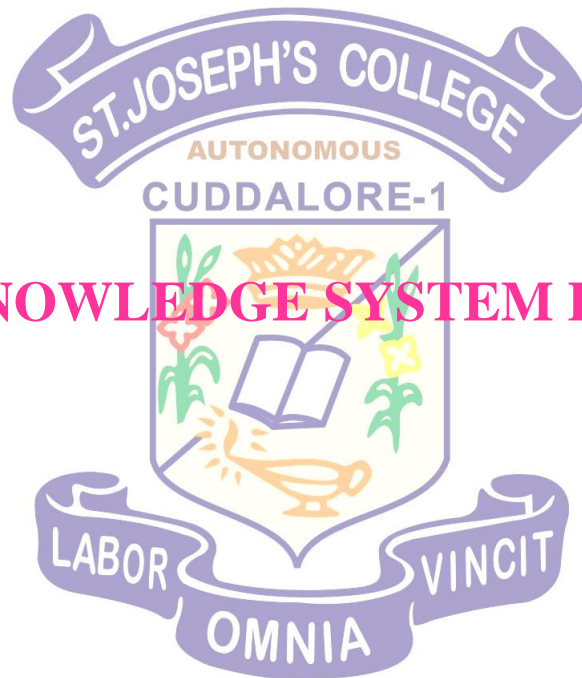




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INDIAN KNOWLEDGE SYSTEM PRACTICES



International Yoga Day - students demonstrating Yoga – an indigenous system of exercises for the body that involves breathe control and helps relax both your mind and your body.



Students during the **Monthly Meditation Session**.
Each session is held on a particular theme.



AUTONOMOUS

Students Cooking *Pongal* (a traditional dish) during the **Pongal Festival** in the college. **Pongal** is a harvest festival celebrated by the **Tamil community**. Students engage in community cooking, wear ethnic dresses and perform traditional dances.



Students demonstrating **Silambam**. **Silambam** is an **Indian martial art** originating in **Tamil Nadu**. The sport is mentioned in **Tamil Sangam literature**.



Students performing **Karagattam**. It is an **ancient folk dance from Tamil Nadu**, India that is performed to honor the **rain goddess Mariamman**. The name literally translates to "**pot-dance**". The dance involves performers balancing a pot, called a Karagam, on their heads.



Students performing **Poikkaal Kuthirai Aattam** (poi - False, kaal - leg, Kuthirai – Horse) or Puravi Aattam (**Dummy Horse Dance**) on the Annual Sports Day. It is a folk dance performed with a dummy horse having a gap inside so that a person can fit into it to perform the dance.



Students performing **Parai** during the Annual Sports Day. Parai, also known as **Thappattai** or **Thappu**, is a **traditional percussion instrument**.



Students performing **Oyilattam**, a dance where a few men would stand in a row with two kerchiefs perform rhythmic steps to the musical accompaniment.



Men Students performing **Mallakhamba**, or **Mallakhamb**, a traditional sport, originating from the Indian subcontinent, in which a group of **gymnasts perform aerial yoga and gymnastic postures** using wrestling grips in concert with a stationary vertical pole.



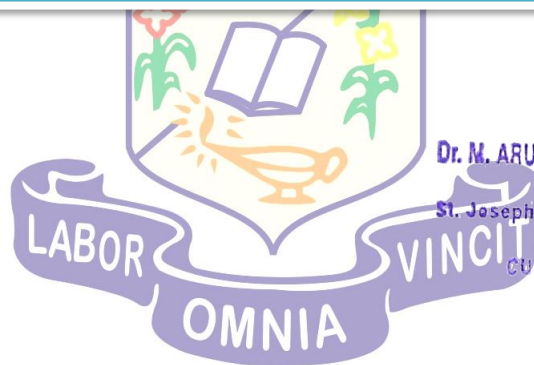
Women Students performing **Mallakhamba**, or **Mallakhamb**, a traditional sport, originating from the Indian subcontinent, in which a group of gymnasts perform aerial yoga and gymnastic postures using wrestling grips in concert with a stationary vertical pole.



Fusion Performance of Indigenous Dances



Students performing **Bharatanatyam** an **Indian classical dance** form that originated in Tamil Nadu, India.




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