



Uttarakhand Promotes Green Games

Why in News?

In the ongoing [38th National Games](#), Uttarakhand introduced innovative initiatives aligned with the **Green Games** theme.

- The state has implemented [sustainable practices](#), promoted **local culture**, and prioritized women's health.

Key Points

- **Green Games Initiatives:**
 - The state has chosen [Monal, the Himalayan state bird](#), as the **official mascot** 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**, [electric rickshaws](#) to curb [pollution](#), the use of [solar panels](#), 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



- Aipan is a **traditional folk art created exclusively by women** in Uttarakhand.
- 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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