



Department of Physical Education & Indian Knowledge System Cell

Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib
Punjab, India (Autonomous College)

Organises

Gatka (Traditional Sikh Martial Art) Training Report

(23 to 29 October, 2025)

A month-long Gatka Training Program was organized under the Indian Knowledge System (IKS) framework at Sri Guru Teg Bahadur Khalsa College, Sri Anandpur Sahib, with the encouragement and support of Principal Dr. Jasvir Singh.

Gatka, the traditional Sikh martial art, reflects Punjab's rich martial heritage, promoting physical discipline, mental focus, and spiritual strength. More than 40 students participated and received training in techniques like Fari Soti, Single Soti, Mar Soti, and team formations, based on the core principles of Shastar Vidya — the art of weaponry.

The training was supervised by Librarian Mrs Mandeep Kaur, Prof. Babanjot Singh (Department of Punjabi) and coordinated by Dr. Gurpreet Kaur (IKS Cell Incharge). The program concluded with a live Gatka demonstration, which received great appreciation from students and faculty.

The trained Gatka team is now preparing to represent the college in upcoming inter-college and university-level competitions under the sports category.

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