



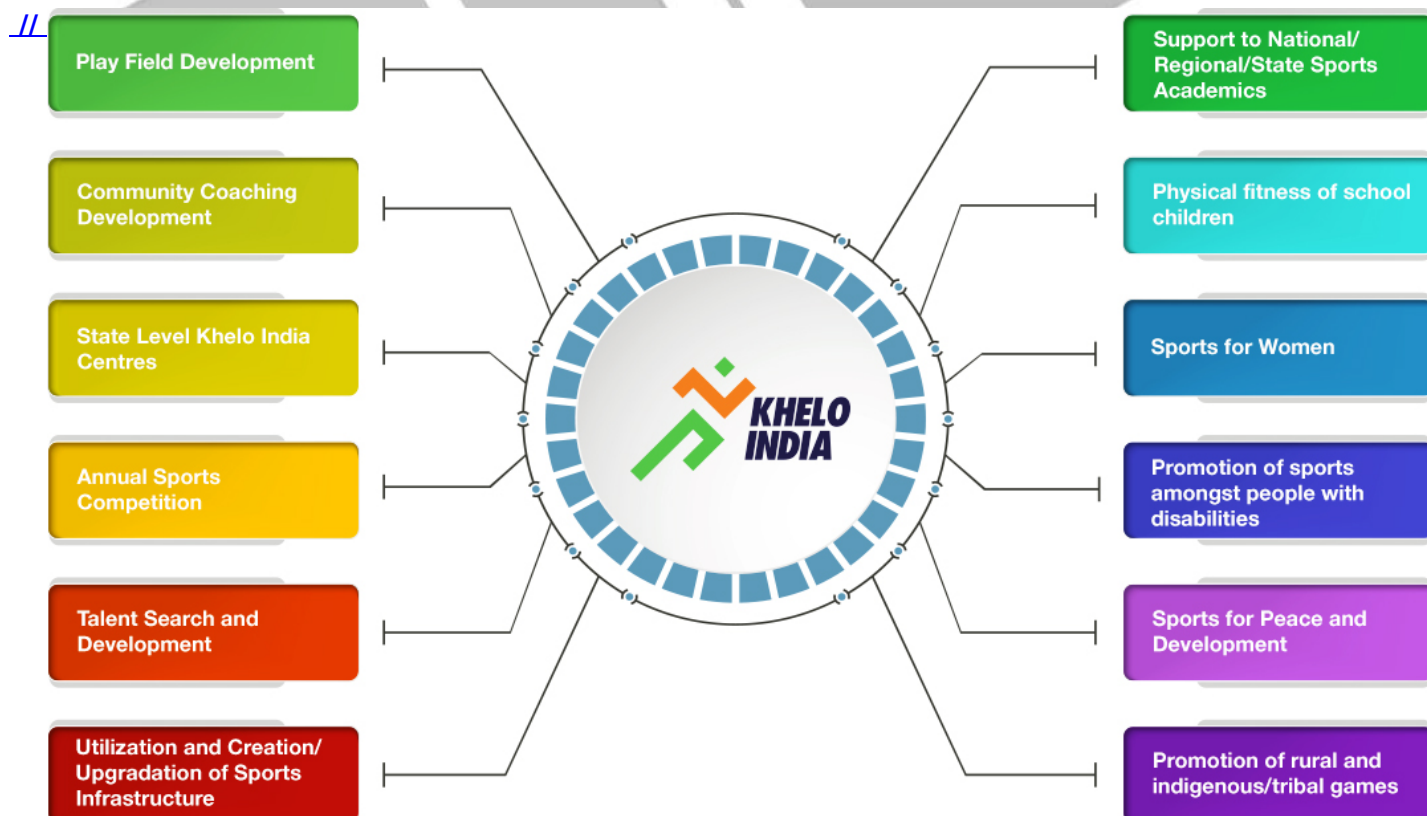
Indigenous Games & Khelo India

Why in News

The Ministry of Youth Affairs and Sports has recently included **Gatka, Kalaripayattu, Thang-Ta and Mallakhamba** in Khelo India Youth Games 2021.

Key Points

- **Khelo India Youth Games (KIYG) 2021**, are scheduled to take place in **Haryana**.
 - The 2020 edition of KIYG was held in **Guwahati** (Assam).
- KIYG is a part of the revamped **national programme** for **development of sports 'Khelo India'** which was approved by the Union Cabinet in 2017.
 - The Khelo India Scheme aims to **encourage sports** all over the country, thus allowing the population to **harness the power of sports** through its cross-cutting influence, namely **holistic development of children & youth, community development, social integration, gender equality, healthy lifestyle, national pride and economic opportunities** related to sports development.
 - Under the Scheme, talented players identified in **priority sports disciplines** at various levels are provided **annual financial assistance of Rs. 5 lakh per annum for 8 years**.



▪ Gatka:

- Gatka originates from the **State of Punjab** and this **traditional fighting style** of the **Nihang Sikh Warriors** is used both as **self-defense** as well as a **sport**.
- Gatka is believed to have originated when the **6th Sikh Guru Hargobind** adopted '**Kirpan**' for self-defence during the Mughal era.
- It was earlier confined to gurudwaras, nagar kirtans and akharas, but now it finds presence in the **sports category** after the formation of the **Gatka Federation of India (GFI) in 2008**.



▪ Kalaripayattu:

- **Kalaripayattu**, also known simply as **Kalari**, is an **Indian martial art** that originated in modern-day Kerala.
- Kalaripayattu is held in high regard by martial artists due to its long-standing history within **Indian martial arts**. It is believed to be the **oldest surviving martial art in India**. It is also considered to be among the **oldest martial arts still in existence**, with its origin in the martial arts timeline dating back to at least the **3rd century BCE**.
- The place where this martial art is practised is called a '**Kalari**'. It is a Malayalam word that signifies a **kind of gymnasium**.
 - Kalari literally means '**threshing floor**' or '**battlefield**'. The word Kalari first appears in the **Tamil Sangam literature** to describe both a battlefield and combat arena.



▪ Mallakhamb:

- Mallakhamb is a traditional sport, originating from the Indian subcontinent, in which a gymnast **performs aerial yoga or gymnastic postures and wrestling grips** with a vertical stationary or hanging wooden pole, cane, or rope
- The name Mallakhamb derives from the terms **malla**, meaning **wrestler**, and **khamb**, which means a **pole**. Literally meaning "**wrestling pole**", the term refers to a traditional

training implement used by wrestlers.

- **Madhya Pradesh** and **Maharashtra** have been the hotspots of this sport.



▪ **Thang Ta:**

- **Huyen langlon** is an Indian martial art from Manipur.
- In the **Meitei language**, **huyen** means war while **langlon** or **langlong** can mean net, knowledge or art.
- **Huyen langlon consists of two main components:**
 - **Thang-ta** (armed combat)
 - **sarit sarak** (unarmed fighting).
- The primary weapons of huyen langlon are the **thang** (sword) and **ta** (spear). Other weapons include the shield and the axe.

Source:PIB

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