



Traditional Sports of Asian Countries



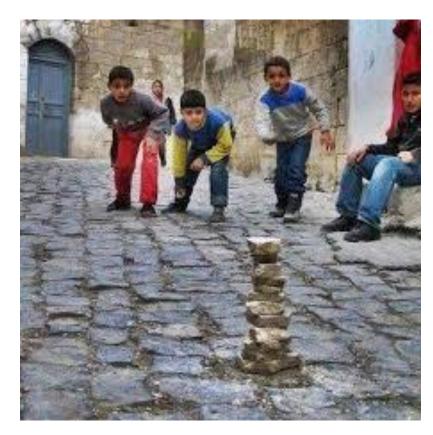


List of countries

- **❖**India
- Sri Lanka
- **❖**Nepal
- Pakistan
- Bangladesh



Satoliya-the game of seven stones now commonly known as Lagori





Kancha- played using marbles called 'Kancha' players are to hit the selected target 'kancha'



Kho Kho- played by teams of 12 nominated players out of fifteen, of which nine enter the field.



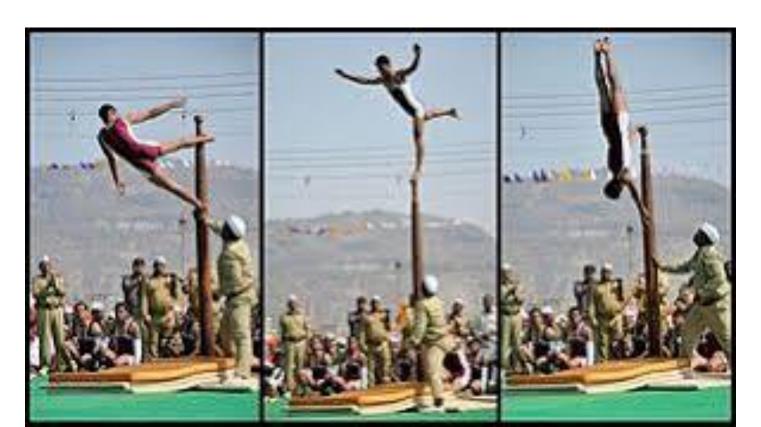
❖Gilli Danda- an amateur sport

played with two sticks: a large one called a *danda* which is used to hit a smaller

one, the gilli.



❖ Malkhamb-aerial yoga postures, with a vertical stationary or hanging wooden pole, cane, or hanging rope. IT IS THE STATE SPORT OF MADHYA PRADESH.



ELLE-bat-and-ball game, involves a hitter, a pitcher and fielders.



★Kili Thadthu-involves two teams

each team is only allowed six players



Pillow Fighting - Kotta Pora- major athletic event, Both players balance, seated, on a wooden beam, with one hand on their pillow and the other hand tied behind their back.



• KANA MUTTI BINDIMA: blindfolded participants attempting to break water filled pots with a stick.



• Ha-du-du: two teams.

equal number of players.



Kanamachi: piece of cloth is tied over the eyes, that child is called kanamachchi.



• Dariabandha: divided into two equal teams



• **Gollachhut:** two teams, with equal number of players.

