

Uttarakhand Promotes Green Games

Why in News?

In the ongoing <u>38th National Games</u>, Uttarakhand introduced innovative initiatives aligned with the **Green Games theme**.

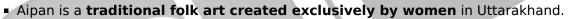
■ The state has implemented <u>sustainable practices</u>, promoted **local culture**, and prioritized women's health.

Key Points

- Green Games Initiatives:
 - The state has chosen <u>Monal</u>, the <u>Himalayan state bird</u>, as the <u>official mascot</u> to highlight conservation efforts.
 - In a unique initiative, medals awarded to winners have been crafted from e-waste.
 - Uttarakhand is creating a Sports Forest (Khel Van) to honor victorious athletes.
 - A 2.77-hectare area has been designated for the project, where 1,600 Rudraksha trees will be planted.
 - The event incorporates sustainable practices such as invitation cards made from recycled materials, <u>electric rickshaws</u> to curb <u>pollution</u>, the use of <u>solar panels</u>, and reusable water bottles.
- Repurposing Sports Waste:
 - Various symbols, including a running athlete and the Monal bird, have been crafted from repurposed sports materials.
 - A massive tiger sculpture made entirely from e-waste has become a major attraction at the Games.
- Promoting Fitness and Sustainability:
 - To encourage environmental conservation and physical well-being, bicycles have been made available at event venues.
- Women's Health Takes Priority:
 - Uttarakhand is addressing menstrual health awareness through a thoughtful initiative for female athletes.
 - The state has introduced kits featuring sanitary pads and other essentials, earning praise for promoting women's health in sports.
- Yoga and Mallakhamb:
 - For the first time, traditional Indian sports have been included in the National Games medal tally.
- Celebrating Local Culture and Tourism:
 - Uttarakhand has ensured that the National Games **highlight local culture and extend beyond metropolitan hubs.**
 - **Events are being hosted in scenic locations** like Tehri and Almora, promoting lesser-known regions.
- Showcasing Pahadi Heritage:
 - **Traditional cuisine**, including **Jhangora and Gahat Dal**, is being served, while **Aipan folk art** is featured in posters, banners, and event decorations.

Aipan Art





- The artwork is done on floors over a brick-red background using a white paste made from rice flour.
- Only red and white colors are used to craft religious motifs, repetitive geometric patterns, and nature-inspired elements, reflecting the region's distinct artistic style.
- Aipan is an integral part of household ceremonies, rituals, and special occasions.
- The motifs are believed to invoke divine power, bringing good fortune and protecting against evil.

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.

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