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## Pursuit Games

### *Bhai Bhai Kitna Kitna Pani*

<b>Name</b>	Bhai Bhai Kitna Kitna Pani	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Brother, how high is the water level ?		
<b>Aim</b>	For the catcher to catch any on of the s sevaks before they reach a pre-defined point		
<b>Description</b>	Initially, all s sevaks will stand at one end of the area and all face one direction, with the catcher standing at least three metres in front of the s sevaks. The s sevaks will be standing in a semi-circular fashion, so they are equally same distance away from the catcher. When kuru is given, the s sevaks will shout out Bhai Bhai Kitna Kitna Pani Hey? . The catcher will reply Itna Itna Pani Hey , and move his hands along his body to indicate the level of the water. This question and reply will continue until the catcher indicates the water level to be above his head, at which point the catcher will turn around and chase the s sevaks. If he catches a s sevaks before he reaches a pre-defined point then that s sevak will become the catcher, otherwise the catcher will retain his role.		

### *Chor Sipayee*

<b>Name</b>	Chor Sipayee	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Chor - thief, Sipayee - police.		
<b>Aim</b>	For the Sipayee to catch the Chor		
<b>Description</b>	Initially, all s sevaks except the chor and the sipayee will stand in a grid formation, facing the same way so that there is a s sevak at every horizontal and vertical intersection. The s sevaks will also have their arms in a horizontal position, thereby forming a number of channels . These channels are the only forms of travel for both the chor and sipayee. They are not allowed to go under the arms of the s sevaks. When kuru is given, the sipayee will try to catch the chor, and at the same time the shikshak will shout out three different orders, Dakshina Vrut, Vama Vrut or Ardha Vrut to the s sevaks, so the channels keep changing.		

### *Hathi Ke Soond*

<b>Name</b>	Hathi Kee Soond	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Hathi - elephant - Soond - the trunk of the elephant		
<b>Aim</b>	For the catcher to catch all of the s sevaks using his trunk		
<b>Description</b>	All s sevaks including the catcher will be inside the area. The catcher will be imitating an elephant. This is done by holding his nose with one hand, thus creating a loop, and placing his other arm through the loop, hence imitating the elephants trunk. When kuru is given the catcher will attempt to catch all s sevaks by using his trunk . Those s sevaks caught or who step outside the area will be out of the game.		

### *Langadaa*

<b>Name</b>	Langadaa	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Langadaa - hopping		
<b>Aim</b>	For the catcher to catch all s sevaks in the area		
<b>Description</b>	Initially, all s sevaks including the catcher will be inside the area. The catcher can only hop, whilst the rest of the s sevaks can run. When kuru is given the catcher will attempt to catch the s sevaks by touching his foot against the s sevak. Those s sevaks caught or who step outside the area will be out of the game.		

## Kabaddi Choo

<b>Name</b>	Kabaddi Choo		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>					
<b>Aim</b>	For the team outside the area to catch as many members of team inside the area				
<b>Description</b>	Initially, one team will be outside the area, and the other team will be inside the area. When kuru is given, the s sevaks in the outer team will enter the area and will attempt to catch as many s sevaks as possible whilst saying kabaddi, kabaddi in one breadth. The s sevaks who are caught or step outside the area will be out of the game. Note, the catcher has to continue saying kabaddi until returns back to his position, otherwise the s sevaks caught will be allowed to resume the game.				

## Kath Ghar

<b>Name</b>	Kath Ghar		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Kath - , and Ghar - house. Bird cage				
<b>Aim</b>	For the s sevaks forming the kath ghar to trap other s sevaks in the ghar when they pass through it.				
<b>Description</b>	All s sevaks will be standing on the circle, including the three s sevaks who forms a kath ghar by holding each other s hand above their heads. When kuru is given the rest of the s sevaks will run around the circle, passing through the kath ghar one by one. When the whistle is blown, the s sevaks forming the kath ghar will lower their arms. Any s sevak caught inside the kath ghar will be out of the game. The game will continue with the kath ghar being free to pass through, again.				

## Mein Shivaji

<b>Name</b>	Mein Shivaji		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	I am Shivaji . The great person, Shivaji from Maharashtra, who defeated the Moguls with his tiny army and tactical warfare, and who was crowned king in 1674.				
<b>Aim</b>	For the catcher to pursue the s sevak who is Shivaji, and catch him.				
<b>Description</b>	All s sevaks will be inside the area, including the catcher and one s sevak who will be nominated as Shivaji. When kuru is given the catcher will chase Shivaji. The rest of the s sevaks will try to save Shivaji by passing between the catcher and Shivaji, and shouting out Mein Shivaji . Immediately, the s sevak who passed between the two will become the new Shivaji, and the catcher will try to chase that s sevak. If Shivaji gets caught, then the games stops, and new catcher and Shivaji are named before the game resumes again. Note, at any given time there can only be one catcher and Shivaji, and also other s sevaks can only shout out Mein Shivaji when they clearly pass between the catcher and Shivaji, and not before or after.				

## Namaskar Ke Sparsha

<b>Name</b>	Namaskar Ke Sparsha		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Namaskar means welcome/greeting and sparsha means to touch.				
<b>Aim</b>	For the catcher to catch all the s sevaks whilst in the Namaste position.				
<b>Description</b>	All s sevaks including the catcher will be inside the area. The catcher will place his hands together as in Namaste position, but with the arms stretched out. When kuru is given the catcher will attempt to catch all the s sevaks. Those s sevaks caught or who step outside the area will be out of the game.				

## Mendhak Sahatya

<b>Name</b>	Mendhak Sahayty	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Mendhak - frog, Sahayta - helper/assistant		
<b>Aim</b>	For the mendhak and his sahaytas to catch as many s sevaks as possible		
<b>Description</b>	Initially, all s sevaks will be inside the circle. There will be three catchers. Two in mendhak (frog) position and one in langadi (hopping) position. When kuru is given, the three catchers will try to catch as many s sevaks as possible. Those s sevaks caught or who step outside the area will be out of the game.		

## Murti

<b>Name</b>	Murti	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Murti - statue		
<b>Aim</b>	For the catcher to spot all s sevaks not in murti position before they reach him.		
<b>Description</b>	Initially, the catcher will be at one end of the area, standing stationary with his back facing the rest of the s sevaks. The rest of the s sevaks will be at the other end of the area facing in the same direction as the catcher and standing in a row. When kuru is given, the s sevaks will start to march towards the catcher. Everytime the catcher turns round to look at the s sevaks, they should all stand as a murti. The catcher will repeatedly turn round to catch the s sevaks, until he spots all s sevaks not in murti position. The other s sevaks will try to touch the catcher's head without getting caught.		

## Sher Bakari

<b>Name</b>	Sher Bakari	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Sher - tiger, Bakari - goat.		
<b>Aim</b>	For the Sher to catch the Bakari		
<b>Description</b>	<p>There are two versions of this game. In the first version, all s sevaks except one s sevak being the sher and another s sevak being the bakari will stand in a circle, holding the adjacent s sevaks hand. The Sher will be outside the circle, whilst the bakari will be inside the circle. When kuru is given, the Sher will try to catch the Bakari. The s sevaks on the circle will use their arms to stop the sher from proceeding, but allowing the bakari to move in and out of the circle. Note, the s sevaks on the circle are not allowed to move from their spot, or use their legs to stop the sher. The game will continue until bakari gets caught, otherwise the roles will be changed if after some certain time, the bakari never gets caught.</p> <p>In the second version, all the s sevaks will be inside the circle as bakaris, except one s sevak the sher who will be outside the circle. When kuru is given the sher will try to force all the bakaris out of the circle. The bakaris are allowed to slap the sher flat handed on the sher's back or back of the legs only, to deter the sher. The bakaris are not allowed to hold on to the sher or each other.</p>		

## Oii

<b>Name</b>	Oii	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Ouch!		
<b>Aim</b>	For the catcher to catch any one s sevaks before he reaches a pre-defined point.		
<b>Description</b>	Initially, the catcher will be at one end of the area, standing stationary with his back facing the rest of the s sevaks. The rest of the s sevaks will be at the other end of the area facing in the same direction as the catcher and standing in a row. When kuru is given, the s sevaks will start to march towards the catcher, and at the same time s sevak at one end will touch adjacent s sevaks shoulder, who will in turn touch the s sevaks shoulder standing next to him, and so on. When the last s sevaks shoulder gets touched, he will shout out Oii. Immediately, the catcher will turn around and chase the s sevaks. If he catches a s sevaks before he reaches a pre-defined point then that s sevak will become the catcher, otherwise the catcher will retain his role.		

### **Vaare Sinh**

<b>Name</b>	Vaare Sinh	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>2 Circles</b>
<b>Meaning</b>	Vare - well done - Sinh - Lion - Well done lion		
<b>Aim</b>	For the s sevaks outside the bigger circle to step inside the smaller circle, and slap the s sevak who is in the smaller circle on his back only.		
<b>Description</b>	<p>Initially, one s sevak (Sinh) will be inside the smaller circle, sitting in a mendhak (frog) position, and the rest of the s sevaks will be outside the bigger circle. When kuru is given s sevaks will step inside the circle and try to slap the sinh. on his back. When they slap him on his back, they have to shout out Vaare Sinh.</p> <p>The sinh will try to avoid being slapped by rotating around quickly. He will also try catch the other s sevaks with his feet when they step inside the circle. If any s sevak is caught, then he take the sinh s position in the small circle..</p>		

### **Vish Amrit**

<b>Name</b>	Vish Amrit	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Vish - poison, Amrit - nectar		
<b>Aim</b>	For the catcher(s) to catch as many s sevaks as possible by giving them the poison		
<b>Description</b>	<p>All s sevaks including the catcher(s) will be inside the area. When kuru is given s sevaks will avoid getting caught by squatting down when the catcher approaches them. Whilst in the squatting position, the catcher will place his hand on the s sevak and say Vish. From now on this s sevak is poisoned have to remain stationary, until another s sevak comes, places his hand on his head and says Amrit. The s sevak is now free to help other s sevaks who are poisoned being cautious of not getting caught by the catcher again. Those s sevaks caught whilst on their feet, or who step outside the area will be out of the game.</p>		

## Games Played in Mandal

### *Agni Kund*

<b>Name</b>	Agni Kund	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Sacrificial fire		
<b>Aim</b>	For the s sevaks to avoid stepping in the agni kund.		
<b>Description</b>	There will be a small circle which will act as the agni kund, and gathered around in a circle will be the s sevaks holding adjacent s sevaks hands. When kuru is given, the s sevaks will try to pull/push each other into the agni kund. Those s sevaks who step in the kund will be out of the game, or the pair of s sevaks who broke the link will be both out of the game. The game will continue until one s sevak survives from stepping in the kund, and he will be the winner.		

### *Chakra*

<b>Name</b>	Chakra	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Round disc		
<b>Aim</b>	The aim is for the s sevaks to remain in the chakra.		
<b>Description</b>	All s sevaks will get together to form a circle. They will hold adjacent s sevaks hands and stand only on their heels. When kuru is given, the chakra will rotate around as fast as possible. Those s sevaks who touch their palms of their feet on the ground or the link between two s sevaks breaks will be out of the game. The last s sevak left will be the winner.		

### *Dand Daud*

<b>Name</b>	Dand Daud	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Race with a Dand		
<b>Aim</b>	For one team to pass the dand round the circle as quickly as possible, and place the dand in their opponents circle		
<b>Description</b>	Two teams will form a large circle each. The circles will be adjacent to each other. Each team will have a dand each. When kuru is given the dand will be passed from one s sevak to another s sevak until the dand reaches the starting s sevak again. As soon as he gets the dand again he will throw it in the opponents circle. The team who manages to throw the dand in their opponents circle first will be the winners.		

### *Ghar Javo*

<b>Name</b>	Ghar Javo	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Go home		
<b>Aim</b>	For s sevaks to go to a vacant home		
<b>Description</b>	Initially, all s sevaks will be standing on the edge of the area, and in front of them a marker will be placed which will act as a house. There will also be a house in the centre of the area which will be initially empty. When kuru is given, each s sevak will vacate their home and go to another home. However, they can't go to their immediate neighbours house, i.e. the adjacent houses. Whilst the game is going on the shikshak will remove one house at a time, so there will less houses to go around for each s sevak. Those s sevaks without a house will be out of the game.		

### Khajanekee Raksha

<b>Name</b>	Khajanekee Raksha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>3 Circle</b>
<b>Meaning</b>	Protect the treasure		
<b>Aim</b>	For teams of s sevaks to protect the object (treasure) from the other s sevaks		
<b>Description</b>	Three circles will be drawn within each other i.e small circle within a medium circle which will be in a large circle. An object (treasure) with one s sevak will be placed inside the small circle. Other s sevaks in the same team will be distributed within the medium sized circle. Their objective will be to protect the treasure by insuring the opposing team s sevaks do not enter their area by pushing and pulling them away..		

### Kramaank Badal

<b>Name</b>	Kramaank Badal	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Change Numbers		
<b>Aim</b>	Aim for the s sevak in the centre of the circle to grab one of the vacant spots when two s sevaks are changing places		
<b>Description</b>	Initially, one s sevak will be in the centre of the circle, whilst the rest of the s sevaks will be on the circle, and each will have a number. When the shikshak shouts out two numbers the s sevaks with those numbers will quickly change places. When they changing places the s sevak in the centre will try to grab one of the vacant positions. The s sevak who is left without a place to go will end up in the middle of the circle, and he will wait for the shikshak to shout out another two numbers.		

### Langdo mey Spardha

<b>Name</b>	Langdo mey Spardha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Hopping Competition		
<b>Aim</b>	For the s sevaks to get as many objects from the centre of the circle		
<b>Description</b>	Initially, all s sevaks will be one leg on the perimeter of the circle. There will be a number of objects in the centre of the circle. When kuru is given, each s sevak will hop to the centre of the circle, grab one object and will return to their place. They will leave the object there before going for another object. Note, s sevaks have to be hopping all the time, and they can only pick one object at a time. The s sevak with the most objects will be the winner.		

### Mandal Daud Ghode Par Savaari

<b>Name</b>	Mndal Daud Ghode Par Savaari	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Run around the circle and mount the horse		
<b>Aim</b>	For one of the s sevak in the pair to run round a circle and then climb on the back of his partner before the others		
<b>Description</b>	Initially, all pairs of s sevaks will stand on the perimeter of the circle, with one of the s sevak on the back of his partner. When kuru is given, the s sevaks on the back of their partner will dismount, run around the circle, and when they reach they will go underneath their partner s legs before mounting. The last s sevak to do this will swap with their partner. If the pair has already swapped then they will be out of the game. The game will continue until, only one pair is left, and they will be the winners.		



### **Mandal Jodi Mey Kho**

<b>Name</b>	Mandal Jodi Mey Kho	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circles</b>
<b>Meaning</b>	Kho Kho in pairs in a circle		
<b>Aim</b>	For the catcher to catch the free running s sevak.		
<b>Description</b>	S sevaks will be standing in a circle, with one s sevak behind his partner, and all s sevaks facing the centre of the circle. There will one catcher who will be outside the circle and the free running s sevak inside the circle. When kuru is given the catcher will try to catch the s sevak. The free running s sevak will avoid getting caught by standing in front of a pair of s sevak, and clapping once. As soon he claps the second of the pair s sevak will get chased by the catcher, and he will be the new free running s sevak. The previous free running s sevak will be paired with the lone s sevak, who will now stand behind. The game will continue until the s sevak gets caught or stabha is given.		

### **Nak Pakado**

<b>Name</b>	Nak Pakado	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Hold the nose		
<b>Aim</b>	For the catcher to touch anyone who is not holding their nose		
<b>Description</b>	Initially, all s sevaks will be standing on the circle facing the centre with catcher in middle of the circle. The s sevaks will be holding their nose by first placing their arm underneath one leg. When kuru is given, the catcher will touch any s sevaks not holding their nose. The s sevak who gets caught first will take the catcher place.		

### **Namaste**

<b>Name</b>	Namaste	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Greetings		
<b>Aim</b>	For the runner to grab a vacant position on the circle		
<b>Description</b>	Initially, all s sevaks will sitting down in a circle facing the centre, except one s sevak who will be running around the circle. When kuru is given, he will touch one s sevak, and continue to run around the circle. The touched s sevak will start to run in the opposite direction, so leaving a vacant position on the circle. When they meet they both have to say Namaste, then try to get to the vacant position. The s sevak who doesn t get the vacant spot will continue running, and will touch some other s sevak and try to grab his position. The game will continue until stabha is given.		

### **Sathi Dhoondhanaa**

<b>Name</b>	Sathi Dhoonkhanaa	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>2 Circles</b>
<b>Meaning</b>	Find your partner		
<b>Aim</b>	For a pair of s sevaks to get to the circle first.		
<b>Description</b>	Initially, the pairs of s sevaks will stand on the perimeter of the circle. One of the pair will stand on the inner circle, whilst the other pair will stand on the outer circle. When kuru is given, the s sevaks on the inner circle will go round the circle clockwise, whilst s sevaks on the outer circle will go round anti-clockwise. When the pair of s sevaks meet again they will quickly go to the centre of the circle. The last pair to get to the centre will be out of the game. The game will continue until, only one pair is left, and they will be the winners.		

### **Shvas Rudhi**

<b>Name</b>	Shvas Rudhi	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Controlled breathing		
<b>Aim</b>	For the s sevaks to hold their breath whilst doing a full circle.		
<b>Description</b>	All s sevaks will stand in a circle. Turn by turn each s sevak will run the circle once, whilst saying kabaddi-kabaddi in one breath. Those s sevaks who do not manage it will be out of the game. The shikshak will now decide for the next round whether the surviving s sevaks should go round twice or go round a larger circle. After a number of rounds, the surviving s sevak(s) will be the winner(s).		

### **Unapekshit Langadi**

<b>Name</b>	Unapekshit Langadi	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Unexpected hopping		
<b>Aim</b>	For one team to catch all the s sevaks in the other team whilst hopping		
<b>Description</b>	One team will be inside the area, and another team will be outside the area. The s sevaks in the team outside the area will each have a number. When a number is shouted out by the shikshak the s sevak with that number will enter the area hopping and will try to catch as many s sevaks as possible before returning back to his position. The shikshak will shout out another number and another s sevak will enter the area. Any s sevaks caught or who steps outside the area will be out of the game.		

## Games Played Sitting Down

### *Aakash Panee Jameen Agni*

<b>Name</b>	Aakash Panee Jameen Agni	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Aakash - sky, Panee - water, Jameen - ground, Agni - fire		
<b>Aim</b>	For each s sevak to name a living being.		
<b>Description</b>	One s sevak will go to each s sevak and say either aakash, panee, jameen or agni. The s sevaks have to reply by naming a living being. For example, if s sevaks says Panee then s sevaks can reply by saying maghar (crocodile). S sevaks cannot say fish, because there many different species of fish. S sevaks have to be specific. Also, they should not reply if Agni is said, because no living being is alive in fire. If any s sevaks makes a mistake they will be out of the game.		

### *Aisaa Karo Vaisaa Karo*

<b>Name</b>	Aisaa Karo Vaisaa Karo	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Do it this way or that way		
<b>Aim</b>	To only follow the shikshaks actions when he says Aisaa Karo		
<b>Description</b>	Shikshak will shout Aisaa Karo or Vaisaa Karo and does an action like raise both his hands. S sevaks follow his actions only if he says Aisaa Karo. Those s sevaks who does the action in vaisaa karo or don t do the action in aisaa karo will be out of the game.		

### *Andhene Vastu Rakhanaa*

<b>Name</b>	Andhene Vastu Rakhanaa	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>2 Circles</b>
<b>Meaning</b>	Andhene - blind-person, Vastu - objects, Rakhanaa - place		
<b>Aim</b>	For each s sevak to pace an object in a small circle whilst blind-folded.		
<b>Description</b>	All s sevaks will on the perimeter of a large circle. Turn by turn each s sevak will be blind-folded, and will be asked to place an object inside a smaller circle. Those s sevaks who fail place the object inside the smaller circle will be out of the game.		

### *Ghoda Paanee*

<b>Name</b>	Ghoda Paanee	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Ghoda - horse, Paanee - water		
<b>Aim</b>	For the Ghoda to go for the water		
<b>Description</b>	The game is played in pairs. One s sevak will make a fist, but with the thumb sticking out upwards. This will act like a horse. The other s sevak will hold his hands together in namaste position, and rubbing the palms of his hands continuously. This will act as water. The horse and water will be fairly close together. When kuru is given, the horse will try to go for the water, by slapping his opponent s back of the hand. If the horse gets the water then they retain their original position and roles, and the game will continue, otherwise the roles will be reversed.		

### *Khambese Bacho*

<b>Name</b>	Khambese Bacho	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Khambese - pillar, Bacho - survive		
<b>Aim</b>	To avoid getting crushed by a s sevak		
<b>Description</b>	Initially, all s sevaks will be sitting down tightly in a circle, with their legs stretched out towards the centre of the circle. One s sevak will stand in the centre of the circle in a rigid position (as if he were a pillar) with hands on his sides. When kuru is given, the s sevak in the centre will fall gently towards the s sevaks whilst still in the rigid form. The other s sevaks will push him away so avoiding getting crushed. If any s sevak cannot push the s sevak away, then he will swap with him.		

### Khayenge

<b>Name</b>	Khayenge	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Khayenge - I can eat !		
<b>Aim</b>	To avoid getting caught out with items which are not edible		
<b>Description</b>	Shikshak will shout items to s sevaks at a time, which are edible. The s sevak will respond by saying Khayenge and doing eating action. If when shikshak shouts an item which is not edible and the s sevaks says Khayenge or does eating action then he will be out of the game.		

### Pattar Girana

<b>Name</b>	Pattar Girana	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Pattar - pebble, Girana - drop		
<b>Aim</b>	To force other s sevaks to drop their pebble.		
<b>Description</b>	All s sevaks will have a their right arm stretched out with a pebble lying on their right palm. Their left arm will remain behind their body. When kuru is given, each s sevak will use their sides of the body to push other s sevaks to force the pebble to drop out of their palm. The last s sevak left with the pebble still in their palm will be the winner.		

### Neer Teer

<b>Name</b>	Neer Teer	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>			
<b>Aim</b>	To follow the shikshak s instructions when he shouts out either Neer or Teer.		
<b>Description</b>	Initially, all s sevaks will stand outside the circle. When shikshak shouts out Neer everyone will jump forward inside the circle. When Teer is shouted out then everyone jumps backward outside the circle. You don t do the action if the same order is given successively. Those s sevaks who makes a mistake will be out of the game.		

### Netaa Pahachaano

<b>Name</b>	Netaa Pahachaano	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Netaa means leader and Pahachaano means identify.		
<b>Aim</b>	To identify the leader		
<b>Description</b>	One s sevak will be the leader, and another s sevak will try to identify who the leader is. He will be asked to close his eyes, so the leader can be chosen. When kuru is given, the leader will start to clap or pat his head etc, and the rest of the s sevaks will follow his actions. The lone s sevak will try to find out who the leader is.		

### Nischit Antar

<b>Name</b>	Nischit Antar	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Nischit - determine, Antar - distance		
<b>Aim</b>	For one s sevak to track down other s sevaks.		
<b>Description</b>	One s sevak will be blind-folded. He will ask each s sevak to take 3 to 8 steps in any direction. After the s sevak has done that, then he will also take the same number of steps. Once he finishes his last step, he will reach out and try to touch the s sevak. If he touches the s sevak then that s sevak will be out of the game.		

### Prasnottarse Netaa Pahachaano

<b>Name</b>	Prasnottarse Netaa Pahachaano	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Prasna - question, oottarse - answer, Netaa - leader, Pahachaano - identify		
<b>Aim</b>	For one team to identify the leader by asking questions		
<b>Description</b>	One team will choose a great hero/leader. Each member from the other team will ask one question turn by turn. The other team will reply with a yes or no answer. From the answers the team will try to identify the leader.		

### Ramkrushna

<b>Name</b>	Ramkrushna	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Names of gods - Rama & Krishna		
<b>Aim</b>	Counting forward		
<b>Description</b>	Starting from one s sevak, counting will start from one, with the following s sevaks increasing the number by one. However, any number divisible by 3, the s sevak says Rama instead of the number, and any number divisible by 5, the s sevak says Krishna. If the number is divisible by 3 and 5, then he says Ram Krushna. If any s sevak makes a mistake then he will be out of the game. The next s sevak after him will have to correct his mistake. The last s sevak left will be the winner.		

### Sangh Khel

<b>Name</b>	Sangh Khel	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Sangh Games		
<b>Aim</b>	Each s sevak to name a sangh khel		
<b>Description</b>	Starting from one s sevak, he will say a name of a khel, then the next s sevak will say one and so forth. Any s sevaks who cannot name one or repeats a khel already said will be out of the game. The game will continue until one s sevak remains, and he will be the winner.		

### Vyakti Pahachaano

<b>Name</b>	Vyakti Pahachaano	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Vyakti - person, pahachaano - identify		
<b>Aim</b>	For one s sevak to identify other s sevaks		
<b>Description</b>	One s sevak will be blind-folded, and he will wander around until he comes across a s sevak. He will ask one question to that s sevak. From the reply, he has to identify the s sevak. The s sevak who can identify the most s sevaks will be the winner.		

### Viparit Sankhya

<b>Name</b>	Viparit Sankhya	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Reverse counting		
<b>Aim</b>	To count backwards		
<b>Description</b>	Starting from one s sevak, who will say the large number chosen by the shikshak, the next s sevaks will each decrease this number by one every time. If any s sevak makes a mistake then he will be out of the game. The next s sevak after him will have to correct his mistake.		

## Individual Games

### *Ek bood Baad Karo*

<b>Name</b>	E k kood Baad Karo	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	One step at a time remove others		
<b>Aim</b>	When it is each s sevaks turn with one jump he will try and land near a s sevak and make him out by touching his head		
<b>Description</b>	Initially, all s sevaks will be standing on the perimeter of the circle. Turn by turn each s sevak will take a standing jump forwards or sideways. If after the jump the s sevak can touch the head of another s sevak then that s sevak will be out of the game.		

### *Ek Pair Spardha*

<b>Name</b>	Ek Pair Spardha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Ek Pair - I foot, Spardha - raise		
<b>Aim</b>	For the s sevaks to reach a set target		
<b>Description</b>	All s sevaks will be on a line, with both their hands and only one foot touching the ground. When kuru is given, the s sevaks will be move using both their hands and one foot to a set target. The first s sevak to reach the target will be the winner		

### *Bhasmaasoor*

<b>Name</b>	Bhasmaasoor	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	One whose touch reduces that to ashes		
<b>Aim</b>	To avoid being touched on the head by other s sevaks		
<b>Description</b>	All s sevaks will be inside the area. When kuru is given the s sevaks will using their right hand only try to touch it on other s sevaks head. They will use their left arm to defend themselves. Those s sevaks who gets touched on their head or the s sevaks own right hand touches his head or any s sevaks steps outside the area will be out of the game.		

### *Bhaaloo Yudhdha*

<b>Name</b>	Bhaaloo Yudhdha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Ankle fighting		
<b>Aim</b>	To fight against other s sevaks		
<b>Description</b>	All s sevaks will be inside the area, holding their ankles. When kuru is given they will attempt to push other s sevaks so they loose their hold on the ankles. Those s sevaks who loose their grip or steps outside the area will be out of the game.		

### *Chor Ghaatee*

<b>Name</b>	Chor Ghaatee	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Chor - thief		
<b>Aim</b>	For the s sevak in the square to catch s sevaks and hold them inside the area.		
<b>Description</b>	One s sevak will be inside the square. The rest of the s sevaks will be outside the square on one side. When kuru is given, the s sevaks will run through the square, and the catcher will stop them going through. Any s sevaks who he catches he will have to hold them down inside the square until the shikshak says stops or blows the whistle. Those s sevaks caught will be out of the game.		

### ***Dand Samane Laanaa***

<b>Name</b>	Dand Samane Laanaa		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Dand - stick, Samane - in front, Laanaa - bring				
<b>Aim</b>	To bring the dand in front of them.				
<b>Description</b>	The game is played in pairs. The s sevaks will have their backs to each other with their hands in the air, holding the dand above their head. Both will have their hands on the dand. When kuru is given, the s sevaks will try to pull the dand in front of them.				

### ***Lambee Kood***

<b>Name</b>	Lambee Kood		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Lambee - long, Kood - jump				
<b>Aim</b>	Compete to see which s sevak can take the longest standing jump				
<b>Description</b>	Initially, all s sevaks will be standing shoulder to shoulder in one line. Turn by turn each s sevak will take a standing jump forwards. The s sevak with the longest jump will be the winner.				

### ***Mendhak Kood Spardha***

<b>Name</b>	Mendhak Kood Spardha		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Mendhak - frog, Kood - jump, Spardha - competition				
<b>Aim</b>	For the s sevaks to frog-leap to a specified mark.				
<b>Description</b>	All s sevaks will be in the mendhak position i.e. crouched down with their hands in front of them. When kuru is given, the s sevaks will frog-leap to the finishing line.				

### ***Tandav Nrutya***

<b>Name</b>	Tandav Nrutya		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Nrutya - Dance				
<b>Aim</b>	To step on each other s feet				
<b>Description</b>	Initially, all s sevaks will be inside the area with their hands clasped behind them. When kuru is given, each will try to step on each others foot. Those s sevaks whose foot gets stepped upon or goes outside the area will be out of the game.				

### ***Teen Pair Spardha***

<b>Name</b>	Teen Pair Spardha		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Teen - three, Pair - feet, Spardha - competition				
<b>Aim</b>	S sevaks in a group of three will try to reach a specified mark.				
<b>Description</b>	S sevaks will group themselves in pairs. The pairs will stand in a line with the left leg of one s sevak and the right leg of one s sevak tied together. When kuru is given, the groups will race each other to the finishing line.				

## Physical Contact Games

### Agani Kund

<b>Name</b>	Agani Kund	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Sacrificial Fire		
<b>Aim</b>	Survival of the fittest s sevak. The objective is to try and get your opponent to be scarified on the Agni Kund by pushing him on the fire		
<b>Description</b>	S sevaks will be placed in pairs with a small circle between them which will represent the Agni kund (sacrificial fire). When the whistle is blown the s sevak will wrestle to throw the other s sevak into the Agni Kund.		

### Delhi Hamaaree

<b>Name</b>	Delhi Hamaaree	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Delhi is ours !!		
<b>Aim</b>	Survival of the fittest. To be the closets s sevak to capture the spot highlighted as Delhi		
<b>Description</b>	This game is played with one s sevak defending a small circular area which represents Delhi. The other s sevaks will try and occupy that area when the whistle is blown. After the second whistle is blown, the s sevaks will stop their movement. The s sevak with the most part his body on the area will be the winner and the games starts again with him in the middle. Before each games starts the s sevak occupying the area will shout Dehi Kiskee and each time the remaining s sevaks shall reply Hamaaree !		

### Deevar Yudhha

<b>Name</b>	Deevar Yudhha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Wall Fighting		
<b>Aim</b>	Survival of the fittest team. All s sevaks will work together in a team to push and/or break the opposing team		
<b>Description</b>	Two teams will be formed and each team will link together their hands. They will then stand back to back. When the whistle is blown both teams will push hard to push the opposing team out of the area or break the chain and thereby the Deevar.		

### Dharma Shaalaa

<b>Name</b>	Dharma Shaalaa	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>			
<b>Aim</b>	Survival of the fittest. To be the last remaining s sevak in a Mandal (circle) by pushing out all other s sevaks		
<b>Description</b>	All s sevaks will be positioned inside a Mandal, When the whistle is blown all s sevaks must wrestle to push other s sevaks out of the Mandal. The last remaining s sevak wins		

### Ghodesvaar Yudhha

<b>Name</b>	Ghodesvaar Yudhha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Horse Back Fighting		
<b>Aim</b>	Survival of the fittest pair. All S sevaks will work in pairs to form a horseback (piggy back) shape and fight. The last pair of s sevak remaining will win the competition.		
<b>Description</b>	The s sevaks will be in pairs in which one s sevak will be standing (horse) and the other s sevak sitting on his back (warrior). The pairs must then fight with each other with the s sevaks on the backs using their hands in an attempt to make each other fall of the horse.		



### **Ghunteko Rumaal Bandhannaa**

<b>Name</b>	Ghunteko Rumaal Bandhannaa	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Ghunteko - knee, Rumaal - handkerchief , Bandhannaa - tie Tie a handkerchief to your opponents knee		
<b>Aim</b>	Survival of the fittest. All S sevaks will fight in the position described and the last s sevak left will win the competition		
<b>Description</b>	The S sevaks will be in pairs in which each shall have a handkerchief, and must fight to tie it onto the opponents knee. Each s sevak must ensure that his knees do not touch the ground during the fight, else he will be disqualified. The first to tie the handkerchief wins. Continue pairing the winners only until the last s sevak remains.		

### **Kukkhut Yudhdha**

<b>Name</b>	Kukkhut Yudhdha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Chicken hen fighting		
<b>Aim</b>	Survival of the fittest. All S sevaks will fight in the position described and the last s sevak left will win the competition		
<b>Description</b>	All the s sevaks will be standing within a circle. Each s sevak will be standing on their left leg only. The right leg should be bent in such a manner to enable the right hand to hold the ankle of the right leg and the left hand will support the elbow of the right hand. The s sevaks must then fight using their shoulders and their bodies in an attempt to cause each other to lose their grips on their elbows and ankles, or to push each other out of the circle. The last remaining s sevak wins		

### **Mandal Yudhha**

<b>Name</b>	Mandal Yudhha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Circle fight		
<b>Aim</b>	Survival of the fittest teams. Two teams will be competing to overpower and deplete the manpower of the opposing team.		
<b>Description</b>	Two teams will have s sevaks facing members of the opposite team on the perimeter of a circle. The s sevaks in the outer circle will attempt to pull the inner circle s sevaks out of the inner circle. The inner circle must resist and will attempt to place the opposing s sevaks back on the floor. Those s sevaks who are pulled out or whose backs touch the floor will be out. The team with the last remaining s sevak will win.		

### **Mandal Se Khincho**

<b>Name</b>	Mandal se Kincho	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Pull out of a circle		
<b>Aim</b>	Survival and courage of the fittest. A single s sevak will be responsible for pulling other s sevaks out of a circle.		
<b>Description</b>	All s sevaks bar one catcher will be gathered within a specified mandal (circle). When the whistle is blown the catcher will attempt to pull s sevaks out of the mandal. The Shikshak can make the task harder by allowing s sevaks to wrestle etc		

### **Naukaa Yudhdha**

<b>Name</b>	Naukaa Yudhdha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Boat Fight		
<b>Aim</b>	S sevaks will group themselves into boats and will try and break up other boats or push them out of the area		
<b>Description</b>	The s sevaks shall be in minimum groups of three. They will face inwards and link arms to form a single unit Nauka . When the whistle is blown they must fight to push each other out of the area. Those who are removed from the circle, or break the links are out.		

### **Piche Dhakelanaa**

<b>Name</b>	Piche Dhakelanaa	<b>Hindi</b>	
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<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Push backwards					
<b>Aim</b>	Survival of the fittest. Push the opponent until they are out of the area					
<b>Description</b>	Each s sevak will hold the other forearms and rest his head on the other s sevaks shoulder. Then each s sevak will then use their chests to push each other out of the pre-defined area					

### ***Prakoshtha Dabaanaa***

<b>Name</b>	Prakoshtha Dabaanaa		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Arm Wrestling					
<b>Aim</b>	Survival of the fittest. All s sevaks will be paired and they will wrestle in the position described below.					
<b>Description</b>	Both s sevaks will place their elbows on the ground clasping each others hands, and will place their free arm behind their backs. The first to place the lower arm of the other s sevak on the ground wins. Note, the s sevaks must not lift their elbows or use their free hands in anyway.					

### ***Rekhaa Par Khade Raho***

<b>Name</b>	Rekhaa Par Khade Raho		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Stay on the line					
<b>Aim</b>	Survival of the fittest. S sevaks will squat jump to a Rekha line and fight to protect their right to stay on Rekha as it becomes shorter in each round					
<b>Description</b>	All s sevaks will begin by squatting on the edge of the boundary holding their ankles from behind. When the whistle is blown they jump to the Rekha and must fight to remain squatting on the ground until the second whistle is blown. Those not on the line when the second whistle is blown will be out. The games continues with the line made shorter in each successive round. The last remaining s sevak wins.					

### ***Vrushchik Yudhdha***

<b>Name</b>	Vrushchik Yudhdha		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Scorpion fighting					
<b>Aim</b>	Survival of the fittest pair. All S sevaks will work in pairs to form a scorpion shape and fight. The last pair of s sevak remaining will win the competition					
<b>Description</b>	The S sevaks will be in pairs in which one will be standing and holding the other by the waist in mid air so that the second s sevak torso will be in a diagonal shape with his legs wrapped around the standing s sevak, thus forming the Vrushchik position. The pairs will fight each other, with their hands only, trying to get the opponent Vrushchik to fall down. The last remaining pair wins					

## Two Team Games

### Aahvaan

<b>Name</b>	Aahvaan		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>					
<b>Aim</b>					
<b>Description</b>	Two teams will be gathered in adjacent rectangular areas. One at a time the s sevaks from each team in turn shall enter the opponents areas and attempt to touch a member of the opposing team before returning. Only those s sevaks who are touched can attempt to stop the catcher from returning to his area. Points are scored for either a successful touch and return, or for preventing s sevaks from returning to their areas. The team with the most points win.				

### Aparichit Saathie

<b>Name</b>	Aparichit Saathie		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Aparichit - Introduction - Lets introduce each other				
<b>Aim</b>	S sevaks with the same number from the same team will try and get together, form a pair and sit down. The last pair to get together will be out				
<b>Description</b>	S sevaks in each team will be allocated a unique number. The two teams will then be distributed in the area. When the shikshak whistle is blown, s sevaks from both of the teams with the same number must get together and form a pair. The last pair to get together will be out.				

### Akhand Lambee Kood

<b>Name</b>	Akhand Lambee Kood		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Combined Jumping competition				
<b>Aim</b>	A team will all take a series of successive jumps. The team with the longest combined jumps will win.				
<b>Description</b>	The first s sevak from each team will take a standing jump. The second s sevak will then take a jump from where the first s sevak landed. The third from where the second landed. So on and so forth until all s sevaks have jumped. The team with the longest combined jumps will win.				

### Dand Fenk

<b>Name</b>	Dand Fenk		<b>Hindi</b>		
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>
<b>Meaning</b>	Throw the Dand				
<b>Aim</b>	Test of courage and skill of catching and throwing a Dand				
<b>Description</b>	Two teams will, each with a Dand will be situated in their separate areas. When the whistle is blown, one s sevak in each team will throw the dand into the air and at the same time will shout the name of a part of the body. In response, one of the other s sevaks from the same team must catch the dand and touch it to the appropriate part of the body. The first team to complete the process scores a point. The team to score the most points wins				

<b>Name</b>	Damaroo Daud	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Run the race path shaped like the Damaroo drum. The damaroo can be seen commonly in pictures of Lord Shiva where in one hand he is holding the damaroo drum.		
<b>Aim</b>	Two teams will race against each other. The race path is shaped like a Damoroo Duad and the first team whose players have completed the race path will be the team to win		
<b>Description</b>	The damaroo when viewed at a certain angle forms the shape of the number 8. Two teams will be facing each other and both will have equal numbers. When the whistle is blown the first s sevak from each team will run a figure of eight, making sure he runs behind own team and around the opposing team during his run, before returning to his own position. Once the first s sevak reaches his position, the second s sevak does the same and so on until all the s sevaks have had a turn. The first team to finish wins.		

### ***Khandahar Kood***

<b>Name</b>	Khandahar Kood	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Jump over the hurdle		
<b>Aim</b>	Two teams will be competing against each other in a relay race where an object will be place midway between the team and the marker. The object may be physical e.g a hurdle or an activity e.g. 5 push ups.		
<b>Description</b>	Two teams will be appropriately positioned to begin this race. When the whistle is blown the first s sevaks in each team will run to the marker in the boundary and place the stone on the marker. When he returns to the team the next s sevak will commence running. He will run to the marker, pick up the stone and return it to the next runner. He will then run to the marker and place the stone on the marker,. So on and so forth the relay race will continue. However there will also be an object placed mid way between the team and the marker, where the runner will need to jump or conduct an activity e.g. 5 press up s as part of the race. The first team to finish will win the race.		

### ***Patthar Vahan***

<b>Name</b>	Patthar Vahan	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Stone Relay		
<b>Aim</b>	Two teams will be competing against each other in a relay race where a stone (relay race baton) is continually placed and returned in this race		
<b>Description</b>	Two teams will be appropriately positioned to begin this race. When the whistle is blown the first s sevaks in each team will run to the marker in the boundary and place the stone on the marker. When they return to the team the next s sevak will commence running. He will run to the marker, pick up the stone and return it to the next runner. He will then run to the marker and place the stone on the marker,. So on and so forth the relay race will continue. The first team to finish will win the race.		

### ***Raam - Raavan***

<b>Name</b>	Raam - Raavan	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Two teams each named Ram & Raavan - key characters from the great epic Ramayanna		
<b>Aim</b>	To catch or run away from your opposing team based on the team name given by the Shikshak.		
<b>Description</b>	The two teams named Raam and Ravaana will each be standing in separate lines so that players on both teams are next to each other. When the order Raam is given the Raam s sevaks will attempt to run to the edge of the boundary as soon as possible. At the same time the Ravaan s sevaks will try and catch the Raam s sevaks. Similarly when the Raavan order is given, the Raavan s sevaks will run and the Raam s sevaks will attempt to catch them. S sevaks caught will be out. If the order Raja is given then nobody should move, those that do move will be out. The team with the most number of s sevaks remaining will win.		

### Rasshee Kheencha

<b>Name</b>	Rasshee Kheencha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Rope Pull (Tug of War)		
<b>Aim</b>	Team work and test of team strength.		
<b>Description</b>	Two teams will be lined up at either side of a single rope, in the middle of which is tied a handkerchief. When the whistle is blown the teams will pull the rope. The team which pulls it enough for the handkerchief to pass a predefined point wins.		

### Saathi Chalo

<b>Name</b>	Saathi Chalo	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Lets walk together		
<b>Aim</b>	S sevaks with different numbers will try and get together, form a chain and report them to the shikshak		
<b>Description</b>	S sevaks in each team will be allocated a unique number. The two teams will then be distributed in the area. When the shikshak shouts out a series of numbers, s sevaks with those teams from the same team will need to form a chain and report themselves to the shikshak.		

### Sarpa Nidra

<b>Name</b>	Sarpa Nidra	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Sarpa - Snake, Nidra -Sleep		
<b>Aim</b>	Two teams will form a human snake as per description below, and then will participate in the sleep snake race and awaken sleep . The first to forms the snake will be the winner.		
<b>Description</b>	The first player puts his left hand between his legs. The second s sevak will then hold the first s sevak left hand with his right hand, whilst also placing his own left hand between his own legs. The third s sevak does exactly the same as the second and so forth until the whole team has formed a snake . The sleep race is when the last s sevak lies down as everyone moves back. As soon as the last s sevak is flat on his back As soon as the last is on his back, the second s sevak will start to lie on his back and so on until the whole team is on the ground. Note, the link between the s sevaks should not break. The awaken race is too see which team can stand up first. To stand up, the last s sevak to lie flat on the ground on the ground will be the first to stand up and so on until the whole team is standing.		

### Surang

<b>Name</b>	Surang	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Tunnel		
<b>Aim</b>	Test of courage as s sevak walk through a human tunnel as they get slapped on their backs		
<b>Description</b>	Two teams will be standing in parallel lines facing each other. Starting at one end, one s sevak at a time from each team in turn will pass through the tunnel . Whilst they do so, the remaining s sevaks who will be standing on their lines, must slap with a flat hand the s sevak passing through the tunnel as hard as they can		

### Udatee Machhallee

<b>Name</b>	Udatee Machhallee	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Udatee -Flying Machhallee Fish		
<b>Aim</b>	Work within a team to ensure a human hand bridge path is formed to enable a s sevak to reach a predefined marker. The first team to reach that marker wins		
<b>Description</b>	In each team a s sevak will be nominated as the fish . The other members of the team will form two parallel lines facing each other, in which the s sevak directly opposite each other will form pairs by joining hands. Thus each team will have formed a bridge. The fish will then jump upwards and forwards thus making it move along the bridge. Once the fish passes through the first set of s sevaks they will run to the end of the line before the fish gets there.		

## Dand Games

### Andhaa Aadamee

<b>Name</b>	Andhaa Aadamee	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Blindfold aadamee - man		
<b>Aim</b>	Strike an object with a dand whilst wearing a blindfold		
<b>Description</b>	An object is placed some distance from s sevaks. Turn by turn each s sevak is blind folded and using the dand he must try and hit the object. Failure to do so in three counts will mean the s sevak is out.		

### Dand Dhoondhanaa

<b>Name</b>	Dand Dhoondhanaa	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Dhoondhanaa - find		
<b>Aim</b>			
<b>Description</b>	The dands will be laid out in parallel to each other in one row. When kuru is given, the s sevaks who will be standing some distance away must turn and fetch a dand. After each go the number of dands will be reduced. Those s sevaks failing to get a dand are out.		

### Dand Pakado

<b>Name</b>	Dand Pakado	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Hold the Dand !		
<b>Aim</b>	Objective is to catch and stop the Dand from falling onto the ground when the shikshak lets go.		
<b>Description</b>	All s sevaks will stand on the circumference of the circle and each is given a number. The shikshak will stand in the middle of the circle holding the dand at one end, whilst the other end is touch the ground. The shikshak will shout out a number and at the same time will let go of the dand. The s sevak whose number is called will quickly run to catch the dand before it falls onto the ground. Those who are not successful are out of the game. The radius of the circle can be increased to make the activity, more difficult.		

### Dand Parase Koodanaa

<b>Name</b>	Dand Parase Koodanaa	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Jump over the Dand		
<b>Aim</b>	This is race where the s sevak will run to specified maker and on his return, the rest of the team will jump over the Dand. The first team to finish will win		
<b>Description</b>	The first s sevak from each team will run to specified marker and return. Upon his return with second s sevak they will hold the dand to form a hurdle. They must then manoeuvre the hurdle through the rest of team, ensuring they all jump over the dand. The first team to finish wins the game.		

### Dand Ghumane Vaalon Ko Pakodo

<b>Name</b>	Dand Ghumane Vaalon Ko Pakodo	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Try and catch the person who is rotating the Dand		
<b>Aim</b>	Test of agility and courage as the s sevak will need to jump over a rotating dand		
<b>Description</b>	One s sevak will be in the centre of a circle rotating a horizontal dand. The other s sevaks will initially be on the edge of the circle, but then must try to catch the s sevak in the middle without being hit by the rotating Dand		

### **Dand Spardhaa**

<b>Name</b>	Dand Spardhaa		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Gather the Dands					
<b>Aim</b>	Gather Dands from the areas whilst wearing a blindfold					
<b>Description</b>	The dands will be spread throughout a relatively large area. Turn by turn each s sevak will be blindfolded and within a specified time limit must retrieve as many dands as possible. The s sevak finding the most dands wins.					

### **Dand Tol**

<b>Name</b>	Dand Tol		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>						
<b>Aim</b>	Lift as many dands as possible with one hand					
<b>Description</b>	the dands will be lying on the ground in a neat pile. One by one each s sevak will try and lift as many dands as possible using one hand only. The one who lifts the most dands will win.					

### **Dand Trikon**

<b>Name</b>	Dand Trikon		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Dand Pyramid					
<b>Aim</b>	To form a pyramid with three dands, ensuring they do not fall down					
<b>Description</b>	Three equally sized dands will be laid out in groups of three. When kuru is given, each s sevak must run to one group and use the dand to form a standing pyramid. The first team to finish win					

### **Dand Uthaaon**

<b>Name</b>	Dand Uthaaon		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Pick up the Dand					
<b>Aim</b>	Pick up a dand from tangled heap of dands without disturbing the other dands					
<b>Description</b>	The dands shall be placed on the ground in a tangled heap. The s sevaks then take it turns to lift a dand from the pile making sure that no other dand is disturbed. If another dand moves the S sevak is out					

### **Dand Zagadaa**

<b>Name</b>	Dand Zagadaa		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Win the Dand					
<b>Aim</b>	A pair of s evaks will compete to win the dand with their free hand whilst the other continues to hold onto the dand					
<b>Description</b>	The s sevaks will be in pairs in which s sevak will be holding one end of the same dand with one hand. The s sevak will then use their free hands to wrestle control of the dand from the other s sevak and thereby win.					

### **Dayaan - Baayaan Dand**

<b>Name</b>	Dayaan - Baayaan Dand		<b>Hindi</b>			
<b>Area</b>	<b>Rectangle</b>		<b>Square</b>		<b>Circle</b>	
<b>Meaning</b>	Dayaan - right, Bayaa - left					
<b>Aim</b>	S sevaks will be test their agility as the order of Dayaan and Baayan is given. When the order is given the s sevak must grab the Dand to their right or left.					
<b>Description</b>	Initially each s sevak will stand on the edge of a circle holding a dand vertically in front of himself with one hand. When the shikshak shouts <i>Daayaan</i> or <i>Baayaan</i> all the s sevaks will let go of the dands and try to grab hold of the next dand in the appropriate direction. Those s sevaks who fail to grab a dand or delay releasing their own dand will be out. The circle can be increased to make the game more difficult					

### **Langadee Dand Kheencha**

<b>Name</b>	Langadee Dand Kheencha	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Langadee - hop, Kheencha - Pull		
<b>Aim</b>	Pull and grab control of the Dand whilst hopping		
<b>Description</b>	The s sevaks will be in pairs in which each s sevak will be holding one end of the dand with both hands whilst standing on one leg. The aim is for each s sevak to struggle for the dand in such that the other s sevaks leg touches the ground, or lets go of the dand.		

### **Svargaarohan**

<b>Name</b>	Svargaarohan	<b>Hindi</b>	
<b>Area</b>	<b>Rectangle</b>	<b>Square</b>	<b>Circle</b>
<b>Meaning</b>	Heaven		
<b>Aim</b>	To work together in a team and form a platform with dands and lift a s sevak		
<b>Description</b>	All the s sevaks will be standing on the edge of a circle holding a dand. They will then point the dands to the centre of the circle and thereby create platform in the centre. A nominated s sevak will then stand on the dand. Together they must raise the dand and thereby lift the s sevak		