



**KALAIIGNAR KARUNANIDHI GOVERNMENT ARTS COLLEGE FOR  
WOMEN (AUTONOMOUS)  
PUDUKKOTTAI-622 001., TAMIL NADU, INDIA**

**(An Autonomous Institution Affiliated to Bharathidasan University)  
Re-Accredited (3<sup>rd</sup> Cycle) with 'B<sup>++</sup>' Grade by NAAC**

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**Date: 25.05.2022**

**EK BHARAT SHRESHTHA BHARAT MONTHLY REPORT**

With the motto of establishing Unity in Diversity of our Nation to maintain strengthen the fabric of traditionally existing emotional bonds between the people of our country, the Government of India has instigated the nationwide programme called **Ek Bharat Shreshtha Bharat**.

Based on MHRD's methodology, each state is paired with some other state to exchange their various field of knowledge for example, (language, literature, cuisine, festivals, cultural events, tourism etc.) Accordingly, Tamil Nadu is paired along with Jammu & Kashmir.

This inspired our **EBSB Team** which has been effectively working on the Ek Bharat Shreshtha Bharat (EBSB) conducting various activities every month since June 2020. The EBSB team of our college planned to give an aesthetic joy to the students, a visual tour series with various themes. For the month of **May 2022 Visual Tour Series - 4 : Sports and Adventures of Tamilnadu** was presented to the students.

**Details**

Report for the Month : **May 2022**

Topic : **Visual Tour Series - 4 : "Sports and Adventures of Tamilnadu"**

Beneficiaries: Students of Kalaighnar Karunanidhi Government Arts College for Women (A), Pudukkottai -1, Tamilnadu.

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## **VISUAL TOUR SERIES - 4: “SPORTS AND ADVENTURES OF TAMILNADU”**

### **Silambattam**



Silambam is a weapon-based Indian martial art originating in South India in the Indian subcontinent which is being played as a traditional sport even in this modern days. This style is mentioned in Tamil Sangam literature. The World Silambam Association is the official international body of Silambam. It is the most important traditional sport of Tamilnadu which is involved with the lives of people since sangam age. It is a sport as well as self defencing and attacking techniques. It is the most oldest form of martial art originated from South India.

### **Kabaddi**



Kabaddi is the state sport of Tamil Nadu. The word "kabadi" is derived from the Tamil word "kai-pudi"(கைபுடி) meaning "to hold hands". It is also known as *sadugudu*.

Kabaddi - the State Sport of Tamil Nadu Of the many sports played in the Indian state of Tamil Nadu, both traditional as well as foreign sports, kabaddi takes the honor for being the state sport. It's derived from the Tamil word 'kai-pudi', meaning 'to hold hands'. Kabaddi is an ancient contact sport which's origins can be traced back to about 4000 years ago in Indian mythology during the Mahabharata period. Buddhist literatures also have citing of Lord Buddha playing kabaddi as a recreational sport. Kabadi is played as a mock up practise prior to the traditional sport Jallikattu later it is spread over as a commercial sport.

## Seval Sandai



Seval Sandai or Seval Porr (cockfighting) is a popular rural sport in Tamil Nadu. Three or four-inch blades are attached to the cocks' feet and the winner is decided after three or four rounds of no holds barred fighting. The sport involves major gambling in recent times. Cockfighting in Tamil Nadu is mentioned in ancient literature like Manu Needhi Sastiram, Kattu Seval Sastiram and other Sangam literature. It is referred to as the favorite pastime for the warriors of Tamil country and is acknowledged as one amongst the 64 great arts.

## Jallikattu



Jallikattu is a popular bull taming sport practiced particularly during Pongal festival. Jallikattu was a popular sport since the Sangam period and Tamil classical period. Jallikattu (or sallikkattu), also known as eru thazhuvuthal and manju virattu, is a traditional spectacle in which a bull, such as the Pulikulam or Kangayam breeds, is released into a crowd of people, and multiple human participants attempt to grab the large hump on the bull's back with both arms and hang on to it while the bull attempts to escape. Participants hold the hump for as long as possible, attempting to bring the bull to a stop. In some cases, participants must ride long enough to remove flags on the bull's horns.

## Sathurangam



Chess is believed to have originated in India, c. 280 - 550 CE, where its early form in Tamil Nadu was known as *Sathurangam* literally *four divisions* [of the military] - infantry, cavalry, elephants, and chariotry, represented by the pieces that would evolve into the modern pawn, knight, bishop, and rook, respectively.

Modern day chess is a widely popular game in the state and Tamil Nadu State Chess Association is the apex body for the game of chess in Tamil Nadu. The state has produced many grandmasters including Viswanathan Anand, one of the greatest and most versatile players of the modern era having won the World Chess Championship five times from 2002 to 2013. Other notable players include S. Vijayalakshmi, P. V. Nandhidhaa and Krishnan Sasikiran.

## **Gusthi**



Gusthi is a Traditional Sports Activity, which is practiced in punjab since time immemorial. Gusthi is also known as Kai Kuthu Sandai. Gusthi is a form of Traditional Boxing, which is slightly deviated from Wrestling. Gusthi of Tamil Nadu is a derivative of Malyutham of Tamil Nadu. Gusthi also includes Grapplings as well. There is another art coming from North India named Kushti. Although the names are almost same, Gusthi and Kushti are two different and two distinct arts. Gusthi is an art of Boxing, while Kushti is an art of Wrestling. They are different in the nature of the techniques studied and on their external aspects as well.

## **Killithattu**



A game that requires quick reflexes, tactical thinking and tremendous team effort. This sport is a part of our Tamil heritage and preserves our Tamil identity. The 'kili' or last player must stand on the centre of the first lane when the game starts. The 'kili' player can move anywhere around the court or through the middle of the court but not horizontally. The team that is guarding the base and capturing it is chosen by a coin toss. The game is started by a whistle sound by the overseeing referee. When the game starts, each of the other members can only move sideways/horizontally. This accounts for the rest of the 5 members of the team for a total of 6 including 'kili'.

## **Kho-kho**



Kho kho is a tag sport played by teams of twelve players who try to avoid being touched by members of the opposing team, only 9 players of the team enter the field. It is one of the two most popular traditional tag games played in schools, the other being kabbadi.

## **Uriyadi**



Uriyadi involves smashing a small earthen pot with a long stick usually with a cloth wrapped around the eyes to prevent the participants from seeing the pot.

## Other minor sports



Pallankuzhi





Other minor sports include Ilavatta kal where lift huge spherical rocks, goli gundu, playing with small marble balls, Nondi played by folding one leg and hopping squares. Some of the indoor games include Pallanguzhi involving beads, Bambaram involving spinning of top, Dhayakattai which is a modified dice game, Aadu puli attam, Nungu vandi and Seechangal.