



An Exercise in the History, Importance and Changing Nature of this Game Type of Wrestling in Physical Education

Prof. Vikas Bhanudas Takale

Head Department of History, Arts & Commerce College, Rahu

Abstract

India has got ancient traditions. This includes social, cultural, political, financial, and educational traditions. Wrestling is the identity and donation of an ancient India. Wrestling has changed since ancient times till date. Indian players have changed the gameplay to a different height by wrestling these changes. Wishing the tradition of wrestling, the pride of the country is also preserved. In India, Hindakesari, In Maharashtra, Maharashtra Kesari such important events are held. Girls are stepping down in the wrestling area along with their children. Girls thrash India's tricolor in wrestling in Olympics. Many wrestlers have got job opportunities in different areas due to wrestling. Therefore many parents are allowing their children and girls to play wrestling. Maharashtra has been building quality wrestler from village to urban level. This is more than the international medal of this wrestler.

Key word: - Exercise, History, Importance, Changing, Nature, Wrestling.

1. Introduction

Human beings on earth are different from other animals. There is no alternative to sports for every development of humanity. Human beings have stressed on the need for protection and protection from ancient times. Attempts have been made to achieve the appropriate immunity through physical education. The importance of physical health seems to be the same as from ancient times to modern times. Wrestling has an important role in the history of wrestling from ancient times in various forms of physical and mental strength. Force conservation was given to protect the enemy. Over time, its appearance has changed. In modern times strength is being strengthened for physical and mental strength. Wrestling is such a big role for such mental and physical strength. Wrestling is being played in the world since ancient times. Historical evidence of this is still happening everywhere. Wrestling had existed in India since ancient times. The evidence is available from ancient texts. In addition, the contribution of the Mall of Maharashtra in the development of Indian wrestling is very big.

Physical education is an important place in the development of the country and the human. Therefore, various programs are organized in physical education for the purpose of physical and mental development of the students. They are encouraged to acquire new skills. This will increase the player's attitude among students. In addition, it is also used to develop mental, emotional, social and physical development of the students. The goal of physical education is not only limited to activities, but also the sacrament on mind, emotions and thoughts. Indian culture has retained its place in the ancient ancient culture of the world. Physical education is a tool for individual development and protection of society. To enhance the physical strength and military education of the youth, the bravery,

unity and dignity of the nation and wrestling to increase patience can also be attributed to the ancient and Shiva tradition.

2. Wrestling History

Maharishi Vyas in the Ramayana, Maharshi Valmiki has mentioned the game of wrestling in the Mahabharata, Homer elied, Phedadasi has written Shahnma in many books. Rambhakta Hanuman, Mahabali Krishna and Balram were the inventive wrestlers. Emperor kansha had built a large ground for the wrestlers. The wresties between Vali-sugriv, krushna-mushtik, krushna-chanur, bhim-jimut, bhim-kichak, bhim-jarasandh are well known. Even during the period of Shivaji Maharaj, the elephant killed by Yasji Kunk at Govalkonda was killed on his own strength. Shivaji Maharaj found a record of villages for the gymnasium in the sub-center. Even during British times, Rajarshi Shahu Maharaj himself used to play wrestling. He had given wrestling a royal patronage to this game. He made a lot of efforts for the development of wrestling. Kolhapur became an important center for wrestling from Shahu Maharaj's era. Mahatma Jyotiba Phule, Lokmanya Tilak Vasudev Balwant Phadke had wrestling under the guidance of lahuji vastaj salave in Ganjpatite in Pune. Swatantravir savarkar played wrestling in the gymnasium of Nashik. Swatantryaveer Savarkar and Anant Kanheare were the wrestlers of the Marathwada gymnasium. In 1912, the International Amateur Wrestling Association was established. From 1920 the Indian wrestling team started participating in international wrestling. In the same period similar rules were applied to all types of weights. In 1948, the Indian Wrestling Council was established. Since 1953, Maharashtra wrestling competition was being organized in 'Maharashtra Kesari'. From 1959, the book 'Hind Kesari' was started. Since 1968, the book 'Bharat Kesari' has been started. But wrestling is the only sport that is played everywhere around the world. There is a wrestling where a man resides in a human race.

In India wrestling and Greco Roman wrestling types are played. But there is a great deal of wrestling in India and Maharashtra. Greco-Roman wrestling is famous as the top-scorer wrestling. Today the Greco-Roman wrestling type has been recognized as internationally recognized. Free-style wrestling is played in Britain, United States of America, and France. The popularity of this wrestling type is quite large. Hanumanti, Jambuwanti, Bhimseni and Jarasandhi are the four wrestling types in India. These wrestling types are considered traditional wrestling types. Japan's first emperor bushtoku wrestled with his children, and chose the heir to the kingdom. His son koroshito won wrestling. Koroshito ruled in the name of shiwo. European philosopher Plato himself was a wrestler. Pythagoras was defeated by his disciple Mila. American founder George Washington was a Virginia champion wrestler. Former US President Abraham Lincoln defeated Elonom's wrestler Jack Armstrong. American freedom fighter Ben Franklin liked wrestling. In the sixteenth century, Emperor Eighth Henry of England and French Emperor Francis first challenged wrestling with each other.

In India, Kolhapur Kurundwad Satara Pune Nagpur also has a great tradition of wrestling in Baroda Indore Patiala Agra Delhi Haryana. In India, Motilal Nehru, Jawaharlal Nehru, Yashwantrao Chavan, Mamasahab Mohol, Balasaheb Desai, Sharad Pawar helped in wrestling. Many wrestlers from the same wrestling sector came into politics.

1. Hind Kesari Maruti Mane - MP,

2. Sambhaji Pawar – MLA
3. Chhabrao Bokey - Chief of the Town
4. Manod Devre - elected as President of Zilla Parishad.

There are many such examples. Satpal Singh Harishchandra Beirajdar, Kartarsing Sureshkumar, the wrestler remained in high positions. Many of the wrestlers have given their careers in the field of lawyer doctors and police teachers. Now women's wrestlers are ready in India. The tradition of female wrestlers in India is big. Hamida Bano's name is the leader in this. Jankibai Barignin of Nashik established the Akhaadha in his math. Today the gymnasium is famous as 'Shekadoba'. Jhansi's wife Laxmibai's bodyguard, Jhalakari Bai was herself a wrestler. Even today, wrestling women's wrestlers are on the front. Mumbai's Kaushalya Wagh, Sneha Hagwane, Murugad's Kamal Jadhav, Sugandha Mane at Vadgaane, Madhuri Gharal of Kog, Pushpa More, Vinesh and Phogat Bhagni, Sakshi Malik etc. are still representing India in international wrestling competitions.

2. Wrestling changing format

The world is wrestling from ancient times to the whole world. This game has to be maintained at every level of society. Wrestling was practiced as a tradition in western countries. Wrestling is also loved in India and Maharashtra. Village-based gymnasiums have been constructed. Efforts have been made to create a strong and powerful generation. One of the family's favorite likes to go to the gym. That's why the gymnasium is full of gambling. Wrestling grounds have been filled up for tourists and festivals. Better diet, a lot of exercise and muscular body made the new generation strong and strong. Thus, the state of Maharashtra was formed. Traditionally, the wrestling-laden fields were replaced by wrestling by large-scale field wrestling. The nature of traditional wrestling started to change. The hard-working wrestlers came to famous. Due to wrestling, the general staff of the community got financial support. Apart from this, this game created a large number of opportunities for family members to be honored and respected. During the traditional practice, wrestling was started in a disciplined manner. In order to promote the games and the players by organizing competitions at various levels in a series of stitches and lectures, work has been done. In the past, wrestling has been done with valuable work to keep the game at a certain height.

3.1 Wrestling Change Approach

Time does not stop for anyone. As time goes by, the attitude of society changes as well. The living example of this is the influx of girls in the wrestling game. Significantly, special and important is the fact that the identity of the game is different from wrestling. A wily wrestling game is one of the strong, powerful and man games. But the rituals, teachings, health and love and respect from this game have given the girls and their parents a taste of this game. In the dream, this game has come true in the form of an unimaginable idea, that is, 'Women's wrestling'. In the beginning it was a matter of curiosity all over India. But today women's wrestling seems to have reached a certain height. Girls are being encouraged for wrestling in large numbers from rural areas. Parents' mentality seems to turn from negative to virtuousness. Wrestling in the parents creates a confidence that my son / daughter can become an ideal citizen, he can remain healthy, get the name, money, publicity in society, and also achieve good success in education. If everyone gets the opportunity to play and get education, then

everyone will be assured that the future will be created automatically by the wrestlers.

3.2 Future opportunities

Today, India is moving towards becoming a world power. Government goals are reflected in the changes in terms of speed. The government has largely neglected the players or wrestlers. But in the present time this situation seems to have changed completely. There are many instances of possible 'impossible to make education' to the game. After the completion of his career as a sportsman, the government has made huge reservations for Army Recruitment, Police Recruitment, and Reserved Sports. We have all the latest examples of getting the high quality holders involved in class one position.

3.3 Advice for the wrestlers

1. Give the game an opportunity to join
2. Avoid doping
3. Keep a great deal of respect in every area of society
4. Become BaloPasak
5. Do not forget the tenacity, force, and sadhana
6. Keep positivity in consideration and behavior etc.

3.4 Wrestling games and professionalism

In India, the game and the players are looking to create a new ring. In order to speed up the development of the sports sector in India, it was decided to start a pro league in every sport. So that the game will be promoted and promoted, but the intrinsic quality holders have created a great opportunity for players to gain international recognition. By accumulating a player commercially and increasing the quality of the game. There will be no doubt that Maharashtra wrestling riot will bring good days to the wrestling sector on these lines in Maharashtra. The life of the doves and the wrestlers will increase, they will get publicity, the doors of future opportunities will open and Indian wrestling will continue to scale the successes of the game. A sportsperson can become the central minister. The area is covered. Therefore, the field of sports is also a part of a career as a new generation can accept it.

4. Concluded

Rajarshi Shahu Maharaj had developed a tradition of wrestling in the British during British rule. Without competing in wrestling, only with strength and strength, not only with strength and strength, but with skill, determination, speed, technique and cremation, power can easily be overcome. Controlling physical fitness, taking care of health, exercise before wrestling, body and mind health through special exercises increasing and maintaining, mindful, calm and equitable thoughts are of utmost importance Schedule has been included yoga, pranayama and meditation. There are also new challenges of wrestling in front of us today. To encourage the government welfare by promoting wrestling in large numbers, the wrestling sector can be encouraged and educated globally.

Bibliography

1. Howell Maxwell (1963), "Effect of credit training on the modified step test, research curtly.
2. Datta U.M, (1969), "Development of wrestling in India", II Haryana state wrestling championship souvenir.
3. Dudhane Sanjay (2002) "Ashiyai Krida Spardha", Dimaond Poblication, Pune.
4. Shirshath Shekhar, "vedh Kushticha" Dyansamidha Publication, Aurangabad-
5. Sakal newspaper
6. Lokmat newspaper
7. Pune District kustigir Sangh Report 2018