



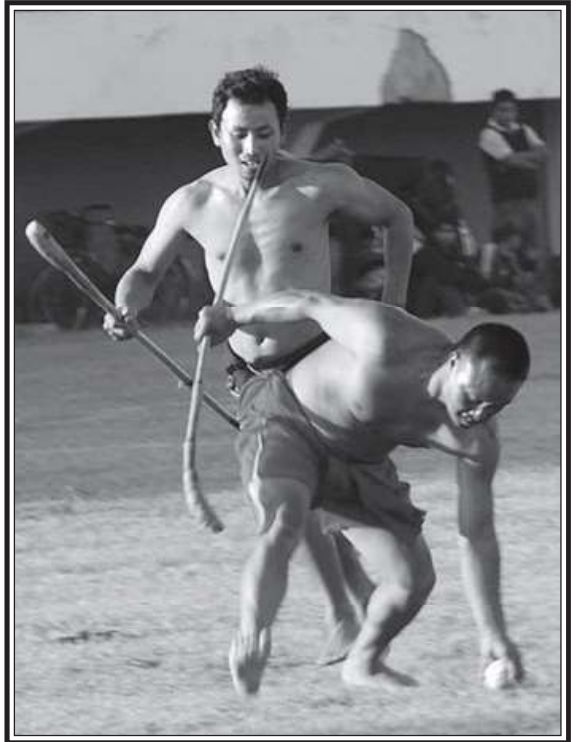
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MUKNA KANGJEI

Health is necessary for a happy life. A sick man is not happy. He does not want to eat. Even good food cannot make him happy. On the other hand, a healthy man lives happily. He eats well, works well and sleeps well.

In the past, people had to keep good health. People often fought wars and weak people could not fight. To keep good health they played games.

In Manipur, people played a game called **Mukna Kangjei**. It is a mixture of wrestling and hockey. But the people did not use the hockey stick of modern times. They used a different kind of stick.



It was called ‘**kangjei**’. ‘**Mukna**’ was a kind of wrestling.



The players had to be healthy. They had to run fast. The game required good health, fast running and hard hitting of the ball with the ‘**kangjei**’.

There are two teams in the game. They use a ball. The judge throws up the ball. Then the players from each side try to carry the ball to the other side. Near the sideline, they hit the ball with the stick. When the ball crosses the endline, the goal is scored. The players on the other side try to catch them. There will be wrestling. One will try to escape and run away with the ball towards the goal. The game needs healthy men.

In the old story of Moirang, Khamba and Nongban played the game. The game was between the teams of the King and the Yubaraj, the king's younger brother. Nongban was on the King's side. He was strong and he scored several goals. Khamba was a poor man. He was sitting near the playground. People pulled him out to join the game. Khamba played very well. His side won the game. At the end, there was '*mukna*' between Khamba and Nongban. Khamba won it. From that time, Khamba became a hero.

We still continue to play the game. It is mainly a man's game. People enjoy the game which is purely local.

To the Teacher:

Teachers should teach the importance of health in life. Games and Sports develop our health.

EXERCISES

New words :

healthy	mixture	wrestling	required	fast	hard
hitting	carry	sideline	escape	several	

I. Let's have fun in reading

1. Who lives happily in life ?
2. What is **mukna kangjei** ?
3. What does the game require ?
4. How many teams play in **mukna-kangjei** ?
5. Who played **mukna-kangjei** in the story of Moirang ?

II. Let's write :

Rearrange the words to form meaningful sentences:

1. There are in the two teams game.
2. The players to score try as many times as possible.
3. The game men healthy needs.
4. People a game played **mukna kangjei** called.
5. They had fast to run.

III. Fill in the blanks to get names of some modern games:

S.....IM.....ING

RU.....B.....

S.....OO.....ING

A.....C.....ERY

W.....EST...ING

BAS.....ETB....LL

IV. Word building :

Add 'ful' to the words within the brackets to make a word.

1. The boys are (play)
2. The flowers are (beauty)
3. The things are(use)
4. The fruits are(plenty)

V. Match A with B to form questions. Then choose their answers from C and write both. One is done for you:

A	B	C
What time	is your favourite colour?	By van.
Where	bag is this?	English.
How	subject do you like most?	At 5:30 in the morning.
What	do you live?	In 1947.
Who	did India win freedom?	Blue.
Whose	do you get up in the morning?	At Imphal.
Which	do you go to school?	My mother.
When	cooks meal for you?	That is Rani's.

Q. What time do you get up?

Ans. At 5:30 in the morning.

Q.

Ans.

Q.

Ans.

Q.

Ans.

Q.

Ans.

Q.

Ans.

Q.

Ans.

Q.

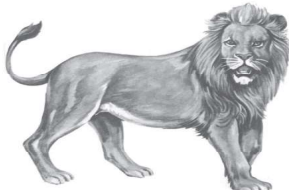
Ans.

B. Match the words between A and B. One is done for you :

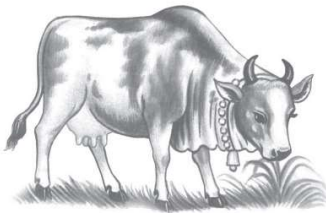
A	B
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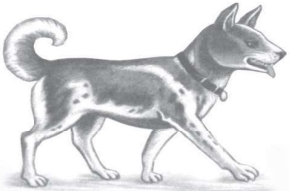
woman



lion



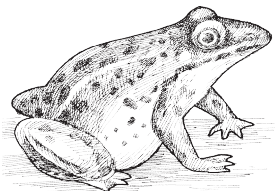
cow



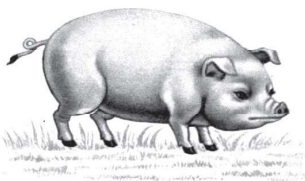
dog



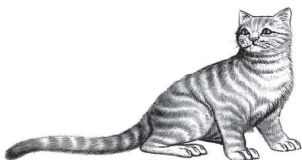
hen



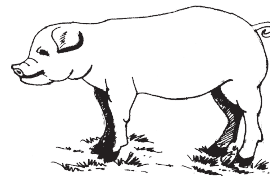
frog



pig



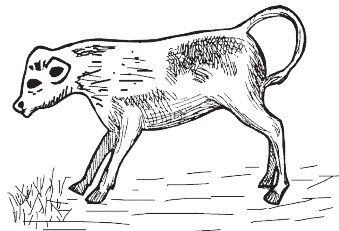
cat



piglet



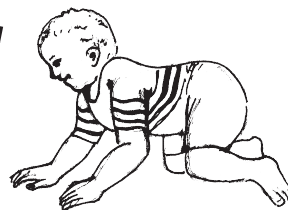
tadpole



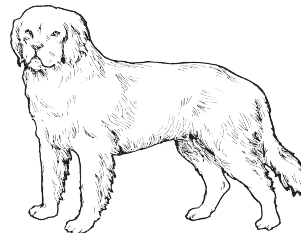
calf



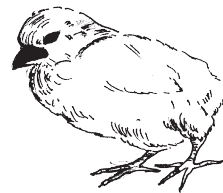
kitten



child



pup



chick



cub

WORK SHEET -16

Copy the following words in the blank four-lined spaces:

Young people are strong

Apex gibber, Bus hum