



Bharatiya Vidya
Bhavan
Promoting
SANSKRIT & SANSKRITI
Since 1938

Indian Traditional Kalari Vidya System (Kalarippayattu Kerala Martial Arts) Courses*:

1. Six months Kalari Vidya (Kalarippayattu Martial Arts) Beginners Certificate Course
2. One year Kalari Vidya (Kalarippayattu Martial Arts) Beginners Diploma Course
3. Two Year Kalari Vidya (Kalarippayattu Martial Arts) Flexibility & Strength Building Advanced Diploma Course

***Course Trainers From Nithya Chaithanya Kalari® Kalarippayattu Martial Arts Academy**

Admission Dates

- Date of Notification to Admissions: **1st April 2019**
- Last Date of Admission: _____
- Commencement of Classes : **24 August 2019**

Courses Duration

1. Six months Kalari Vidya (Kalarippayattu Martial Arts) Beginners Certificate Course
2. One year Kalari Vidya (Kalarippayattu Martial Arts) Beginners Diploma Course
3. Two Year Kalari Vidya (Kalarippayattu Martial Arts) Flexibility and Strength Building Advanced Diploma Course

Note :

- **Higher Courses can only be completed/taken up in sequential order of duration**
- Classes will be held on weekends at Bharatiya Vidya Bhavan Campus, New Delhi

Sessions & Timings

Weekend Batch: Saturday and Sunday (II) 2:00pm – 4:00 pm (2 hours)

General Course Related Notes:

- **Attendance** : 75% class attendance is desired from students.
- **Leaves**: Any vacations/ personal leaves need to be applied for in advance to the trainer
- **Attire**: Participants should come for the classes in decent and comfortable, strong fabric track suit, aerobics clothing, appropriate for martial arts practice that will includes jumping, gymnastics, stretching and strength exercises.
- **Diet Restrictions**: Avoid late night (post 8:30 pm) heavy dinner, Need to avoid oily, spicy, food with amla/sour taste: curd, pickles/achaar etc. To avoid heavy meals 2 hours before practice, can have very light snacks 1 hour before. Prescribed sportsperson diet, protein and fibre rich food. Other restrictions will be provided case by case basis as per the tri-doshas of the student.
- **Water restrictions**: Usually water is to be taken 15-20 minutes before exercises and immediately after exercises large quantity of water intake need to be avoided. Cold/chilled water is to be completely avoided and lukewarm water with Panamrutam (herbal medicinal preparation) or black tea can be taken.
- **Maintaining Personal health & fitness**: Celibacy/Brahmacharya and Yama and Niyam are needed to continue martial arts training; Sesame oil massage can be used by trainee for flexibility and suppleness of the muscles. Purely Natural and Traditional Kerala Herbal Medicated oils for specific massages needed in flexibility, injury healing and toning muscles during Gymnastics and Flexibility training course, which are effective in muscle strains/sprains and stress relief are available on request from course trainers.
- **Personal conduct**: Responsible and gentlemanly attitude, Discipline of time is important as conduct; Trainee need to have sportsperson spirit, helpful, having a kind heart and practicing abstinence from non violence to understand the depth of the training.
- **Medical Emergencies**: Our trainers take utmost care in providing safe sports training in a gradual manner to avoid sports injuries. However, please follow medical advice from Registered Medical Practitioners in case of sports injuries for healing.
- Students should kindly reach 5 minutes before the Class begins.

Documents to be submitted by the candidates :

1. Identification Proof/Residential Address proof /Nationality Proof
2. Medical fitness certificate
3. Two photographs (one for the identity card & other for office record)
4. Two references in the city

Eligibility:

This training course is in general open for all; who can read, write and well understand any Indian language or English.

Education:

No Bar, good to have reading and writing capabilities and understanding the importance of human values.

Age: Minimum age limit is 7 years. There is no upper age limit

Health Related:

A previous background in Sports, beginners or advanced Yoga and meditation will be an added advantage.

Medical fitness clearance:

Candidates need to bring medical fitness certificate from Registered Medical Practitioner for entry into the course. **Following people may not be considered for the Kalaripayattu Martial Arts courses courses: People with Respiratory issues, Cardiovascular issues, Joint related issues, Nervous/Neural disorders, and existing cases of critical ligament fractures/injuries.**

Scope: After completion of Certificate in Kalari Vidya, one can work professionally too. But one should keep enhancing one's knowledge and skill. Students need to register with National level Kalari Institutes for further improving their Kalari skills.

Examination :

1. There will be written test and practical tests at the end of the course.
2. Students must qualify to obtain their certificates.
3. Pass marks are 40%. total marks will be mentioned on the certificate.

The subject papers and their respective marks will be as:

PAPERS SUBJECTS Per Semester FULL MARKS Part I Part II

Part I:

Kalari Theory (100 marks)

Part II:

Practical Exams in Kalaripayattu course (300 marks each)

Activity Participation: Following activities are purely optional and will be conducted only if possible: Discipline and Responsibility development Team Camps, State/National Stage Performances, Team building exercises

Course Coordinator may be reached in case of:

- **Any Queries :** Contact Dr. Murugan Pillai Gurukkal **(Mobile no. +91-9810781909;)**
- **Any course related issue,** the decision of Bharatiya Vidya Bhavan would be final and binding.

Fees

- **The course fees includes examination fees for the semester**
- **For a single 6 months (Single semester) Certificate Course :** One time full payment is **INR(₹) 12000**

(Twelve Thousand Eight hundred) only, including GST

- **Payment options:** One time full payment
- **For other advanced courses:** Please add fee semester wise fee.

Payment mode:

- All fee is payable in mode of Cash/ Cheque/PayTM/DD/in favour of "Bharatiya Vidya Bhavan, payable at UCO Bank, K.G. Marg, New Delhi".
- The Fee amount has to be deposited at "Bharatiya Vidya Bhavan Office" and thereafter a receipt must be obtained.

Refund of Fees :

- **Before the commencement of the classes**, 80% of the Fee deposited will be refunded if any written request is made.
- **After commencement of the classes**, those students who have not attended any class are eligible for refund of 75% of refundable fees till the end of the first week. There is no fees refund after that as per Bharatiya Vidya Bhavan rules.

Note: The decision of Bharatiya Vidya Bhavan Management will be final in case of any fees related issues.

Kalaripayattu Background:

Kalari Vidya (Kalaripayattu) is martial arts training imparted under traditional Kerala Vyayam/Exercises learning. Kalaripayattu is the Traditional Martial Arts form originating from Kerala, southernmost state of India. Just like Yoga & Natyashastra it is believed to have originated from Lord Shiva himself and in time passed onto Sage Parshurama (North/Vadakkan style) and Sage Agasthya (South/Thekkan style) in Indian Gurukulam learning system for development and defence of self and society. As per Legends and folklore from Kerala it is believed that Sage Parshurama established Kalaris by borrowing land from Ocean and Kalaris have since been conserved by traditional Siddhas through ages. The Kalaripayattu training system is associated with Indian Medicine & Healing system pioneers such as Sage Agasthya, Bhogar, Sushruta, Charak, Vagabhatta etc. who knew complete Anatomy and Surgery of the Human body and founded Ayurveda healing system. Since Indian independence, Kalari is towards a state of revival through efforts of Masters/Gurukkals/Asans in Kerala and is finding popularity in recent times throughout India as a means of fitness, sports and self defense practice.

Bharatiya Vidya Bhavan is now bringing the Kalaripayattu Martial Arts training in collaboration with Nithya Chaithanya Kalari trainers as a comprehensive semester wise learning Syllabus. The arts and system of learning will help improvement of flexibility, agility, mental health, concentration, sharp mind and Body strength. Kalaripayattu is proven to immensely help students, other professionals viz. Dancers, Choreographers and Sportsperson for laying strong foundation in their arts and sports.

Semester-wise Syllabus for the Kalari Vidya (Kalaripayattu Martial Arts) courses

S.No.	Semesters	Course Details	Prerequisites
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1	Semester 1	<ol style="list-style-type: none"> 1. Traditional Training Initiation Ceremony, 2. Introduction to Northern and Southern Kalari system, Need for Vyayam as per Sushruta Samhita and Ashtangahridya, Kalari description, Poothara and Poothara Salutations, Practice of Yama and Niyama 3. Prarambha Vyayam: Kalari Yoga, Joint Exercises, Warm up exercises, Amarcha 4. Pranayam, Breathing exercises & Introduction to Meditation 5. Stretching and flexibility training -I: Kallukal – 6 variations: NerKal, Konkakal, Veedukal, Tiruchikal, Irutikal, Sujikaal 6. Kalari Vyayam - Part I (for Strength Building) 7. Responsibility training 8. Ground Drills 9. Diet management & Food Discipline 	Basic yoga or other exercise regimen, other martial arts
2	Semester 2	Stretching and flexibility training II : Kallukal contd., Splits Exercises; Kalari Vyayam - Part II; Gymnastics as per Kalari; Yoga Vaidavu – Variations of Chakrasana, Vajrasana: Ashta Yoga Vinyasa; Strength building with traditional Kalari ground exercises/methods; Perrikkum or Muscle Tendon classic method attributed to Rev. Sage Bodhidharma; Introduction to Chuvadukal for Ppayattu foundation	Semester 1
3	Semester 3	Meithari - Meipayattu and Choreography applications -I : Vadivukal - Astha Vadivu (Eight Animal postures) ; Kalari Advanced Vyayam for building body strength; Chavadukaal – I: (Various forms of Four direction- Body movements) : Vatta Chuvadu (Single length leg movements), Neek Chuvadu; Introduction to Kai-porru: bare hand techniques	Semester 2
4	Semester 4	Meipayattu and Choreography applications -II, Meipayattu	Semester 3

		movements; Chavadukaal – II: Koota Chuvadu (Long Step Kattas), Ankam Chuvadu (Group formations); Introduction to Munchanvadi Short wooden staff /Munchanvadi applications;	
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Certification Tracks w.r.t. Semesters

S.No.	Certificate/Diploma	Course Contents w.r.t. Semester
1.	Six months Kalari Vidya (Kalarippayattu Martial Arts) Beginners Certificate Course	Semester 1
2.	One year Kalari Vidya (Kalarippayattu Martial Arts) Beginners Diploma Course	Semester 1 +Semester 2
3.	Two Year Kalari Vidya (Kalarippayattu Martial Arts) Advanced Flexibility and Strength Building Course	One Year Diploma courses + Semester 3 and Semester 4 (Choreography, Various Body Movements / Chuvadu track)

Course related queries

For Course Administration, Classes and Fees related queries:	For Course Details/Course Related queries:
Bharatiya Vidya Bhavan, Programme Division, Room No. 20, Kasturba Gandhi Marg, New Delhi-110001. website: www.bvbdelhi.org Phone Nos. 011233822002, 01123382470	Dr. Murugan Pillai Gurukkal (Chief Instructor) Ph.: +91-11-2261 7754; Mobile no. +91-9810781909

