

38th National Games and Kalaripayattu

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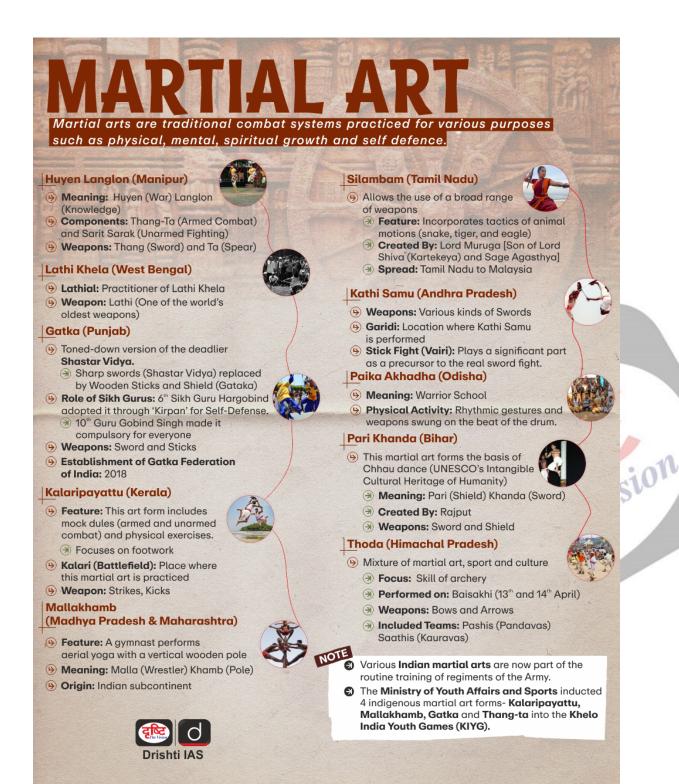
Why in News?

The Indian Kalaripayattu Federation has accused the <u>Indian Olympics Association (IOA)</u> of downgrading the <u>Kalaripayattu</u> to the **demonstration section** of the event, **not the competitive section**.

 Demonstration events showcase sports for promotion and are excluded from the official medal tally.

What are Key Points about Kalaripayattu?

- About: It is one of the oldest and most scientific martial arts globally, originating in Kerala.
 - The warrior sage Parasurama is credited with establishing Kalaripayattu,
 which Bodhidharma (a Buddhist monk from South India) later introduced to China at the Shaolin Temple in the 5th century AD.
- Philosophy: The term "Kalari" in Malayalam refers to a traditional gymnasium where "Payattu" (fight or exercise) is taught.
 - It emphasizes mind-body coordination with techniques inspired by the attack and defense systems of eight animals i.e., elephant, lion, boar, horse, snake, rooster, cat, and fish.
- Types: Kalaripayattu has two types i.e.,
 - Northern: It focuses on weapons and linear movements, and
 - Southern: It emphasizes multi-directional movements with fewer weapons.
- Stages of Training:
 - Maippayattu: Body conditioning to prepare for combat.
 - Kolthari: Training with wooden weapons like short and long sticks.
 - Angathari: Introduction to sharp metal weapons after overcoming fear.
 - Verumkai: Bare-hand fighting focusing on anatomy for strategic strikes.
- Current Context: It was included as a competitive sport in the 37th National Games, Goa but relegated to a demonstration sport in the 38th National Games, Uttarakhand.
 - Kalaripayattu athletes won 22 medals, including 19 gold, in the 2023 National Games.



What are Key Points About National Games 2025?

- About: The National Games of India is an <u>Olympic</u>-style multi-sport event where athletes from states and Union Territories compete for medals.
 - The 38th edition of the National Games will take place from 28th January to 14th February 2025 in Uttarakhand.
- Competition Structure: The National Games will feature 32 sporting disciplines for competitive events.
 - In addition, four demonstration sports will be included i.e., Kalaripayattu, Yogasana, Mallakhambh, and Rafting.
- Theme and Tagline: The mascot of the games is Mouli, inspired by Uttarakhand's state bird, the Monal, reflecting the region's natural beauty and cultural diversity.

• The tagline for the games is "Sankalp Se Shikhar Tak" (from resolution to zenith).



UPSC Civil Services Examination Previous Year Question (PYQ)

Prelims

Q. Consider the following pairs: (2018)

Tradition	State
1. Chapchar Kut festival—	Mizoram
2. Khongjom Parba ballad —	Manipur
3. Thang-Ta dance —	Sikkim

Which of the pairs given above is/are correct?

- (a) 1 only
- (b) 1 and 2 only
- **(c)** 3 only
- (d) 2 and 3 only

Ans: (b)

Q. With reference to India's culture and tradition, what is 'Kalaripayattu'? (2014)

- (a) It is an ancient Bhakti cult of Shaivism still prevalent in some parts of South India
- (b) It is an ancient style bronze and brasswork still found in southern part of Coromandel area
- (c) It is an ancient form of dance-drama and a living tradition in the northern part of Malabar
- (d) It is an ancient martial art and a living tradition in some parts of South India

Ans: (d)

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