

PM to Inaugurate 38th National Games

Why in News?

The Prime Minister is going to inaugurate the <u>38th National Games</u> scheduled to take place from 28th January to 14th February 2025 in Uttarakhand.

Key Points

- About the Games:
 - The Indian Olympic Association (IOA) has announced Uttarakhand as the host for the 2025 National Games.
 - Over 10,000 athletes, officials, and coaches will participate, competing in **38 sports** across multiple cities in the state.
- Landmark Event for Indian Sports:
 - IOA President P.T. Usha described the 38th National Games as a significant event to promote traditional and modern sports in India.
 - The inclusion of demonstration sports like kalarippayattu, yogasana, mallakhambh, and rafting as a tribute to India's rich heritage and an opportunity for emerging athletes.
- About the National Games:
 - The National Games is an <u>Olympic</u>-style event where athletes from states and Union Territories compete for medals.
 - **The 2025 edition will feature 32 core sporting disciplines** and four demonstration events.
 - Previous Editions:
 - The 2023 National Games were held in Goa and spanned across five cities-Mapusa, Margao, Panjim, Ponda, Vasco.
 - Maharashtra topped the medal tally with 228 medals, including 80 gold.
 - The **2022 edition in Gujarat** marked a revival of the event after a seven-year gap since 2015.



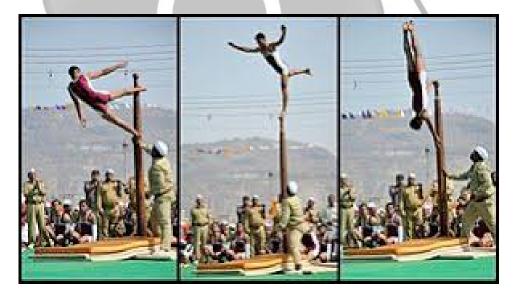
Kalaripayattu

- It is a **martial art** based on **the ancient knowledge** of the human body.
- It originated in Kerala during the 3rd century BC to the 2nd century AD. It is now practised in Kerala and in some parts of Tamil Nadu.
- The place where this martial art is practised is called a 'Kalari'. It is a Malayalam word that signifies a kind of gymnasium. Kalari literally means 'threshing floor' or 'battlefield'. The word Kalari first appears in the Tamil Sangam literature to describe both a battlefield and combat arena.
- It is considered to be one of the oldest fighting systems in existence.
- It is also considered as the father of modern Kung Fu.



Mallakhamb

- he Vision 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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