



BOARD for COMMUNITY DEVELOPMENT through EDUCATION

GOVERNMENT OF ANDHRA PRADESH

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INDOOR GAMES (CHESS & CARROMS etc.) - Training - Engaging Youth

Project Title: Using Indoor Games for Engaging Village Youth to Avoid Addiction to Bad Habits

Project Overview: The project aims to engage village youth in indoor games like Chess & Carroms to prevent addiction to bad habits. The project will provide the youth with an opportunity to engage in healthy, fun-filled activities that will keep them busy and away from bad habits such as drug abuse, alcoholism, and smoking. The project will be implemented in villages where the youth have limited access to sports facilities and where addiction to bad habits is prevalent.

Project Objectives:

1. To provide the youth with an opportunity to engage in healthy, fun-filled activities.
2. To reduce the risk of addiction to bad habits such as drug abuse, alcoholism, and smoking.
3. To promote teamwork, leadership, and social skills among the youth.
4. To increase awareness about the harmful effects of bad habits and the benefits of engaging in healthy activities.

Project Activities:

1. Identification of villages accessible to the student, with a high prevalence of addiction to bad habits.
2. Conducting a survey to identify the interests of the youth in indoor games.
3. Procurement of indoor games equipment such as board games, chess, table tennis, and darts.
4. Establishment of game rooms in the villages with the help of the community.
5. Organizing regular game tournaments and competitions.
6. Conducting workshops and seminars on the harmful effects of addiction to bad habits and the benefits of engaging in healthy activities.
7. Facilitating mentorship programs where successful individuals from the community can mentor the youth.

Project Outputs:

1. Increased engagement of village youth in indoor games.

2. Reduced addiction to bad habits such as drug abuse, alcoholism, and smoking.
3. Increased teamwork, leadership, and social skills among the youth.
4. Increased awareness about the harmful effects of bad habits and the benefits of engaging in healthy activities.

Project Evaluation: The success of the project will be evaluated through regular surveys to assess the impact of the project on the youth's engagement in indoor games, their awareness of the harmful effects of bad habits, and their reduced addiction to bad habits. The project team will also conduct regular monitoring and evaluation visits to the game rooms to ensure the sustainability of the project.

Project Budget: The project budget will cover the costs of procuring indoor games equipment, establishing game rooms, organizing regular game tournaments and competitions, conducting workshops and seminars, and facilitating mentorship programs. The budget will be sourced from grants, donations, and partnerships with local organizations.

Project Timeline: The project will run for CSP period initially then can be supervised for one year, with the following timeline:

1. Identification of villages & Survey - Week 1
2. Meeting Local Bodies - Procurement of equipment -Week 2
3. Establishment of game rooms & Training - Week 3-5
4. Organizing tournaments and competitions - Appreciations - Week 6
5. Occasional Supervising – One Year

Conclusion: The project will provide an opportunity for village youth to engage in healthy, fun-filled activities that will keep them away from addiction to bad habits. The project will also promote teamwork, leadership, and social skills among the youth, increasing their chances of success in life.

Reference:

The inspiring story of how a Kerala village used chess to defeat alcohol addiction

This is a chess literate village that even holds a record for the game!



Ask anyone in Marottichal for C Unnikrishnan, and you will see them scrunch up their forehead, wondering if such a person even lives in this remote village in Kerala's Thrissur district.

Tell them "Chess Unnikrishnan", however, and they will cheerfully point to a small hotel run by the man himself, who is a pioneer in giving Marottichal its identity- the chess literate village in Kerala.

For the people of the village, 59-year-old Unnikrishnan is "maaman" (Uncle in Malayalam), whom they can approach any time to fulfill their hunger for food and for chess.

For as long as the villagers can remember, Maaman was the first person in the village to have learnt chess. However, over the years, **the game became a means for the villagers to get over a crisis that plagued them - alcohol addiction.**

A survey conducted by the chess enthusiasts in the village a few months ago revealed that there was one chess player in every house in the 5km radius of Marottichal village. In January this year, the Chess Association of Marottichal was set up and the villagers made an Asian record for the highest number of people playing chess, with more than a thousand playing chess simultaneously.

The beginning

Unnikrishnan was only 16 years old when he heard of Bobby Fischer, the American chess grandmaster, and was fascinated by the player. He then got hooked to the game. He traveled to a nearby village to learn chaturanga and later chess.

Why chess? Maaman has a practical answer to this query.

“I have always been interested in sports during my school days. At the time, Marottichal was a remote village with very few people living here. There was hardly any space for the kids to play, as there were rubber plantations all around. To play chess, one does not need a playground or for that matter, a huge team. Wherever you place the chess board, that becomes your play ground,” Unnikrishnan says.

In the 1970s and 80s, illicit liquor brewing was a common practice in Marottichal, with most men in the village indulging in the work. It was then that Unnikrishnan, along with a few others, decided that they should step in to save their village.

“We then started a Madhya Nirodhana Samiti to eradicate illicit liquor brewing, that was crushing many families. The agitation was a success only because the women of the village were active participants. The women would secretly tell us about their men indulging in the trade and we would call the excise officials on them,” Unnikrishnan says.

It was during the long hours that they spent waiting for the excise department officials to arrive that Unnikrishnan introduced chess to the others in his group. Once the “addicts” were taught the game, they found a new high.

“Chess is nothing short of an addiction, but definitely a healthy one. Once you start playing the game, you can never get over it. The kind of concentration the game demands made sure that chess was the only thing on their (addicts') minds,” 53-year-old Saseendran, a villager says.



Unnikrishnan is a man of few words. Even as his wife Savithri narrates her husband’s addiction for chess, Unnikrishnan pulls out his chess board from his drawer. For the 15 minutes that followed, Unnikrishnan and Saseendran played the game, without looking up from the board even once.

"The time of the day or night does not stop them if they feel like playing a game. On Sundays, our house is crowded with people who sit in every possible corner to play the game. On other days, some would come home after work and sit through late in the night to play, totally oblivious to their surroundings," 53-year-old Savithri says.

Though the villagers are not against alcohol consumption, they say that their drinking habit is strictly under control.

"After all, just like there's only one king in the forest, a person can only be addicted to one thing. For us, it is chess," Saseendran declares.

What does Unnikrishnan think about the state's liquor policy? He laughs and says, "This is our example for the world to see."

Courtesy: [Megha Varier](#) **Follow @varier_megha**