



**Ministry of Youth Affairs & Sports  
Department of Sports**

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**“EK Bharat Shrestha Bharat Programme”**

**Report of Kalarippaytu Demonstration**

**Introduction**

This report is on the Kalarippayattu Demonstration held in Gujarat on 23rd and 24th January 2020. Different events of Kalarippayattu techniques were demonstrated by a team from Kerala consisting of 15 members. The team was accompanied with one manager and lead by the NSF Official.

**About Kalarippayattu.**

Kalarippayattu is the Traditional Martial Art of India from time immemorial. Kalarippayattu has been nurtured and developed as the regional Martial Art of Kerala since the said Warfare Art became part and parcel of the social life of Keralites. It is believed that Lord Parashurama went to south from north India in search of a piece of land which is nice, pure and pleasant for conducting penance peacefully. He reached at Gokarna in Karnataka and threw his mighty Axe into the Arabian Sea. Suddenly the sea withdrew itself and a piece of land was emerged from the sea which is now known as Kerala. It happened because of the Sea God's respect towards the Lord Parashurama who was in carnation of Lord Vishnu. Whatever it may be, the geological excavations would go to show that Kerala was once under the sea and emerged in the Puranic Age.

Some literatures in Malayalam point out that Lord Parashurama introduced 108 Kalaries and appointed Gurus (Masters) to these 108 Kalarippayattu Training Centres. In fact, these Warfare Training Centres spread in every nook and corner of Kerala and became as the social defence centres and also the Kalari Practitioners were turned into soldiers of the priestly kingdoms and provinces.

It is also a well accepted fact that Kalarippayattu has been introduced in China at Shaolin Temple in the 5th century AD by Bodhidharma, a native of Thanjavore, a cultural centre formerly in Kerala borders now in Tamil Nadu. It is well known to everyone that Bodhidharma, the Buddhist Monk from South India, took this great Martial Art to China and he trained thousands of students there at Shaolin Temple and also introduced Kalari - Marma treatment including herbal medicines for contagious diseases.

Kalarippayattu as the mother of all martial arts stands high and gives trainees incredible strength and stamina, defence techniques, auto reflex, flexibility, confidence, concentration, physical culture and mental discipline etc. It can be said that Kalarippayattu is Yoga in action. This is the only

Martial art associated with a treatment branch which can be introduced in the field of sports medicine also. Lord Agastya who lived long time in Tamil Nadu during Sangha Age had contributed a lot of literature - books (approx. 25) on Kalaripayattu and Sidha Treatment. In Kerala and Tamil Nadu, we have got Sidha Medical colleges. The Sidha Medical Practice goes along with the Kalaripayattu training is quite admirable and amazing.

### **Programme Report**

- 1) **23-01-2020 at 11:30 AM**. Kalaripayattu team consisting of 17 members reached Gandhi Nagar in Gujarat on 22nd January 2020. On the next day, 23rd January 2020, there was the first demonstration at Gandhi Nagar at St Xaviers CBSE School at Gandhi Nagar Sector 8 at 11 Am. The students from all classes attended the demonstration and responded like anything. The demonstration was inaugurated by Dr Bharath Singh, District Education Officer of Gandhi Nagar and presided over by the principle of this school. Introductory speech was given by Adv. Poonthura Soman, Secretary General Indian Kalaripayattu Federation. It is note worthy to point out here that the students and the teachers of the school expressed the willingness to start Kalaripayattu Training in their school. The Guests as well as the teaching faculty extended gratitude towards the MYAS and our Prime Minister for promoting traditional Martial Arts.
- 2) **23-01-2020 at 04:30 PM**. The second demonstration was held in the IIT Gujarat. There were more than 300 viewers including student's parents, teaching faculty etc. Prof. Mister Vinod Namboothiri IIT welcomed and introduced the Kalaripayattu Team. Adv. Poonthura Soman Secretary Genreal, IKF has narrated the importance and utility of Kalaripayattu training. The audience appreciated the programme and oppined to have a training unit in the IIT also for the purpose of self defence.
- 3) **24-01-2020 at 11:30 AM**. The 3rd Programme was at Nest International School at Ahmedabad. The Demonstration started at about 11:30 AM and come to an end by 12:15 PM. The programme was inaugurated by the Director of the said school and presided over by the Managing Trustee. Another demonstration was also done therein on the request of the Principal for the Plus Two Students by 1:00 PM, though it was difficult for the team.
- 4) **24-01-2020 at 07:30 PM**. The 4th Programme was demonstrated in the Ayyappa Temple Trust Auditoriam at Sector 1 Gandhi Nagar, Gujarat. The programme started at about 7: 30 PM and concluded by 8:30 PM. A lot of Public assembled and witnessed the demonstation and expressed their interest to start a Kalaripayattu Training Centre in Gandhi Nagar for the Total Fitness and Self Defence of the Society at large. An introductory speach was done by Mr Pankaj Pillai and inaugurated by Mr Vijayan Pillai. Number of distinguished guests were also there and they warmly welcomed the programme and appreciated the team. Secretary General IKF extended the vote of thanks to each and everyone assembled there. The Kalaripayattu Team left Gandhi Nagar on 25th January.

**Publicity and Branding:** - Publicity and branding of venue was done according to the guidelines of EBSB. In all venues banners embolded with EBSB's emblem was excibited through out the programme. Print and electronic Media have covered the programme. Vast advertisement has given relating to the concept of Ek Bharat Shreshtha Bharat. Social Medias were also showed much interest in covering the entire programme in all

venues. There were good gatherings in all venues that paved the way for propagation of the event and spirit of the EBSB's envisaged project of Sports development throughout the country.

**Boarding and Lodging.** All the arrangements were properly done for the stay of participants by IKF. Most of the players were boarded in Sports Authority of India Hostel at Gandhi Nagar. Tourism commissioner , Gujarat and his staff members helped by providing vehicle to the participants from Ahmedabad Railway Station to Sports Authority of India , Gandhi Nagar and back . We extend thanks to the School authorities Ayyappa Temple trust and Tourism Commission of Gujarat for their support.

**Impact:** The programme in Gujarat has created much impact among the students and public at large. The need of Kalarippayattu Training has been highlighted by people of all walks of life in Gujarat. They expressed the necessity of having a Kalarippayattu institute at Gandhi Nagar for the well being of the youngsters especially for women. It can be concluded that utmost publicity and propagation were attracted by these programmes.

**Remarks.** It is not out of place to point out here that the Mission of Ek Bharat Shrestha Bharat has succeeded and achieved to a great extent by these programmes staged in Gujarat. Indian Kalarippayattu Federation extends its heart felt gratitude to the MYAS, EBSB Directorate and particularly Shri Narendra Modi Ji, our dynamic and beloved Prime Minister for having an initiative of promoting indigenous / traditional martial art of India .