and numerous games, including chess, wrestling, and archery, are thought to have originated here. Contemporary Indian sport is a diverse mix, with traditional games, such as kabaddi and kho-kho, and those introduced by the British, especially cricket, football (soccer), and field hockey, enjoying great popularity. A true sportsperson is one who amalgamates the benefits of sports into his/her life.

Games have been an important part of Indian culture since forever. Games and sports have always played an important role in the history and mythology of India. Gradually the time changed and so did our sports.

The Thought...

The cultural heritage of a nation or a region is not solely composed of monuments and a museum collection, but also of living in tangible expressions inherited from our ancestors and passed on to our descendants. They have been passed from one generation to another, have evolved in response to their environment and they contribute by giving us a sense of identity and continuity, providing a link from our past, through the present, and into the future.

Traditional games or indigenous sports were just not games to be competed in or won between opposing teams or participants. The games of yore were designed in such a way that could develop a multitude of skills like logical thinking, strategy building, concentration and focus, basic mathematics, aiming and a lot more. In fact, they were also learning aids which helped develop sensory skills, colour identification, motor skills, hand eye coordination, adding subtracting, etc. The values that one achieved by playing these games with neighbours, friends, siblings and classmates were much more as compared to the games that are played by children nowadays. These games were environment friendly, suitable for all ages, classes, genders, increased positive interaction between generations, provided a chance to know more about our culture, history and tradition and above all, cost effective.

Many modern games played around the world today have their origin in these traditional games which is a source of pride for a country and its people. So, the time has come to revive their forgotten glory and bring them back into our fold. Play stations, video games, online games have



had a huge impact on the games that children choose to play these days. But, indigenous games are refreshing, take us through memory lanes, keep alive the culture and tradition of a community, so spare a thought for them...

For in the end, we will conserve

Only what we care and love...

We will love only what we understand

We will understand only what we are taught.

Books and theories please make way

Things are best understood when I play

The moves of "Chousar" sharpen our mind

"Ghar Ghar" teaches us always to be loving and kind.

Flights of "Patangbazi" take us to new heights

Enhancing the coordination of hands with sight.

Remain calm, composed and quick

Be a "Rumal Chor" to easily trick.

The physical efficacy and attitude

Come through "Pitthoo" not solitude.

With the never ending song list of "Antakshari"

Lets hum and sing and test our memory.

To plan and hit the farthest in one go

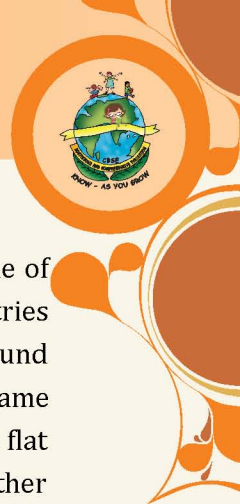
Its "Gilli Danda" where you can never aim low.

These are the unmatched ways to perfect

The coordination of our body, mind and intellect.

The history of sports in India dates back to thousands of years. Numerous games like chess, wrestling and archery are considered to have originated in the Indian soil. Festivals and local fairs were the natural venues of indigenous games and martial arts, whereas homes and streets and backyards were places where children played games like gillidanda, pitthoo, kite flying, kho-kho, kabaddi, poshampa with much merriment. Over the years indigenous sports and physical activities like yoga, malkhamb, kho-kho, wrestling, elephant riding, boat races have progressed to some extent. But, unfortunately, we do not know much about the place and date of origin and who invented these games.

Indian history and mythology are a treasure trove of such unique physical activities. But gradually, as times changed, so did our sports. Fifty years ago school children would walk across to their neighbour's house or collect their friends in the neighbourhood and play....



Satoliya is now commonly known as *lagori* is the game of seven stones. This is not known much by other countries as it was played in the villages of India which then found its way in urban area. It is also called *pitthoo*. This game can be played by any number of people. It needs seven flat stones; every stone size should be less than the other stone. All the stones are kept on each other in a decreasing order. The pile of stones is hit with a cloth or rubber ball from a fixed distance.

Pallankunzhi

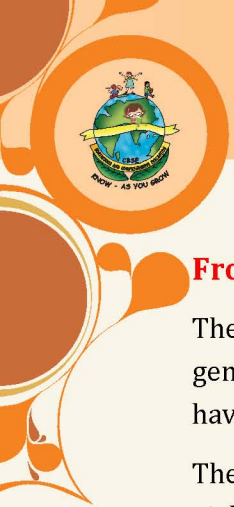
.... a traditional board game involving two players popular in south India. The rectangular wooden board has 14 cups (called '*kunzhi*') and 146 counters which could be shells or small stones. Each cup except the middle cups on the sides of the board are filled with 12 counters each. Only one counter is placed in the remaining two cups. The player who captures the most counters at the end is declared the winner. One can improve one's eye-hand coordination, concentration, mental agility and swift counting.



Patangbaazi.... an ancient game popular in western India in which any number of people of any age group can gather on a terrace or an open field and fly diamond shaped colourful kites. People practice this sport in a spirit of healthy competition trying to cut the strings of the opponents' kites.

Kancha.... Still popular in rural India, the game is played using glass marbles called "*Kancha*". The players are to hit the selected target using their own marbles. The winner takes all the kanchas of rest of the players. What a great way to improve focus, coordination and deftness of fingers.





From Then to Now....

The origin of various sports are not known as they have travelled over centuries from generation to generation. They underwent changes, modifications over the years. Here are a few games which have entertained the brain and the brawn.

The game of chess originated in India and was called *ashtapada*, from the Sanskrit word meaning eight feet. It was played with the dice on an 8x8 black and white checkered board. Later, this game came to be known as *Chaturanga*, literally 4 divisions of the military – infantry, cavalry, elephants and chariotry. The pieces were called elephants, chariots, horses and foot soldiers like the Indian armies of that time. It was mainly a game of chance where results depended on how well one rolled the dice. It was very different from the way modern chess is played today. In the Mahabharat, an incident is narrated where two groups of warring cousins, the Pandavas and the Kauravas played a version of *Chaturanga* using a dice. It was a battle simulation game which delivered logistics and military strategic moves. From ancient India, this game moved to Persia in 600 AD and was named *Shatranj*. Thus, the Sanskrit word *Chaturanga* evolved and changed into *Shatranj* as it is still known today in the Middle East and Indian continent.

As centuries rolled by, the game of chess was viewed as a means of self improvement. In his article "The Morals of Chess" (1750), Benjamin Franklin wrote :

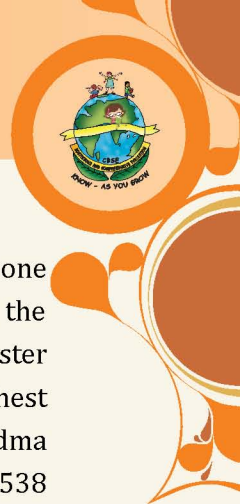
The game of chess is not merely an idle amusement; several valuable qualities of the mind, useful in the cause of human life, all to be acquired and strengthened by it, so as to become habits ready on all occasions; for life is a kind of chess, in which we have often points to gain and competitors or adversaries to contend with and in which there is a vast variety of good and ill events, that are, in some degree, the effect of prudence or the want of it. By playing chess, we may learn :

- *Foresight, which looks a little into futurity and considers the consequences that may attend an action.*
- *Circumspection, which survey the whole chess board or scene of actions, the relation of the several pieces and their situations*
- *Caution, not to make our moves so hastily*

With these or similar hopes, chess is taught to children in schools around the world today. Many schools host chess clubs and organize tournaments.

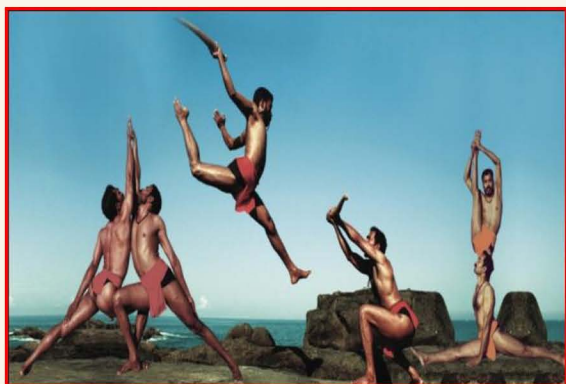


Viswanathan Anand is the celebrated Indian Chess Grandmaster and the former World Chess Champion. He held the FIDE World Chess Championship from 2000-2002, at a time when the world title was split. He became the undisputed world champion in 2007 and defended his title against



Vladimir Kramnik in 2008. He then went on to defend his title again in 2010 and 2012. Anand is one of the 9 players in sporting history to pass 2800 Elo on the FIDE rating test. He has occupied the Numero Uno position for 21 months, the 6th longest on record. He became India's first Grandmaster in 1988 and the first recipient of the coveted Rajiv Gandhi Khel Ratna Award, India's highest sporting honour. In 2007, he was bestowed with India's second highest civilian award, the Padma Vibhushan, making him the first sports person to do so. In March 2015, a minor planet....4538 Vishyanand was named after him.

Kalari is considered to be the most complete and scientific martial art form and the mother of all martial arts. It is supposed to have originated in the west coast of India during the early 13th century and considered to be one of the oldest fighting systems in existence. Before the modern educational system was introduced, the art was disseminated through schools known as *Kalari* which served as centers of learning for the attainment of knowledge on various subjects ranging from mathematics, language, astronomy and various theatrical arts. More specifically, martial arts were taught in the *payattukalari*, meaning fight school.



According to popular belief, Bodhidharma, a Buddhist monk from India introduced *Kalari* into China and Japan. He taught this art in a temple which is known as the Shaolin temple. The Chinese called him Po-ti-tama, what he taught has evolved into *Karate* and *Kung fu* and hence one can find a lot of similarities between the two. India is home to various other martial art forms as well such as *mayurbhanjchau*, *mallayudh*, etc.

As travel bloggers who are passionate about sports, let us visit the different places in the Indian hinterland to study the games we play and enjoy.

Many Indian games that are played in rural areas have different variations and are known by other names depending on the region they are played in. Popular with children, these traditional games help build stamina, sharpen the mind and develop in them a spirit of sportsmanship.

The picturesque state of Nagaland, home to numerous tribes, has a vibrant wealth of sports, the most popular being wrestling. The bout starts with the contestants holding each other's waist girdles. As soon as the signal is given, both the wrestlers try to throw off each other. A combination of various leg tricks and sheer brawn are employed to achieve





victory. A wrestler is declared the winner if he can throw off the opponent and in the process, get the trunk of the opponent to touch the ground, taking care not to let his own trunk do so.

As we travel to the green fields of Punjab, the popular rural sport is *kabbadi* played by both boys and girls. The game is played between two teams. A line is drawn between them and each team sends a player across the line. If the player after crossing the line is able to touch a player of the opposite side and come back without being caught, the team doing so would win and the point added to its score. This action has to be performed in a single breadth. India has the most successful *Kabbadi* team on the world stage, having won every World Cup and Asian Games titled so far in both the men's and women's categories.



Modern *kabbadi* is a synthesis of the game played in various forms under different names like *Chedugudu* in Andhra Pradesh, *Hu TuTu* in Maharashtra and *Sadugudu* in Tamil Nadu. It received international exposure during the 1936 Berlin Olympics and in 1950 the All India Kabbadi Federation (AIKF) came in to existence and framed the rules. This popular sport played by the people in villages as well as

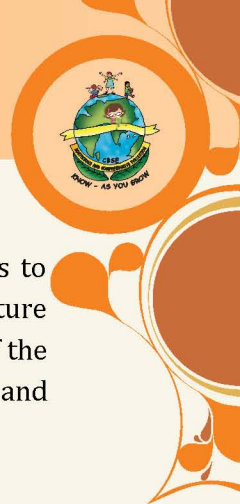
in small towns requires both power and skill for its play. The Professional Kabbadi League was introduced in 2014, with eight franchises based at eight different cities in India, consisting of players from all over the world. The inaugural edition was won by Jaipur Pink Panthers.



The traditional boat race of Kerala is a form of canoe racing and uses paddled canoes. It is mainly conducted during the season of harvest festival, Onam in autumn. The race of long boats also called Snake Boats, is the major event. The technical methods for creating these snake boats are around 650 years old. Tourists from all over the world come together to watch and enjoy this unique water sport which is an example of perfect coordination, rhythm, strength and speed.

Making The Most of Our Sporting Indians

To promote sports in India, the Government of India issued a National Sports Policy in 2001 which envisaged that the central government in coordination with the state governments, the Indian Olympic Association and the National Sports Federation will pursue the twin objectives of "Broad – basing" of sports and "Achieving excellence in sports at the national and international levels". Our country has the potential strength and competitive advantage which needs to be judiciously tapped and promoted. In this, sports and physical education have been integrated effectively in the school and college education curriculum.



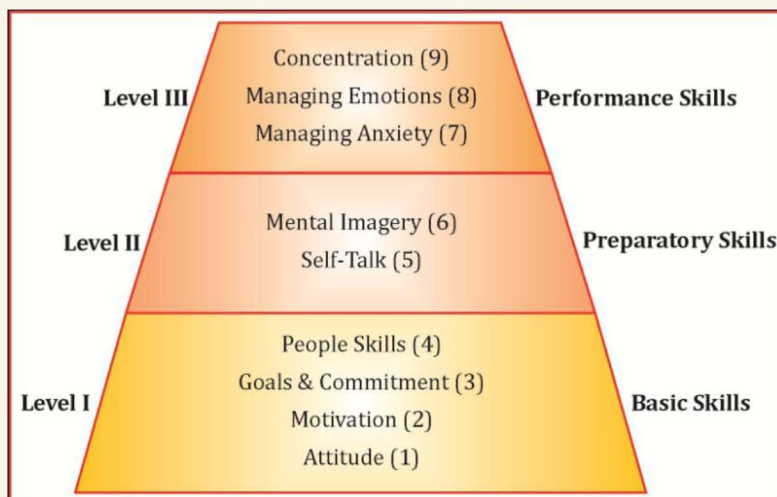
National Sports Policy accorded high priority to the development of sports in the rural areas to harness the available talents and potentials and facilitate development of required infrastructure and identification of talent through appropriate competitions in rural areas and remote parts of the country. Special consideration under various themes was emphasized which has had a long and strong tradition of indigenous games.

Life Skills through Sports Promotion

One doesn't need to be a professional sportsperson or an Olympian to be a successful athlete. Nor does one have to have a cupboard full of medals or make it to the front page of a daily. Specific mental skills are required that contribute to being successful in games and sports. They can all be acquired through proper training and practice and improved with guidance, instructions and facilities. In fact, the skills that athletes require to achieve success in sports can be also applied to other areas of life as well. Doctor Jack Lesyk, Ohio Centre for Sport Psychology, propounds nine mental skills of successful athletes.

1. Choose and maintain a positive attitude
2. Maintain a high level of motivation
3. Set and pursue high realistic goals
4. Deal effectively with people
5. Inculcate positive self talk
6. Use positive mental imagery
7. Manage anxiety effectively
8. Manage emotions rightfully
9. Maintain concentration

According to him, *"Although each of the nine mental skills is important, its primary importance occurs during one of the three phases – the long term development of athletic skills, immediately before performing in a competition and during actual performance."*





The Performance Pyramid

A career in sports has emerged as one of the most lucrative options in the past decade. Our glories in the Commonwealth Games, Asian Games, World Championships and major international sporting events especially in shooting, badminton, archery, cricket, wrestling, *kabbadi* and tennis, have made sports as one of the chosen career options among the youth.

The Sports Authority of India (SAI) is the apex body which encourages young talents to develop interest in sports and excel in their chosen activities. They provide formal training and create sportspersons who can bring laurels to the country at the national and international levels. Apart from serving as a player, a sportsperson can also work as a coach, team manager, fitness instructor, sports journalist / commentator, photographer, consultant, sports equipment suppliers / manufacturer, umpire, referee, etc.

SAMPLE QUESTIONS AND MARKING SCHEME

Q.1 With its rich and diverse culture, India is home to a wide range of indigenous games. Why is it important to preserve them? Why do you think, they are disappearing fast? 5 Marks

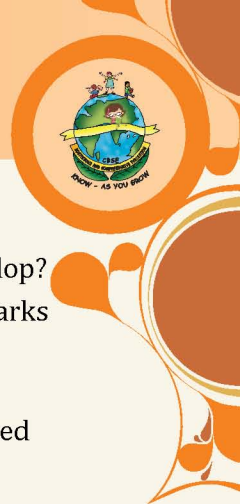
Value points:

- have been passed from one generation to another
- have evolved in response to their environment
- they contribute by giving us a sense of identity and continuity
- providing a link from our past, through the present, and into the future
- disappearance due to more inclination towards technology-driven games, indigenous games unpopular and fading away

Q.2 Benjamin Franklin wrote: "The game of chess is not merely an idle amusement; several valuable qualities of the mind, useful in the cause of human life, all to be acquired and strengthened by it, so as to become habits ready on all occasions; for life is a kind of chess, in which we have often points to gain and competitors or adversaries to contend with and in which there is a vast variety of good and ill events, that are, in some degree, the effect of prudence or the want of it." Explain with a few examples of your own. 5 Marks

Value points:

- Gain foresight and circumspection
- Exercise caution and self-esteem
- Any real-life examples that are not cited in the text.



Q.3 How did the modern game of *shatranj* got its name? What quality of mind does it develop? Give a few examples of other games that have a similar impact. 5 Marks

Value points:

- From ancient India, the game of *chaturanga* moved to Persia in 600 AD and was named *Shatranj*.
- Develops foresight as it was a battle simulation game which delivered logistics and military strategic moves
- Looks a little into futurity and considers the consequences that may attend an action.
- Cite examples of their own with justification.

Q.4 The National Sports Policy, 2001 highlights Involvement of the Corporate sector in sports promotion. Explain the involvement of the corporate sector in sports. 5 Marks

Value points:

- Corporate sector inducts sportspersons as their employees
- Gives them much-needed exposure n incentives
- Promotes n sponsor tournaments, players
- Runs academies
- Example- IPL teams, big industries like the Railways & the TATAS hire players(or any other)

Q.5 The Performance Pyramid of a successful athlete consists of nine skills. These skills can be applied to other areas of life as well. Elucidate, giving two or three real-life examples. 5 Marks

Value points:

- Performance pyramid begins with attitude and goes through managing emotions and anxiety, which in turn help a person lead his/her day-to-day life easily and stress free.
- Also helps in developing self-esteem and social skills.
- Real-life example of your own.



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