

**Semester I**  
**PART – B: PRACTICUM COURSE**  
**BPC – 103 (B): INDIGENOUS SPORTS (MALKHAMBH)**

Credit			Teaching Hours			Assessment		
L/T	P/I	Total	L/T	P/I	Total	Int.	Ext.	Total
-	2	2	-	64	64	25	25	50

Lecture/Tutorials, P/I=Practical/Internship, Int.=Internal, Ext.=External

**ESSENCE OF THE COURSE**

This course will enable students to understand the basic skills of malkhambh and the ways to improve performance. It aims to develop understanding about the rules and regulations, types and dimensions of the malkhambh, duties of the officials (before, during and after the competition), duties of coach and captain, structure and functions of malkhambh federation.

**COURSE LEARNING OUTCOME**

**After completing this course, the students will be able to**

- acquire, analyze and interpret basic skills
- appraise the rules and regulation.
- demonstrate and assess various basic skills/techniques and game strategies.
- officiate in competition.

**COURSE CONTENTS**

Historical development of the malkhambh at national and international levels, National and International Bodies controlling malkhambh and their affiliated units, Major National and International competitions.

**FUNDAMENTAL SKILLS**

- Malkhamb-Salaami, Hold, Saadiudi, Bagaludi, Dashrangudi, Bagliudi, Veludi, Soydoro, Phirki, Padmasana, T.Balance, Pataka, Landing.
- Rope Malkhamb-Salaami, PadmasanaChadh, Katibandh1-2, Sadiadhi, Rikebpakkad, Rikebpagniadhi, Kamaradhi, Nakkikasadhi, Kamaradhi, Nakkikasadhi, Urubandhtedhi, Sadibagli, Do hatibagli, Kamarbandhbagli, nakkikasbagli, Dashrang, Hanuman pakad, Gurupakkad, various padmasana, Landing.

**TEACHING LEARNING STRATEGIES**

- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.

**SUGGESTED MODE OF TRANSACTION**

- Field Work/Viva/ learning by doing/Shadow Practice.

**ASSESSMENT RUBRICS**

- End Semester Exam (External)  
(Skill Proficiency, Project File, Officiating, Viva)
- Internal  
(Skill Proficiency, Project File, Officiating, Attendance, Viva)

**Marks: 50**  
**Marks:25**

**Marks: 25**