



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

Why in News?

The Prime Minister is going to inaugurate the [38th National Games](#) 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 **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 **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

- 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.

