

*We are inspiration in action*



**The School UN Volunteers–India**

**Mahan Anjanadri Vidya Kendra, Bangalore, Karnataka**

**United Nations day celebration**

# UNITED NATIONS DAY

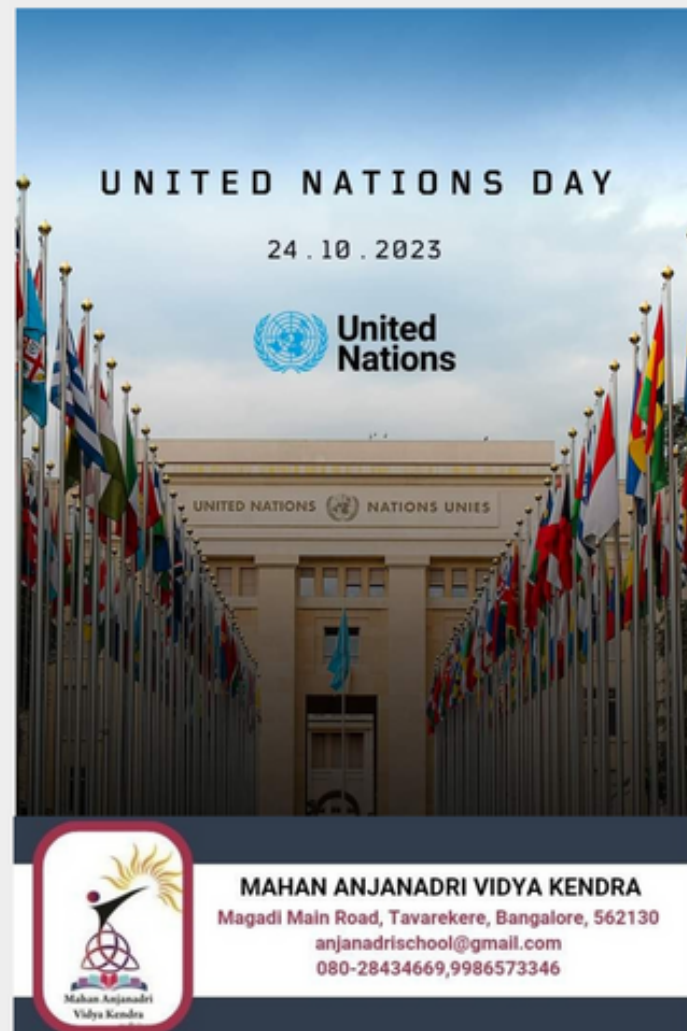


**CELEBRATION**

## PRESENTATION

**MALLAKHAMB: THE  
HARDLY TALKED-ABOUT  
INDIAN SPORT THAT IS  
THE TOUGHEST ON THE  
PLANET**

**THE SCHOOL UN  
VOLUNTEERS-INDIA**



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**Mahan Anjanadri Vidya Kendra, Bangalore**

# **United Nations Day Celebration**

**Event:** Introducing Mallakhamba: The Hardly Talked-About Indian Sport That Is The Toughest On The Planet

**Subject:** A Glimpse into India's Rich Sports History: Mallakhamba's Remarkable Journey

**Message:** Greetings from Mahan Anjanadri Vidya Kendra, Bangalore!

As we celebrated United Nations Day, we took a moment to reflect on a sport deeply rooted in our culture, a sport that has captured the hearts of our students and community. Mallakhamba, an ancient Indian discipline of strength and grace, took center stage in our UN Day celebration.

Mallakhamba is a sport like no other, where gymnasts perform incredible aerial yoga postures and wrestling grips in harmony with a stationary wooden pole or hanging rope. It's a testament to the human spirit's potential for contortion, strength, and death-defying gymnastics. This is an art form that

has been passed down through generations, and we are proud to uphold this tradition in our school, thanks to the Shree Anjanadri charitable trust, which has provided free training to over 50 budding sportspersons in recent years.

Our students, inspired by this remarkable sport, showcased their talents in a public exhibition on UN Day. The credit goes to their dedication and the support of our wonderful community.

We were honored to have Principal **Mrs. Rekha Kumbar** congratulate our young athletes who fearlessly embraced what is often considered the world's toughest game. Their performance was a true reflection of the spirit of Mallakhamba.

Looking back in history, it's fascinating to note that Mallakhamba has a connection to the 1936 Berlin Olympics, where its demonstration earned accolades from none other than Adolf Hitler. The Hanuman

Vyayam Prasarak Mandal, founded 22 years before the Berlin Olympics, received a medal from Hitler himself, bearing the symbol of an eagle clutching a swastika. This "Hitler Medal" is now a cherished artifact at a sports institute in Maharashtra, reminding us of the global recognition and significance of this sport.

As we celebrate this UN Day, let's remember the rich tapestry of our sports history and the resilience of our students in preserving these traditions

Mahan Anjanadri Vidya Kendra





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**UN INDIA**  
**VOLUNTEERS**

