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Course : BSW

Programme : Ek Bharat Shreshtha Bharat (EBSB), under Azadi Ka Amrit Mahotsav

India is a land of very Rich & Varied Heritage. The main aim of this programme is to highlight the unity in diversity of our country.

In this programme we got to know about Kalari fight, a martial art form originated in kerala, a southwestern state of India. It is believed to be the oldest surviving martial art form of India. It was the traditional fighting method of Kerala's warrior, and was used for settling disputes and as warfare

In this programme we got to know about various classical Indian dance forms developed and popular in the state of kerala such as Kathakali, Bharatnatyam and Mohiniyattam.