



TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY

Melakottiyur, Chennai -600127

Office of the Sports Secretary
Traditional Kalaripayattu Centre
Health Centre
National Cadet Corps &
Department of Yoga

Jointly Organizes

INTERNATIONAL SHORT TERM TRAINING COURSE ON RESEARCH ORIENTED KALARIPAYATTU TECHNIQUES

From 25th to 31st March 2024

Venue: Kalaripayattu Hall, TNPESU



Patron

Dr. I. Lilly Pushpam

Registrar
TNPESU



Special Guest

K. Bhagyaraj

Director
Screenwriter
Producer
Music Director



Chief Patron

Prof. M. Sundar

Vice-Chancellor
TNPESU

Organizing Secretary



Dr. K. Rajesh Kumar

Sports Secretary
TNPESU

Cordially Invite You





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Prof. M.Sundar

Vice-Chancellor
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Patron

Dr. I. Lilly Pushpam

Registrar
TNPEU

Programme Conveners

Dr. S. Thirumalai Kumar
Coordinator,
Kalaripayattu Training Centre
TNPEU

Dr. V. Muruguvalavan
COE i/c, Prof cum Medical
Officer, Health Centre
TNPEU

Dr. V. Duraisami
Professor & Head
Department of Yoga
TNPEU

Lt. Dr. S. Jayakumar
Assistant Professor cum
Associate NCC Officer
TNPEU

Organizing Secretary

Dr. K. Rajesh Kumar
Sports Secretary
TNPEU

All are Cordially Invited

PROGRAMME SCHEDULE

Day 1 **25th MARCH 2024**

Introduction
Vandana chuvad
Kalari Payattu Demonstration
Kalari Legs
Treatment - Sports Injury and Management

Day 2 **26th MARCH 2024**

Bare Hand Fighting
Day -1 Repeat
Kaippor - Barehand fight
Fighting Item
Locks
Short stick
Treatment - Sports Injury and Management

Day 3 **27th MARCH 2024**

Fighting with Wooden Weapons
Day 1 + Day 2 Repeat
Locks
Long stick Fighting
Long stick Veeshal
Treatment - Kalari Marma Chikilsa

Day 4 **28th MARCH 2024**

Field Trip

Day 5 **29th MARCH 2024**

Field Trip

Day 6 **30th MARCH 2024**

Fighting With Sharp Weapons
Day 1 + Day 2 + Day 3 Repeat
Knife Fighting
Sword and shield Fighting
Treatment - Kalari Uzhichal

Day 7 **31st MARCH 2024**

Urumi
Day 1 + Day 2 + Day 3 + Day 4 Repeat
URUMI - (Long Flexible sword)
Treatment - Dislocation and management

About Us

Welcome to Tamil Nadu Physical Education and Sports University

The Tamil Nadu Physical Education and Sports University established by an Act of the Government of Tamil Nadu in 2004, is unique and the first of its kind in India as an affiliatory University, exclusively for Physical Education and Sports. After obtaining the accent from his Excellency the president of India on 5th August 2005, the said act came into force with effect from 15th September 2005.

It is a rare coincidence that the University has started functioning from December 2005, declared by the United Nations as International year for Sport and Physical Education. At present the University has three Faculties, five Departments and ten affiliated Colleges. Further the University now offers select Physical Education and Allied Courses, through collaborative programme and Distance Education stream also.

MGS KALARI PAYATTU

MGS kalari sangam was started by Sri Mukundan Gurukkal in the year 1934. Dineshan Gurukkal the Master of Kalari Payattu of MGS Kalari sangam is in the field for Last 49 years. He has 42 years of experience in Kalarai Marma Chikilsa. MGS kalari sangam has been a overall champions for last 29 years in Kannur District Kalaripayattu Competition. They have also been Winners of Kerala State Kalaripayattu Competition multiple times. Akarsh Gurukkal son of Dineshan Gurukkal is the Kerala State Champion and his daughter Dr. Hanima is the Kerala state champion of Kalari Martial Arts.

Registration Fees : Rs. 750/-

Address for Communication

Programme Coordinator & Organising Secretary

Dr. K.Rajesh Kumar

Sports Secretary

Phone No :9944557785

Mail Id: krajeshkumartnpesu@gmail.com

Last date for Payment of Registration Fee : 24/03/2024, 05.00pm

Mode of Payment:

- * Online Payment and on the spot Registration
- * DD or Challan
- * Account number : 980899849, Indian Bank, Nallambakkam Branch
IFSC Code: IDIB000N056