

IFSIJ IMPACT FACTOR: 6.225

ISSN: 2455-15

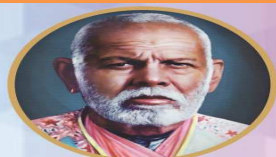
SANSKRUTI

International Multidisciplinary Research Journal

PEER REVIEWED & INDEXED JOURNAL

Special Issue: 013

November – 2022



Rayat Shikshan Sanstha's

Sadguru Gadage Maharaj College, Karad

(An Autonomous College - Affiliated to Shivaji University, Kolhapur)

Accredited 'A⁺' with CGPA 3.63 by NAAC • ISO 9001 : 2015 Certified College

RUSA Beneficiary & NAAC designated Mentor College

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

in collaboration with

Shivaji University, Kolhapur

• Organizes •

ONE DAY NATIONAL CONFERENCE

On

RECENT TRENDS AND CHALLENGES IN PHYSICAL EDUCATION AND SPORTS

Tuesday 11th October, 2022



Sponsored by



RASHTRIYA UCHHATAR SHIKSHA ABHIYAN (RUSA), DELHI

Website : www.sgm.edu.in E-mail : sgmkarad@yahoo.com

Special Issue Editor: Dr. Mahendra Kadam-patil

Convener: Mrs. Vidya Patil

Editor-in-Chief: Prof. Santosh Bongale



IFSIJ IMPACT FACTOR: 6.225

ISSN: 2455-1511

SANSKRUTI

International Multidisciplinary Research Journal

PEER REVIEWED & INDEXED JOURNAL

Special Issue: 013

November - 2022

Rayat Shikshan Sanstha's

Sadguru Gadage Maharaj College, Karad

(An Autonomous College- Affiliated to Shivaji University, Kolhapur)

Accredited 'A+' with CGPA 3.63 By NAAC ISO 9001:2015 Certified College

RUSA Beneficiary & NAAC designated Mentor College

One Day National Conference

On

**RECENT TRENDS AND CHALLENGE IN
PHYSICAL EDUCATION AND SPORTS**

Organized by

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

**In collaboration with
Shivaji University, Kolhapur**

Tuesday, 11th October, 2022

Special Issue Editor: Dr. Mahendra Kadam-patil

Convener: Mrs. Vidya Patil

Editor-in-Chief: Prof. Santosh Bongale



32	CONSTRUCTION OF PHYSICAL FITNESS NORMS FOR PRIMARY SCHOOL STUDENTS OF STANDARD VTH AND VI TH OF SOLAPUR DISTRICT IN BARSHI TOWM <i>Dr. Vijayanand Shivlral Nimbalkar</i>	144-146
33	MEDITATION & STRESS <i>Dr. Nagnat Gajmal</i>	147-148
34	SPORTS JOURNALISM THE NEW ASPECT OF SPORTS INDUSTRY <i>Amieetaj Uttamrao Mane, Dr. S. E. Kangane</i>	149-153
35	THE YO YO SPEED & ENDURANCE TEST <i>Mr. Suchay S. Khopade, Dr. Sharad V. Bansode</i>	154-157
36	MODERN TECHNOLOGY IN HIGHER EDUCATION <i>Dr. Dinesh Kumar Kimta</i>	158-160
37	RECENT DEVELOPMENTS IN PHYSICAL EDUCATION AND THEIR POSSIBLE IMPLICATIONS ON HIGHER EDUCATION <i>Rajmanti Kimta, Dr. Shamsher Singh</i>	161-162
38	COMPARATIVE STUDY OF PHYSICAL FITNESS COMPONENTS OF SPEED BETWEEN KHO-KHO AND FOOTBALL PLAYERS <i>Dr. Sushant T. Magdum</i>	163-167
39	SPORTS SPECIFIC PERSONALITY OF PLAYERS <i>Aniket Ambekar, Dr. Avinash Asnare</i>	168-170
40	EFFECT OF MEDITATION ON MENTAL TOUGHNESS AND SPORTS COMPETITIVE ANXIETY AMONG ARCHERY PLAYERS <i>Dr. Sarika Jagtap</i>	171-175
41	THE RELATIONS BETWEEN TYPES OF MOTIVATION IN SPORT AND PERCEIVED SPORT COMPETENCE <i>Dr. Swapnil Dnyandev Patil</i>	176-182
42	SOCIAL STATUS AND SPORTS PARTICIPATION <i>Prof. Chatse Ashok Jayaji, Dr. Shejul Madhav D.</i>	183-185
43	SPORTS JOURNALISM <i>Dr. Chandrakant B. Satpute</i>	186-187
44	STRESS ON PHYSICAL AND PSYCHOLOGICAL HEALTH OF THE SPORTS PARTICIPANTS <i>Mr. Ajoy Singha</i>	188-190
45	THE IMPACTS OF SPECIFIC TRAINING ON BADMINTON SKILLS <i>Abhijeet Garg, Dr. Navneet Aasi</i>	191-194
46	THE TRADITIONAL INDIAN WRESTLING HOLDS. <i>Dr. Vikramsinh P. Nangare, Mr. Ganesh M. Lawangare</i>	195-196
47	ARTIFICIAL INTELLIGENCE IN SPORTS <i>Dr. Leena Bhimrao Patil</i>	197-201
48	IMPORTANCE OF YOGA IN SPORTS <i>Dr. Deepak S. Patil- Dange, Miss. More Samruddhi Nandkumar</i>	202-204
49	COMPARISON OFSELECTED PHYSICALFITNESS VARIABLES OF RESIDENTIAL AND NON-RESIDENTIAL SCHOOL STUDENTS. <i>Dr. Mahesh Rangrao Patil</i>	205-207

THE TRADITIONAL INDIAN WRESTLING HOLDS.

Dr. Vikramsinh P. Nangare¹, Mr. Ganesh M. Lawangare²

¹Director of Physical Education & Sports, R.C. Shahu College, Kolhapur, Maharashtra, India.

²Asst. Prof. Department of Physical Education R.C. Shahu College, Kolhapur

ABSTRACT

As wrestling in India is played in mud, it is called mud wrestling (kushti). Kushti is an ancient Indian game, which is played in Maharashtra from ancient times. This paper describes the various hold (types) of mud wrestling. The objective of this present paper is to develop awareness of traditional Indian wrestling & the various hold (types) of mud wrestling.

Key words: Traditional Wrestling, wrestling holds.

THE TRADITIONAL INDIAN WRESTLING HOLDS.

The Indian wrestling holds (types) can be divided into four categories.

A) HANUMANTI WRESTLING

The holds full of skills, strategies and tactics used by Hanumanti such as leg hold and throw, cross buttock, leg hook and throw, arm and leg throw. Wrestling fought with expertness and holds.

B) BHEEMSENI WRESTLING

The type of holds requiring strength and power used by Bheemseni, such as lifting the opponent above the shoulder level and throwing him down, neck press etc.

C) JAMUWANTI WRESTLING

The wrestling in which locks and chokes are used. It holds full of locks used by Jamuwanti.

D) JARASANDHI WRESTLING

The wrestling in which body parts are twisted and broken. It includes the locks namely neck lock, ankle lock, arm lock, etc.

Limb breaking holds used in Jarasandhi wrestling, includes shoulder lock, hand pull and wrist lock on the back, strangle hold and wrist breaking etc. Generally untrained and unskilled villagers who have enough strength usually make full use of Bheemseni wrestling, whereas Hanumanti wrestling has an advantage to beat even a strong opponent by applying tricks and skill holds. In Jamuwanti wrestling, by use of locks, a wrestler is able to bring his opponent under his control and can make him feel exhausted. And in Jarasandhi wrestling, by means of limb breaking holds, a wrestler can harm the opponent. Wrestling provides an opportunity to every individual of any age to develop stamina, strength, flexibility and ability to qualify the

confidence, courage and patience, which are essential for leadership. Wrestling, as a sport evolved for the youth of the country and it can rightfully represent the tradition and antiquity as well. At present wrestling is very popular in each and every nook and corner of our country. Especially in the villages of India it does not require equipment and can be practiced by the youth themselves.

CONCLUSION:

From the above conclude that through the traditional wrestling in India does not have much importance, but the types of hold in the wrestling at the international level is of very much importance as it has historical benefit and this is what we have to preserve. Indian traditional wrestling holds are based on scientific principle and it is our responsibility to keep this culture alive.

REFERENCES.

- Dubey, B.P. *Wrestling a natural sport. XXVII National Championship souvenir, 1978, p. 106.*
- Datta, U.M. Development of Wrestling in India. II Haryana State Wrestling Championship Souvenir, 1969, p.20.
- Fiesher, Nat. From Mil to London. New York: C.J. Obrien Inc, 1936, p.14.
- Gallagher, B.C. and Rex Perry. *Wrestling.* New York: AS Barner and Company, 1952, p.11.
- Umbech and Johnson, *Successful Wrestling,* p.13
- Gable,D.(1999).Coaching Wrestling successfully. *Human Kinetics :U.S.A.*
- Kant, Greene . *A Pictorial History of Wrestling.* Czechoslovakia: Hamplyn Publishing Group, p.59. 3 Dubey,
- Liman,B.(2006).Kushtimallvidyetiladhunic tantra-mantra.Pune: prakashakP.Jadhav
- Majumdar, D.C. *Encyclopedia of Indian Culture.* Baroda: Companions, Baroda, India. 1950, pp. xxi-xxii.