

AGASTHYAM LEAF

Agasthyam: IKS Centre for Kalaripayattu

July - August edition



Two months. Countless milestones. And the warrior spirit of Agasthyam reaching places, people and possibilities

From training the forces that protect the nation to welcoming international delegations, setting a world record and empowering the next generation of warriors, it has been an extraordinary chapter at Agasthyam. Here's a look at the moments taking Kalarippayattu from its ancient roots into a much bigger future.

TRAINING IN MEDICAL EMERGENCIES



Kalari Warriors equip for Medical Emergencies: Agasthyam Foundation & KIMS Hospital Lead Life-Saving Workshop

In a pioneering step to blend martial tradition with modern emergency care, Kalari practitioners underwent a one-day intensive training to tackle urgent health situations. The program was organized by Agasthyam Foundation in collaboration with KIMS Hospital and led by Dr. Raju of KIMS.

The initiative, conducted at the directive of Gurukkal Dr. S. Mahesh, aims to equip Kalari exponents to respond calmly and effectively to physical and cardiac emergencies that can naturally occur during martial arts practice.

A Delegation from Russia and Singapore for a 2-day Cultural Festival

As part of a global tour to understand diverse cultural traditions, a delegation from Russia and Singapore visited Agasthyam for a two-day cultural programme.

The visit was organized on behalf of the Indian Knowledge Systems (IKS) Centre at Agasthyam. Gurukkal Dr. Mahesh introduced the delegation to the philosophy, history and practice of Kalarippayattu, Kerala's ancient martial art form.

On the first day, a special Kalari performance was arranged for the visitors, demonstrating the techniques, discipline and physical rigour of the art.

On the second day, a Kathakali performance was organized to help the delegates understand the traces and influence of Kalarippayattu in the classical and traditional art forms of Kerala.

The programme was conducted as part of a cultural study being undertaken with the assistance of the IKS Division, Ministry of Education, Government of India.



International Honour for Agasthyam: Gurukkal Mahesh to Lead Budo Global India

In recognition of his comprehensive contributions to the field of martial arts, Gurukkal Dr. S. Mahesh has received a rare international honour. He has been officially invited to become the head of the Indian Editorial Office of "Budo Global", a renowned martial arts magazine based in Russia.

Prof. Nikolai Smirnov, Editor-in-Chief of "Budo Global", 10th Dan Karate Master, and Honored Coach of Russia, sent a letter to Gurukkal Dr S. Mahesh regarding this.

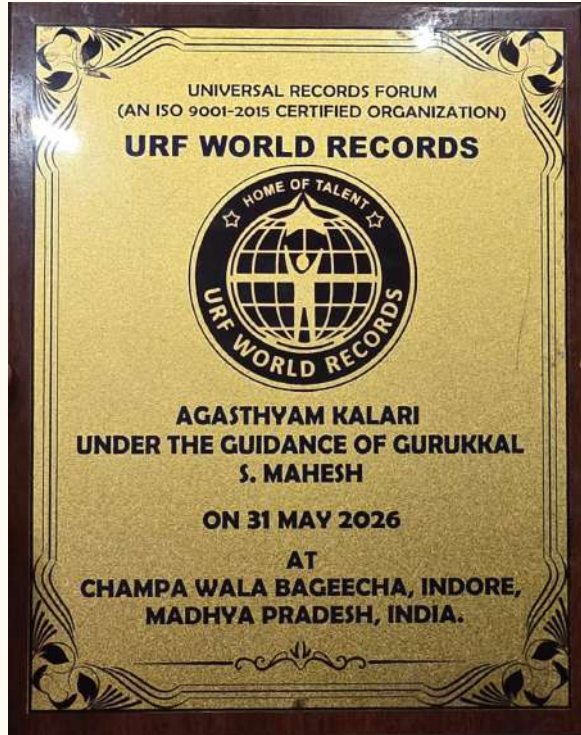


"Budo Global" is an international publication that covers topics including martial arts, health, history, culture, self-defense, and psychology. The magazine, which features writers from numerous countries including Russia, Belarus, Uzbekistan, England, USA, Australia, and Kazakhstan, has a significant global readership.

The letter states that the project aims to strengthen cultural cooperation between countries, promote non-politicized exchange of information, and foster "people's diplomacy." Citing the successful experience of running the Arabic Edition, he also expressed hope that the Indian edition would become a major international cooperation project.

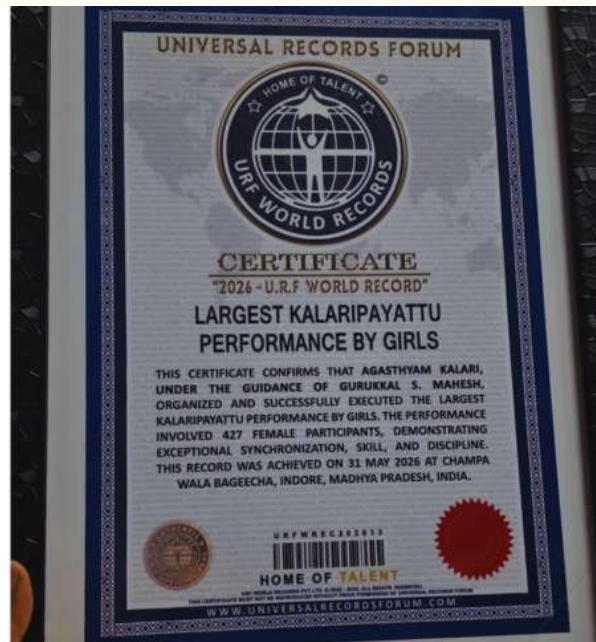
This recognition for a martial arts Guru from Kerala will help bring greater international attention to Indian martial arts traditions, especially Kalaripayattu.

Agasthyam Sets URF WORLD RECORD with the largest female Kalaripayattu Performance



Agasthyam foundation, under the visionary guidance of Gurukkal Dr S. Mahesh and with the active su from Indian Knowledge System (IKS) has achieved a groundbreaking milestone by setting a URF World Record for the Largest Kalarippayattu Performance by girls.

This historic achievement was realized on, May 31, 2026, at Champa Wala Bageecha in Indore, Madhya Pradesh. The performance, featuring 427 female participants has been officially recognized and certified by the Universal Records Forum (URF).



"The performance showcased a breathtaking level of synchronization, skill, and discipline, demonstrating the profound dedication of the young practitioners of Kalaripayattu." the URF has commented on the citation.

The event has been confirmed as a successful execution of a mass display of the ancient Indian martial art and hence awarded the U.R.F. World Record.

When Ancient Kalari Meets Modern Military: OTA Cadets Train at Agasthyam

Agasthyam Foundation Takes Up Mission to Train Future Indian Army Officers in Kalarippayattu

In a significant step toward integrating India's ancient martial heritage with modern military training, Agasthyam Kalari hosted 60 cadets from the Officers Training Academy (OTA), Chennai, as part of the academy's pre-commissioning program.

The visit formed part of OTA Chennai's intensive 49-week training course, which transforms cadets into physically resilient and mentally agile military commanders. OTA is the Indian Army's premier institution for training officers, focusing on leadership, strategy, and combat readiness.

During their day-long program at Agasthyam, the cadets witnessed live demonstrations by selected trained members of the Kalari and underwent focused training in practical Kalarippayattu techniques under Gurukkal Dr. Mahesh. The sessions emphasized combat applications and self-defense methods specifically adapted for life-threatening situations that officers may encounter in professional service.

The collaboration reflects Agasthyam Foundation's larger mission: to equip Indian Army personnel with the tactical advantages of Kalarippayattu. The Agasthyam IKS Centre for Kalarippayattu and Siddha tradition has been conducting a dedicated Teachers Training Course for selected members of the Indian Army, aiming to create a cadre of army instructors proficient in this traditional martial art.

The OTA cadets' training at Agasthyam underscores a growing recognition of India's traditional combat systems in modern defense preparedness. By bridging ancient practice with contemporary military needs, Agasthyam Foundation is contributing to a more holistic and culturally rooted approach to officer training.



Archery Training Imparted to Kalari Teachers at Agasthyam

Archery training was organized for the Kalari teachers' training team at Agasthyam as part of efforts to revive and integrate traditional Indian martial knowledge systems.

The training was led by the Indo-Vedic Traditional Archery Association. Twenty members from the IKS Centre at Agasthyam participated in the multi-day intensive programme.

The sessions and practical training were conducted under chief trainer Jaswindar Pal Singh.

Speaking on the significance of the training, Gurukkal Dr S Mahesh said, "Dhanurveda is not solely a weapon system. It is an Indian knowledge tradition embedded in survival, discipline and awareness."

He added, "Archery emerged from the hunter-gatherer way of life and evolved into a method of focus, ethics and skill. So such trainings are essential to reconnect people with this heritage and ensure that India's martial traditions are preserved, practised and understood in their true context."

The training focused on traditional archery techniques rooted in Dhanurveda, emphasizing concentration, body awareness, and ethical practice, complementing the physical and philosophical foundations of Kalaripayattu.

The initiative is part of a larger effort to bring together allied Indian martial traditions under the Indian Knowledge System framework and ensure their continuity through structured practice and pedagogy.



Australian Army Delegation Explores Kalaripayattu at Agasthyam

In a unique blend of defence diplomacy and cultural exchange, a delegation of eight high-level officials from the Australian Army, accompanied by officers of the Indian Army, visited Agasthyam Kalari to experience the traditional science of Kalaripayattu.

The delegation was given an in-depth introduction to Kalaripayattu, recognised as one of the oldest surviving martial traditions in the world. The visit featured powerful demonstrations by trained practitioners showcasing the distinct styles of the art, including bare-handed combat techniques and weaponry.

The programme included interactive sessions where the officials witnessed the rigorous physical conditioning, breathing methods and flexibility training designed specially by Gurukkal Dr S Mahesh based on Kalaripayattu - a complete system of physical culture.

A discussion was also held on the deeper philosophical and scientific aspects of the tradition - its roots in ancient Indian warrior ethos, its connection with Ayurveda and Marma science, and its principles of discipline, focus and mind-body harmony.

The Australian officials expressed keen interest in the holistic nature of the art, noting how it integrates martial skill with physical fitness, mental resilience and healing knowledge. The Indian Army officers highlighted Kalaripayattu's relevance in enhancing agility, close-combat skills and mental fortitude.

The TTC trainees in Kalari of the IKS Centre at Agasthyam also took part in this event.



Ramayana Month Celebration at Agasthyam

As part of the auspicious Ramayana Month celebrations, a soulful spiritual session was organized at Agasthyam - IKS Centre for Kalaripayattu and Siddhar Tradition.

Renowned veteran musician, Carnatic Guru and vocalist Dr. Vashamuttom Chandrababu led the session for the TTC and residential trainees of Kalaripayattu.

Dr. Chandrababu recited the first chapter of Adhyatma Ramayanam Kilippattu, the revered Malayalam poetic rendition of Valmiki Ramayana by Thunchaththu Ezhuthachan. The melodious and devotional rendering created a deeply spiritual atmosphere, captivating the young warriors in training.

Beyond the recital, he also guided the participants in chanting mantras connected to the sacred text, helping them imbibe its spiritual essence.

The programme was envisioned by Gurukkal Dr. S. Gurukkal with the aim of strengthening the mind, focus and inner resilience of the trainees.

At Agasthyam, Kalaripayattu is taught not just as a martial art, but as a holistic way of life where physical prowess is balanced with mental and spiritual strength.

The trainees described the session as an inspiring and grounding experience



Agasthyam SHAKTHI Bags Janani Award 2026

Agasthyam Shakthi members Raga Sankar, Gopika, Sulfia and Haripriya have been honoured with the Janani Award 2026 instituted by the APJ Abdul Kalam Foundation.

The award was presented in the gracious presence of Mata Amritanandamayi Devi, the Hon'ble Governor of Kerala, and Sri V. D. Satheesan. Janani is a global initiative that celebrates women leaders, entrepreneurs, educators and changemakers.

The award recognizes Agasthyam Shakthi's sustained efforts in women empowerment through Kalaripayattu, fostering confidence, courage and discipline among girls and women.



Kalaripayattu TTC Convocation for Indian Army and CRPF - First of its kind

On Guru Purnima, Agasthyam Kalari's IKS Centre for Kalaripayattu and Siddhar Tradition marked a milestone: convocation of its first Kalaripayattu Teachers' Training Course for Indian Army and CRPF personnel.

Backed by the IKS Division, Ministry of Education, the two-month residential programme trained four Army and three CRPF personnel in the Guru–Shishya Parampara. Designed by Gurukkal Dr. S. Mahesh and delivered by Agasthyam's senior Ashans, it framed Kalaripayattu as a complete knowledge system — physical training, mental resilience, ethics, yogic practice, meditation, healing traditions, and service.

Graduates received the Kalaripayattu Teachers' Training Certificate, qualifying them to carry the tradition into their forces and beyond - a step toward embedding Indian Knowledge Systems into institutional training.

The convocation was graced by Shri Vipul Kumar, IPS (IG, CRPF Kerala & Karnataka Sector); Shri Dharmendra Singh (DIG & Commander, Pallipuram); Lt. Col. Karthik (Deputy Commander, Pangode Military Station); and Prince Adithya Varma of the Travancore Royal Family, alongside Gurukkals, teachers, and students.



Warrior Spirit of India Captivated Lulu Mall

Lulu Mall, Thiruvananthapuram, witnessed a unique and memorable spectacle as part of its Onam Week celebrations, as Agasthyam presented 'Warrior Spirit of India', an innovative fusion of Kalarippayattu, Indian martial traditions and contemporary stagecraft.

The programme aimed to spread the message and spirit of Kalarippayattu, while introducing its rich martial heritage to a wider and younger audience. Deeply rooted in Indian tradition and infused with contemporary youthful energy, the performance brought the valour, discipline and warrior traditions of India alive on stage.



Martial arts sequences and portrayals of legendary warriors and war heroes unfolded through elegant choreography, creating a powerful visual experience that left hundreds of onlookers spellbound. The energetic presentation generated great enthusiasm and was received with warm appreciation and applause.

The programme was conceived and directed by Gurukkal Dr. S. Mahesh, who sought to present Kalarippayattu not merely as a martial art, but as a vibrant expression of India's warrior heritage capable of connecting meaningfully with the younger generation.



Self Defense Training for Student Police Cadets

An intensive three-day Onam camp for Student Police Cadets (SPCs) of Karthika Thirunal G. V. & H. S. S. for Girls, Manacaud, was held at the school campus from August 28 to 30.

As part of the camp, the IKS Centre at Agasthyam conducted a special self-defence training programme based on the traditional martial art of Kalarippayattu under its Agasthyam Shakthi initiative.

The programme was part of Agasthyam's Shakthi initiative aimed at equipping the girl cadets with practical self-defence skills while introducing them to the physical discipline and traditional knowledge associated with Kalarippayattu.

The sessions were led by Gurukkal Dr. S. Mahesh, who interacted with the cadets and inspired them to develop confidence, discipline and physical preparedness. Ashans from Agasthyam provided hands-on training in selected Kalarippayattu-based self-defence techniques.

Around 70 Student Police Cadets participated in the training programme. The initiative highlighted the role of traditional martial arts in empowering young girls with confidence and the ability to respond effectively to challenging situations.



Agasthyam Celebrates Onam in Traditional Spirit

Agasthyam celebrated Onam in a distinctly traditional Kerala style, bringing together students and staff in a vibrant display of culture and camaraderie.

The celebrations featured a traditional Kerala feast, Pulikali, arrival of the King Maveli, tug-of-war, pookkalam-making competitions and traditional dances. Students of Agasthyam, including those from the residential programme and TTC, took part enthusiastically in the festivities.

The campus came alive with the colours, rhythms and joyful spirit of Onam. Gurukkal Dr. S. Mahesh blessed the participants and conveyed his Onam greetings, adding a traditional touch to the celebrations



MARK YOUR CALENDARS Upcoming events:

Navaratri (September/October)

9 Days of Shakti

Daily events, Devi worship, Mega Admission Festival

Vijayadashami, Vidyarambham - Best day for new admissions and initiation into Kalari

Deepavali (October/November)

Light the Warrior Within

New batches, festive offers

Annual Warrior Festival (December)

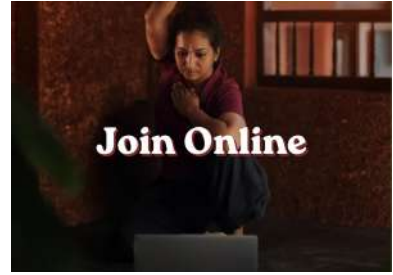
Student grading, demonstrations, awards, alumni gathering



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+91 8848482913

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Agasthyam Kalaripayattu, Thiruvananthapuram, Kerala, South India

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