



## PM to Inaugurate 38th National Games | Uttarakhand | 11 Jan 2025

### Why in News?

The Prime Minister is going to inaugurate the [38<sup>th</sup> National Games](#) scheduled to take place from 28<sup>th</sup> January to 14<sup>th</sup> 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 **Olympic-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.

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### Kalaripayattu

- It is a **martial art** based on **the ancient knowledge** of the human body.

- It originated in **Kerala** during the **3<sup>rd</sup> century BC to the 2<sup>nd</sup> 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

- 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.

