



OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Role of Akhadas to the Promotion of Physical Fitness of University Wrestlers of Maharashtra

Dr .BankatYadav

Head of Department Physical Education

B.S.CollegeBasmathDist:-Hingoli

Abstract

To State although there are many akhadas in Maharashtra state the contribution of these akhadas is known. These akhadas have been established during the ruling period of Chatrapati Shahu Maharaj. But nobody has tried to study the roll & contribution of these akhadas in making state, National and International level champions. The researcher of this study to find out the contribution of these akhadas as well as the methods or strategies implemented in these akhadas for development of skills and physical fitness. Statement of the problem of my research is "Role of Akhadas to the Promotion of Physical Fitness of University Wrestlers of Maharashtra." Objectives of the Study, to investigate and evaluate the historical background of akhadas in Maharashtra State, find out one of the best akhadas in Maharashtra State. Delimitation is this is historical research and has been confined to Maharashtra State only. Significance of the Study, This study will revive the original history of akhadas and provide its actual Historical and experimental base. This study will help in finding out the skills and fitness regimen which are tried in different akhadas. Methodology and Data collection, since it is a historical and experimental research the process of data collection is different. In face the data for this research will depend on two types of sources. Primary sources and secondary sources used for this study. They are recommended undertaking systematic training in wrestling for culture of wrestling in Maharashtra Kolhapur, Sholapur, Pune etc. district is very strong and therefore the Youth are the benefit of one's health and fitness. Akhadas must prepare the admission register for the wrestlers and must generate the standard facilities for hostel, modern gym, special diet, etc. Akhadas must maintain the record of the winning wrestlers in various competitions and to provide better training, there must be a provision for hiring top class coaches or trainers.

Key Words – Akahada, Talim, Physical Fitness, University, Wrestlers, Maharashtra



OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Introduction

Sports- being a cultural phenomenon, there is constant need to acquire higher standards of performance demand of optimum physical fitness. Likewise, wrestling the oldest sport also demands an optimum physical fitness, as it has become a popular competitive sport among the worldwide nations.

Fighting is man's birth instinct, which is known as today wrestling. Its development can be traced back to primitive human being. When man had no weapons, he had to learn hand-to-hand fight to struggle against enemy to live. As time went on and certain tools of defense were developed, Wrestling becomes less important as a means of survival. However, the event is continued in sport competitions as an art to satisfy men's natural urge to engage a fellow men in combat. This change of emphasis probably established wrestling as an activity in competitive sport.

Today in fact winning laurels at international sports arena has become a prestige issue and every national tries to produce top class sportsmen for international competitions. For this, they conduct research systematically to identify factors that help in achieving levels of skills and fitness to attain top performance. The same importance in research seems to be insignificant in wrestling.

History:

The ancient South Asian form of wrestling is called malla-yuddha. Practiced at least since the 5th century BC and described in the 13th century treatise MallaPurana, it was the precursor of modern pehlwani. In the 16th century India was conquered by the Central Asian Mughals, who were of Mongol descent and officially patronized Persian culture. They brought the influence of Persian and Mongolian wrestling to the local malla-yuddha, thereby creating modern pehlwani.

In the recent past India had great wrestlers of the class of the Great Gama(of British India and after portion Pakistan) and GobarGoho. India reached its peak of glory in the IV Asian Games (later on called Jakarta Games) in 1962 when all the seven wrestlers were placed on the medal list and in between them they won 12 again when all the 8 wrestlers sent to the Commonwealth Games held at Kingston, Jamaica had the distinction of getting medals for the country. During the 60's, India was ranked among the first eight or 4 nine wrestling nations of the world and hosted the world wrestling championships in New Delhi in 1967.



OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Pehlwans who compete in wrestling nowadays are also known to cross train in the grappling aspects of judo and jujutsu. Legendary wrestlers from the bygone era like Karl Gotch have made tours to India to learn the art of pehlwani and further hone their skills. Karl Gotch was even gifted a pair of "mudgal" (exercise equipment used by the Indian wrestlers). The conditioning exercises of pehlwani have been incorporated into many of the conditioning aspects of both catch wrestling and shoot wrestling, along with their derivative systems. These systems also borrow several throws, submissions and takedowns from pehlwani.

In Indian wrestling vyayam or physical training is meant to build strength and develop muscle bulk and flexibility. Exercises that employ the wrestler's own bodyweight include the Surya Namaskara, shirshasan, and the hand, which are also found in hatha yoga, as well as the bethak. Sawari (from Persian savari, meaning "the passenger") is the practice of using another person's bodyweight to add resistance to such exercises.

Exercise regimens may also employ the following weight training devices.

1. The nal is a hollow stone cylinder with a handle inside.
2. The gar nal (neck weight) is a circular stone ring worn around the neck to add resistance to hands and bethaks.
3. The gada is a club or mace associated with Hanuman. An exercise gada is a heavy round stone attached to the end of a meter-long bamboo stick. Pahalwani trophies take the form of gadas made of silver and gold.

Exercise regimens may also include dhakulis which involve twisting rotations, rope climbing log pulling and running. Massage is regarded an integral part of an Indian wrestler's exercise regimen. Even though wrestling is one of the oldest sports. The availability of appropriate researches on wrestling is significantly less in sports literature than other competitive sports.

Kolhapur district of Maharashtra is well known for wrestling akhadas but the proper literature about its existence and performance of the wrestlers who are playing in these akhadas is not available. Hence the researcher of this study has planned to survey these akhadas and see the contribution of these wrestler at state as well as national levels.

Statement of the Problem:



OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Although there are many akhadas in Maharashtra state the contribution of these akhadas is known. These akhadas have been established during the ruling period of ChatrapatiShahuMaharaj. But nobody has tried to study the roll & contribution of these akhadas in making state, National and International level champions. There are lots of wrestlers who many have played in different levels of championships in state but the records are not available. The researcher of this study will try to find out the contribution of these akhadas as well as the methods or strategies implemented in these akhadas for development of skills and physical fitness. Statement of the problem of my research is " Role of Akhadas to the Promotion of Physical Fitness of University Wrestlers of Maharashtra."

Objectives of the Study:

1. To investigate and evaluate the historical background of akhadas in Maharashtra State.
2. To find out one of the best akhadas in Maharashtra State.

Hypotheses:

On the basis of literature available so far it was hypothesized that:

1. H₁O : The training program would be contribute to improve
 - a. Agility endurance, stamina and(quickness) flexibility of the wrestler players.
2. H₂O : The training program would not contribute to improve skill abilities of the wrestlers.
3. H₃O : The contribution of akhadas for to improve the performance is significantly more.

Delimitation:

This is historical research and has been confined to Maharashtra State only.

Significance of the Study:

- 1.This study will revive the original history of akhadas and provide its actual Historical and experimental base.
- 2.Today in fact winning laurels at state and national sports arena become a prestige issue and every akhadas tries to produce top class sportsman for state and national international competitions. For this they conduct research systematically to identity factors that help in achieving levels of skills and fitness to attain top performance. This study will help in finding out the skills and fitness regimen which are tried in different akhadas.



OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Operational Definition of terms used:

1. "Akhada means wrestling place; lists a gymnasium"
2. "Akhada means this place is also used for exercise and practice of wrestling"

Wrestling:

Contest in which two opponents grapple and try to throw each other to ground.

1. Hard struggle.
2. Have wrestling match.

Wrestling:

"Wrestling means the two wrestler bouts take place in pit filled with soft earth or soil"

Limitation:

- This is a research work has been confined to Maharashtra State university wrestlers.
- The present research work is in connection with the wrestling akhadas.
- In this research work it is proposed to study the role of akhadas to the promotion of physical fitness of university players.

Methodology:

Data collection:

Since it is a historical and experimental research the process of data collection is different. In face the data for this research will depend on two types of sources.

1.Primary sources:

An attempt will be made by the investigator to locate all possible sources concerning Akhada form Maharashtra i.e. Kolhapur, Sholapur, Pune, Aurangabad, Nasik ect. District. The investigator will visit all the akhadas present in the Maharashtra and will take interview of the in charge of Akhadas. For this a customized opinionative will be prepared and this will be applied to each Akhada .

2.Secondary Sources :



OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: *Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)*



The secondary sources will be records of JhilhaRashtriyaTalimSangh, District sports office files, transcripts, few books periodicals etc. The interview with office bearers of wrestling akhadas in Maharashtra and of other associated people will be secondary sources for this study.

Recommendation:

1. They are recommended undertaking systematic training in wrestling for culture of wrestling in Maharashtra Kolhapur, Sholapur, Pune etc. district is very strong and therefore the Youth are the benefit of one's healthy and fitness.
2. Akhadas must prepare the admission register for the wrestlers and must generate the standard facilities for hostel, modern gym, special diet, etc.
3. Akhadas must maintain the record of the winning wrestlers in various competitions and to provide better training, there must be a provision for hiring top class coaches or trainers.

References:

1. *Sports in India* (July 1959). The publication Division Govt. of India.
2. *Oxford Dictionary*.5) Editor KK Chaudhari Govt. of Maharashtra State
3. *Gazetteer Dist. Kolhapur*. Page no.2
4. *M.K. Deshpande (2001) Marathi-English Professor Dictionary page No.41*
5. *SharireekShiksanachaItihasG.N.Purandare*. Page no.186.
6. *File:Http://bhartiyakustipatrika.bloghspot.com/*