

**MOU BETWEEN KALARIKKAL INSTITUTE OF MARTIAL ARTS and  
PG & RESEARCH DEPARTMENT OF ECONOMICS, SREE  
NARAYANA COLLEGE, SIVAGIRI, VARKALA**

**MOU REPORT 2023-24**

The Kalarikkal Institute of Martial Arts, Kappamvila, Kallambalam, Thiruvananthapuram started in 2013 in the district of Kerala. In a short span of time the institute became famous for 'kalari training' and 'marma chikilsa'. Kalaripayattu is an indigenous martial arts native to Kerala, however it is practiced across the globe today. It is a personal fight training system that includes movements to build sharp reflexes for unarmed battle and skillful fighting with the help of daggers, sticks, spears, knives, shields, swords etc. The all inclusive approach of kalaripayattu and its benefits has grabbed the attention of fitness enthusiasts and martial art prationers in the existing era. The benefits of kalaripayattu are immensely spread across various levels. Kalari practices increase strength, flexibility, immunity and complete health. Acquiring kalaripayattu benefits makes body reckless and dynamic and helping to get rid of tiredness and laziness. Mental level benefits include improved concentration, patience, receptivity, self-discipline and self-awareness. Kalari improves ability to manage stress and anxiety.

The objectives of MOU are

1. To impart basic self defense training to girl students.
2. To inculcate habit of eating healthy and daily exercise among the young generation
3. To instil in students the role of Kalari in keeping lifestyle diseases at bay
4. To understand the importance of the role of kalari in ayurveda marma chikilsa, its scope in sports injury treatment and management
5. To impart indigenous culture among college students.
6. The faculty and students of the college will impart awareness on financial literacy for students of Kalari.

A visit to Kalarikkal Institute of Martial Arts, Kappamvila, Kallambalam was done by five students and one faculty member on 12 March 2024. The students included Yadhu Krishna S R, Mohammed Farhan, Abhisekh Sunil, Aravind A S and Anandhu Krishna S R of third year economics and Syam Raj R was the faculty member. A detailed demonstration of Kalari was given to the students by Sri. Jayaprakash S, Gurukkal, Kalarikkal Institute of



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martial arts. The importance of Kalari was conveyed to students by Kalari Gurukkal. The session was very useful for students.

### **Photos of Kalari Demonstration**



**Principal**  
Sree Narayana College  
Sivagiri, Varkala