



Wrestling training in Haryana: an exploratory study

¹Lalita Sharma, ²Dr. Sachin Sharma, ³Dr Pravin Kumar

¹Research Scholar, ²School of Management Studies, ³School of Education
CT University, LUDHIANA (Punjab) INDIA

Abstract

On the basis of the scientific work that is currently available, the goal of the study is to provide a significant source of motivation to current and future wrestlers, promoters, educational institutions, and wrestling organizers so that they can develop new guidelines, improve existing facilities, and enhance organizational and administrative set-up patterns. Its purpose is to increase people's awareness of wrestling among the general population. Under this explore the previous state of wrestling, Diet, Techniques, Rules and Regulations, Types of Wrestling, Training, and Titles of Wrestling. This is a survey sort of research.

Keywords: Wrestling, History and Hindu epic

Introduction

The Hindu epics Mahabharata and Ramayana both have several allusions to wrestling, making it one of the oldest sports in the country. Wrestling, also known as Mallam Yudhha, seems to have been practiced in India much before the arrival of the Aryans. As the Indian Epics attest, the wrestlers Jacaranda, Bhima, Karna, and Duryodhana mentioned in the Mahabharata were among the best of their time. Ramayana mentions Hanuman, a more realistic wrestler. Also mentioned in the 'Milla Purana' are the 'Jyesthimallas,' a group of Brahmin wrestlers from Gujarat. Traditional Indian monarchs and aristocrats looked down on wrestlers but made sure they had a balanced diet of milk, beats, sweets, sugar, and exquisite desserts. Wrestlers' health and quality of life were maintained in large part by regular exercise.

Wrestling was popularized and sanctioned by the British government of India, who even enlisted some of the best competitors in the sport. There is much planning and preparation going on between the Indian warriors and the British military. As a result, wrestling flourished as a popular sport in India, and the country is now ranked in the top 10 in the world. Before the 1960s, little changed in this regard. India hosted the World Wrestling Championship in New Delhi the same year. Wrestling has several forms in India, including the more common "freestyle," as well as "technique," "winning," "local," and others. Wrestling techniques are



now integrated into various hand-to-hand combat systems. The present era is a time of great innovation. Indian wrestling may be broadly categorized into two styles: Milla Kida and Malouda. Milla Kida refers to a kind of game similar to wrestling called Malouda. For Vedic events, freestyle wrestling has been the norm rather than other systems. In India, freestyle wrestling takes the shape of Pushti or Kushi. Malakai: Malakai is a distinctive style of wrestling that has spread far throughout the globe from its origins in South Asia. Wrestling of this kind is popular in many parts of India and Pakistan. Wrestlers put a belt around their opponent's waist and take turns trying to throw him to the ground. Among the ancient Indian fighting styles used by the Estimable, Vajra-Mushi (also translated as "precious stone clench hand" or "thunder-clench hand") stands out. In this game, the ammunition is referred to as "Indra-Mukti," which alludes to Lord Indra's iron fist. Phelan, often spelled "Kusti," is a wrestling technique with its origins in South Asia. Mixed wrestling is a hybrid of the Indian style of 'malla-yuddha' and the Persian style of 'varzesh-e bastani. Historically, there were four distinct styles of Indian wrestling, each with its own unique set of rules and techniques: Bhimaseni, Hanumanti, Jambuvanthi, and Jarasandhi. If you're a wrestler with incredible form and skill, you should consider learning the Bhimaseni style. Wrestling of this kind provides the request, next the quality, and finally the application. More and more wrestlers are specializing in this kind of wrestling. By virtue of his trained superiority, the wrestler can secure victory. Jambuvani Wrestlers utilize grips and bolts to subdue their opponents. Team Jarasandhi: The Jarasandhi style of wrestling is the most dangerous in India since its focus is on causing the opponent's limbs and joints to shatter. The methods used to determine a winner in Indian wrestling allow for yet another categorization of the sport. There are three of them, and they are: Orthia: In this style, victory is achieved by repeatedly taking down one's opponent. When a wrestler loses in Kato Pale, he raises his right hand, index finger up, as a sign of defeat.

Training

Even though wrestling on the Indian subcontinent evolved between the Mughal period and the border period, the same basic technique has been followed for over 150 years. Young wrestlers may get their start as young as 6, but most don't begin serious training until they're in their teens. The local master takes them under his wing and trains them in an akhara, or traditional wrestling school. Their only item of basic clothing is the kopeenam, which is like to a loincloth. The goals of vayama, or physical preparation, are to build strength and flexibility. Wrestlers use their own bodyweight in a variety of exercises, including the Surya Namaskar, Shirshasana,



and danda (all of which may also be found in hath Yoga), as well as the Bethak. Using another person's weight as a shield is called sawari (from the Persian word for "the wanderer," savari).

An Old Pehalwan Exercise with Indian Clubs

The following weight training tools may be included into workout routines: An empty stone Nal chamber with a pull handle. In order to further fortify oneself against danda and bethak, one may wear a spherical stone ring known as a Gar Nal (neck weight) around their neck. Hanuman's club is called a Gada (Mace). For an action gada, you'll need a large, round stone and a bamboo staff that's at least a meter long. The trophies are presented as silver and gold gada. A few mugdar and several Indian clubs. Dhakuli, which involves twists, climbing a rope, pulling and running on one's legs, and jogging, is another possible component of an exercise routine. Back massages are acknowledged as a crucial element of a wrestler's exercise program. A typical preparation day will proceed as follows: Danda push and squats at 3 a.m. (bethak).

over four thousand Five kilometers of continuous jogging, then a swim, and then heavy stone and sandbag lifting will round up your workout. At 8 a.m., under the supervision of their teachers, pupils begin three hours of continuous wrestling in dirt pits. There are around 25 consecutive coordinates here. It all starts off with the varsity wrestlers. The youngest members of the group are dismissed last. Oil knead is given to wrestlers at 10 a.m., and then they have some relaxation. At four o'clock, after another round of back rubbing, the pupils struggle for another two hours. A pause at 8 o'clock allows the wrestler to recharge.

Diet

The Samkhya school of thought states that all things, from people to activities to foods, may be categorized into one of three gunas: sattva (calm/great), rajas (active/dynamic), or tamas (dull/torpid). Wrestlers eat a lot of ghee since it's considered a Sattavic diet. Wrestling, being an extraordinary activity, has an innately rajasic tendency, which pehlwan counteract by eating sattvic foods. Almonds, milk, and ghee make up the holy trinity of the pehlwani khurak or diet since they are considered to be the most sattvic of all foods. Chickpeas cultivated for a few months in water and then cooked with salt, pepper, and lemon are a common snack for pehlwan; the water in which the chickpeas were grown is also considered healthy. Apples, wood-apples, bananas, figs, pomegranates, gooseberries, lemons, and watermelons are only some of the organic foods that have been recommended in several articles published in the Indian wrestling



month Bharatiya Kushti. Vegetable juices, especially those made from oranges and greens, are also recommended for their sattvic qualities. Despite the tamasic nature of meat, some pehlwan consume it. Wrestlers should avoid foods that are too acidic or too heavily spicy, such as chatni and achar as chaat. Garlic, cumin, coriander, and turmeric are sufficient mild spices. Use of alcoholic beverages, cigarette products, and the herb known as paan will unquestionably weaken one's health.

Techniques

It's been said that kushti has techniques used in almost every style of wrestling across the world, including those that can only be found on the Indian subcontinent. The most common types are fasteners, throws, pins, and resting holds. In contrast to its ancient forerunner malla-yuddha, kushti matches do not include any striking or kicking. The Dhobi Paat (bear throw) and the Kasauta are two of the most popular supported moves (choke stick). The Baharli, Dhak, Machli Gota, and Multani are just a few of the many techniques available.

Review of literature

(Starke 2015)studied “Wrestling With Tradition: Japanese Activities at Amache, a World War II (Calder 2010)Incarceration Facility” found out about it In order to study the Japanese American imprisonment facility of Amache, I use archaeological, archival, and oral history methods to examine the activities of the incarcerated Japanese. In my opinion, these intergenerational activities helped to close the cultural divide that existed within the Japanese-American community for numerous decades. The first time many detained Japanese Americans were exposed to many of their cultural traditions was during their time in prison. After being imprisoned, the emerging social context included elements of Japanese, Japanese American, and mainstream American culture. Archaeological studies, likewise, enable the analysis of traditional practice aspects. Evidence of the importance of Amache's adapted terrain may be seen in these specimens. Observations reveal that Amache internees wanted to preserve and celebrate their Japanese history while also incorporating non-traditional rituals reflective of their difficult living circumstances during imprisonment, as seen by these traditions.

(Stokowski et al. 2018)studied “Work Motivation and Job Satisfaction of Sport Management Faculty Members” found out about it Sport management faculty members' work motivation



and job happiness levels are examined in this study, as well as any correlation between their job satisfaction levels and their work motivations. In a study of 193 sport management faculty members, the Job Satisfaction Survey and the Motivation at Work Scale were used to gauge their satisfaction with their jobs. Faculty members were shown to be happier with their jobs when it came to the work itself, their supervisors, and their colleagues, but less happy when it came to their salaries, working conditions, and recognition. The greatest mean intrinsic motivation was found among the participating sport management faculty, although work satisfaction was also shown to be strongly connected with the regulation found.

(Suvarna Sankar 2016)studied “Training Stress And Its Effects: A Study Among Athletes And Burnt Out Athletes Of Kerala” sports is one area where India falls behind some of the poorer countries, but this is not because to a lack of skill. When it comes to the youth level, Indian athletes compete with some of the world's finest, but at the senior level, they appear to lag behind, which might be due to a variety of causes, including insufficient training. Performance may plateau owing to central nervous system adaptation and a lack of stimulation if the same actions are repeated with the same intensities repeatedly.

(Lippitt 2012)studied “Motivation, Need Support and Need Satisfaction in Youth Soccer Players” discovered that particularly in the United States, racial differences in physical activity and obesity are substantial (CDC, 2011). Youth sport involvement is a common method for increasing physical activity levels in young people, which may be impacted by the motivation of the athletes. Innumerable research studies have examined the levels of motivation among young athletes, but only a few have attempted to compare those levels across various ethnic groups.

(Kniesel, Opitz, Wossmann & Ketelhut, 2009). There were no significant differences between "white non-Hispanic" and "other ethnic" groups in the mean scores from the subscales of the modified Sport Motivation Scale, a need support scale, and a need fulfillment scale.

(Sciences and Skills 2014)studied ““The Golden Quest for India in Olympic Games With reference to performance since 1984” found out about it The Olympic Games are the most renowned and attractive sporting event on the planet, and every athlete wants to be a part of it. In these games, winning is always a challenge, but it's also doable. These games have been a huge success for many smaller nations. Since 1984, India has had relatively less success in these games compared to the other nations.



(Gholampour et al. 2019) studied “Research Trends and Bibliometric Analysis of a Journal: Sport Management Review” found out about it It is common practice in scientometrics and other types of research to use bibliometric tools to examine a particular topic of study or magazine. Using the Web of Science (WoS) citation database, a bibliometric analysis was conducted to examine the research patterns of the Sport Management Review magazine between 2011 and 2018.

(Pereira, Vinod, and Periasamy 2019)studied “Off-Season break, quality of life & sport satisfaction among elite Indian athletes” revealed that and Elite athletes have a distinct set of pressures that may heighten their risk of mental health issues. Several important elements have been studied, including the psychological effects of injury, overtraining, and burnout, as well as the constant monitoring of the general public and the media (Rice et al., 2016) [29]. Other important areas of players' lives such as Sport Satisfaction and Quality of Life have been overlooked in previous Off-Season Break study. Furthermore, there is a lack of study in the Indian setting on the subject. Researchers are looking at the influence of off-season breaks on athletes' general quality of life and sport satisfaction.

Conclusion

While the paper's primary focus is on the sport's history and significance in India, it also includes a broad overview of the field, noting that Indian wrestling represents one of the oldest reforms of combat wrestling and has enjoyed widespread popularity across demographics and centuries.

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