

*Two-Day Training Programme on Gatka under Indian Knowledge System (IKS)*  
(10-11-2025 to 11-11-2025)

**Theme:** Preservation and Promotion of Gatka as a Traditional Martial Art under Indian Knowledge System (IKS) **Venue:** Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, District Ropar, Punjab

**Number of Participants:** 16 Students

The Department of Physical Education, Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, successfully organized a Two-Day Training Programme on Gatka under the aegis of the Indian Knowledge

System

(IKS) on 10th and 11th

November 2025. The programme aimed to promote

Gatka, a traditional Sikh martial art, as an important component of India's rich cultural and martial heritage.



The programme was conducted under the able guidance of Dr. Jasvir Singh (Convenor). The event received valuable support and leadership from Prof. Ashok Kumar, Assistant Professor and Head, Prof. Jagwant Singh, Assistant Professor, Coach S. Gurdev Singh, and Dr. Gurpreet Kaur, IKS Coordinator. A total of 16 students (8 boys and 8 girls) actively participated in the training

programme. The sessions focused on both theoretical and practical aspects of Gatka, including its historical significance, discipline, self-defense techniques, and physical conditioning. Practical demonstrations were conducted to train students in basic footwork, weapon handling, coordination, balance, and safety techniques. The trainers emphasized the importance of Gatka in developing physical fitness, mental alertness, self-discipline, courage, and cultural awareness. Students participated enthusiastically and showed keen interest in learning this traditional martial art rooted in Indian Knowledge System. The programme concluded with an interactive session where participants shared their learning experiences. The event was highly informative and successful in spreading awareness about Gatka as a valuable traditional sport and cultural practice.

**Outcomes of the Programme:** Awareness about Gatka as part of Indian Knowledge System and development of physical fitness and self-defense skills, Equal participation of boys and girls promoting gender equality. This activity enhanced appreciation of India’s cultural and martial heritage

The Two-Day Gatka Training Programme proved to be a meaningful initiative in preserving and promoting traditional Indian martial arts. The Department of Physical Education expressed sincere gratitude to all the resource persons, coordinators, and participants for making the programme a great success.

