



Traditional Sports of Asian Countries



List of countries

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



Indian Traditional Sports

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



Indian Traditional Sports

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



Indian Traditional Sports

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



Indian Traditional Sports

❖ 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*.



Indian Traditional Sports

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



Sri Lankan Traditional sports

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



Sri Lankan Traditional sports

❖ Kili Thadthu-involves two teams

each team is only allowed six players



Sri Lankan Traditional sports

- ❖ 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.



Sri Lankan Traditional sports

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



Bangladesh's Traditional sports

- Ha-du-du: two teams.
equal number of players.



Bangladesh's Traditional sports

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



Bangladesh's Traditional sports

- Dariabandha: divided into two equal teams



Bangladesh's Traditional sports

- Gollachhut: two teams, with equal number of players.

