



TRADITIONAL PAHARI GAMES

The history of sports among the Paharis is very ancient. From Uttarakhand to Karnah, Pahari tribe has a long tradition of sporting activities, from casual games to major events. Pahari sports involved strong kinship ties and promoted community support. In ancient times, people used to amuse themselves by playing traditional games like horse riding and hunting. These were common among the elders. The children, however, used to play games and sports like lti-danda (guli-danda), Teer Kaman (archery), bagh bakri, kabbadi, chappan-buddi (hide & seek) and cheeto etc.

In the remote and picturesque Karnah Valley, tucked away in the northernmost corner of J&K, Sports isn't just an activity; it is a way of life. When the sun dips behind the Shamshabari peaks and the day's chores are done, the people of Karnah gather around shop fronts to discuss, play and breathe sports. This nightly ritual has become an integral part of their Culture.