

### **7.3.1 Institutional Distinctiveness**

#### **Vision:**

To engage in relentless pursuit of Excellence in the promotion and development of Physical Education and Sports through innovative programs in teaching, coaching, research and outreach activities and evolve a holistic approach to the betterment of human resources through a harmonious blend of body, mind and spirit".

#### **Traditional Kalaripayattu (Kalari Fight) & Silambam (Stick Fencing) Training Centre:**

Tamil Nadu Physical Education and Sports University focused on areas of Kalaripayattu and Silambam. These ancient forms of combat are slowly dying due to lack of awareness. The university wants to revive these traditional systems to maintain and promote health and fitness.

The word 'kalari' first appears in the Tamil Sangam literature (c. 300 BCE to 300 CE) in descriptions of battlefield and combat arena, as a part of regular military training. The indigenous weapon-based martial art form of Silambam is specifically practiced in the state of Tamil Nadu. It is considered to be among the oldest surviving fighting systems in the world. It was originally practiced in northern and central parts of Kerala and southern parts of Tamil Nadu.

#### **Objectives of this practice:**

To improve flexibility, coordination and strength

To increase immunity and overall health

To enhance agility and stamina

To improve attention and concentration

To increase receptiveness and observation

To enhance focus and endurance

To encourage self-discipline and self-awareness.

To improve one's ability to deal with stress and build resilience

**Evidence of success:**

In keeping with the vision of promoting health and fitness, TNPESU has undertaken traditional systems of Kalaripayattu and Silambam practices. The University has started "Kalaripayattu (Kalari Fight) & Silmbam (Stick Fencing) Training Centre" in the University Campus. This initiative serves the dual purpose of reviving ancient practices and trains student in the art of self-defence, which is the need of the hour for women and men alike. It also helps in maintaining overall health. These traditional forms of combat are holistic in their approach, encouraging mind-body connect, which is vital not only while engaging in playing games but also in day-to-day life.

This centre has established with facilities such as traditional training hall/ area and equipment to teach and learn these ancient dying forms of combat. Trained instructors are appointed with consolidated pay. Classes on the martial arts based on traditional work outs and scientific backup are done in this centre with aim to improve motor qualities, fitness, physical and mental agility. The facility will be extended to the students of the university at free of cost. A nominal fee is charged to the general public in a bid to bring about awareness and sustain these inexpensive traditional South Indian martial art techniques, specific to Tamil Nādu. This scheme will not only safeguard the endangered martial arts such as Kalaripayattu & Silambam. It will also help to create the wide platform for developing and training healthy citizen's in the near future through traditional methods.

Further the survey conducted by the students and scholars of this University during the academic programmes and extension activities reveals need of this traditional martial arts to improve the health and fitness school children and youth of the state. Feedback of the programme helps in assessing the effectiveness of the training program and implementation of the same throughout the state to improve of health and fitness of general public.

## **Project Summary**

- Construction of Traditional Training Hall for Kalaripayattu
- Construction of Training Area Hall for Silambam
- Purchase of Equipments
- Appointment of Trained instructors (Consolidated Pay).
- Traditional Classes will be started with research and academic support.
- Service will be extended to students, physical education trainees, and sports
- Person and general public with aim to improve overall health and fitness.