

**“An Ornament of the Great Indian wrestling Mr. Sushil Kumar”- A Case Study
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Abstract:

The purpose of this study was to highlight the contributions and achievements of world champion and two time Olympic medalist Sushil Kumar towards Indian wrestling, to enlist his professional leadership qualities and to study his philosophy with regards to Indian wrestling. The data for investigation were derived from personal records, pictorial records, published material and secondary sources. Survey technique was used to obtain responses and reactions about world champion and Olympic medalist Sushil Kumar from selected eminent sports persons, contemporaries, coaches and physical educationists from all over the country through opinion rating questionnaire to get desired information. He was the first Indian wrestler won the Gold medals in world championship. He was the Olympic bronze medal winner in 2008 at Beijing and Silver medal at London Olympic Games, 2012. He won the Gold medal in Delhi Commonwealth Game, 2010 and Glasgow Commonwealth Game, 2014. He was honoured with Padma Shri award in 2011. He was recipient Rajiv Gandhi highest khelratana award in 2009 and was the recipient of Arjuna award in 2005.

Keyword: Case study, Wrestling, Akhada, Coach etc

INTRODUCTION:

Wrestling considered one of the most ancient and oldest sports in the world, wrestling in India has a glorious past. Wrestling has been popular in India since ancient times. Wrestling is counted amongst the most prestigious and oldest events in the Olympic Games, included in the Olympics in 708 BC. In ancient times, wrestling in India was mainly an exercise to stay physically fit. The wrestlers, traditionally, use to wear a loin cloth, langota. It was also used as a great way of military exercise without any weapons. Wrestling in India is also known as dangle, and it is the basic form of a wrestling tournament. Wrestling in India is most famously known as Malla-Yuddha. There are also mentions of wrestling in ancient times. These can be found in the great epic of Indian history. Mahabharata includes mention of wrestling in India. The 13th century Malla Purana has the reference of a group of Gujarati Brahmin wrestlers known as Jyesthimallas. One of the premier characters in Mahabharata, Bhīma was considered to be a great wrestler of the time, and some of the other great wrestlers included Jarasandha, Duryodhan and Karna. In the other Indian epic, Ramayana also mentions wrestling in India and Hanuman is described as one of the greatest wrestlers of his time.

A practitioner of this sport is referred to as a pehlwan while teachers are known either as *ustad* or *guru*, depending on their religion. Many southern Indian practitioners of traditional Malla-yuddha consider their art to be the more "pure" form of Indian wrestling, but most South Asians do not make this clear distinction and simply view *kusti* as the direct descendent of ancient malla-yuddha, usually downplaying the foreign influence as inconsequential

Wrestlers Training

Statement of Problem: In the present study the scholar wants to introduce one of the laurel sportsmen in Indian sports history and wrestling Mr. Sushil Kumar. Therefore the research title stated as follows.

“An Ornament of Indian wrestling Mr. Sushil Kumar”- A Case Study

Objective of the study: The purpose of the present study is to assess the facts behind the successful performance of Sushil Kumar in wrestling.

- To understand his family background.
- To know his childhood days, birth place and education.
- To comprehend his interest regarding sports.
- To study his diet.
- To understand his daily routine work.
- To gauge his achievements.
- To study his present social status...
- To understand his nature, behavior and hobbies.

Delimitations:

- The study was delimited to the wrestler Sushil Kumar.
- Further, information took obtained from relatives and friends of Sushil Kumar.
- The study was delimited to the coach/Trainer/fitness experts who are directly associated with Sushil Kumar.
- The investigator collected the information from all possible written sources available from the literature.

Limitations:

The study is limited to the facts which are either not revealed by the wrestler himself or for some unconscious efforts which could not understand by researcher.

Definitions and Explanation of terms:

Case Study: “Case study is a comprehensive study of a social unit of a person, a group, a social institution of a district or a community”.

Wrestling: The sport or activity of grappling with an opponent and trying to throw, hold them down on the ground, typically according to a code of rules.

Coach: A person who teaches and trains the members of sports team and makes decisions about how the team plays during games.

Akhada: In India, a training facility or outdoor arena for wrestlers.

‘He had gone to the Akhada for routine wrestling practice’

Wrestler: Wrestler is the player who has played wrestling sport.

METHODOLOGY:

The information of Sushil Kumar and the people who have influence him will be collected through two methods of survey study which are most appropriate like questionnaire and interview method. Questionnaires will also be prepared for different people (relatives and friends) who have directly or indirectly influenced Sushil Kumar in his carrier. The self-made questionnaire will be prepared with the help of exports from the field of wrestling, physical education and sports.

Selection of Subjects: Sushil Kumar Solanki was selected as main subject for this study. But other person those who have directly and indirectly influence him were selected as first category of subjects. They are included Sushil’s wife Mrs. Savi Solanki, his father Mr. Diwan Singh, His mother Mrs. Kamala Devi, His both brothers Amarjeet Singh and Manjeet Singh, His father-in-law and Guru Mahabali Satpal ji and his Coaches Mr. Yesvir Singh and Mr. Ramphal Mann.

Sources of Data (Information's): The data for the case study on Sushil Kumar was obtained with the help of questionnaire and by face to face interaction method. The questionnaire will be constructed with the help of experts for getting all kind of information's from the successful wrestler Sushil Kumar and all those who are associated somehow with him. Questions related to the childhood interest, his starting carrier in the game, sports interest, and interest in the social activities. Questions related to wrestler's association with friends, relative and their pressure on Sushil Kumar for participation and expectations of people from the different parts of the country will also be kept in the questionnaire. All those who are near and dear to the Wrestler himself will also be visited by the research scholar with the kind of questions to get the information's interaction and interview may prove to be the best method for better understanding of Sushil Kumar.

Brief Particulars about the Subject:

Full Name	Sushil Kumar Solanki
Name Recognized with	Sushil Kumar
Nick Name	Sushil
Present Address	Chhatrasal Stadium Block D & B, Gujranwala Town, Delhi, 110009
Permanent Address	Village Baprola, District Najafgarh, South West Delhi
Date of birth	26 May 1983
Age	34 years
Place of birth	Baprola, near Najafgarh
Father's name	Chaudhary Diwan Singh
Mother's name	Kamala Devi
Coaches	Guru Satpal ji and Yasvir Singh
Height	168 cm
Weight	75 kg
Marital status	Married
Wife's name	Savi Solanki
Children's	Suvir and Suwarn
Brothers	Amarjeet and Manjeet
Blood Group	O ⁺
Educational Qualification	Bachelor in Physical Education
School	Primary School Municipal Corporation of Delhi.
Collage	Noida Physical Education Collage, Nodia
Religion	Hindu
Food habit	Vegetarian
Nationality	Indian
Favorite Actor	Amitabh Bachchan
Favorite Movie	Chak de India

Response of Sushil Kumar through the interviews:

1. How many members are there in your family?
There are ten members in my family.
2. What was your Father?
He was motor driver in MTNL (Mahanagar Telephone Nigam Limited)
3. What was your Mother?

- House wife
4. What are your children doing?
They are only 3 years old so they are started to go to school.
 5. Educational Qualification?
Master in Physical Education from Noida Physical Education Collage, Noida.
 6. Where did you last work?
Chief ticketing inspector in Northern Railways
 7. Now do you have any position?
Deputy Director of Education (sport), Delhi Government
 8. Are you a vegetarian or non-vegetarian Non vegetarian?
Totally Vegetarian
 9. Favorite food?
All milk products
 10. At what time did you sleep?
10.00 PM
 11. At what time did you go for practice? Do you have habit of exercise?
5 AM, yes, I practice wrestling in Akhada and also practice other exercises daily half an hour.
 12. Do you have a habit of reading Books?
No, I have no habit of reading books.
 13. Newspapers you read?
Yes, mostly sports related news
 14. What is your hobby?
Wrestling and others games playing and looking
 15. Your best friends
YogeswarDutt
 16. Is your child come to sports?
Yes –my both sons daily come in Akhada for practice and watch the wrestling bouts of the wrestlers.
 17. Do your brothers or sisters have any relation with wrestling or sports?
Yes- my whole family members are wrestlers. My Grandfather, fathers, my Uncle and my brothers are also wrestlers.
 18. Other sports or games?
I like to play Football, Basketball, handball and others games for fitness.
 19. Why did you choose wrestling?
In my childhood, I was interested in wrestling because wrestling culture in my village was from ancient time and I usually practice with my friends in my village Akhada from early childhood.
 20. Which wrestler influenced you the most?
My Guru Mahabali Satpal ji he was Asian Champion and Olympian wrestler.
 21. Is there anyone else in your family who is interested in wrestling?
My cousin Sandeep was interested in wrestling and he was international wrestler. But he got injury so he dropped wrestling.
 22. Who was your first coach?

- My Guru, Satpal ji
23. Have you played any other game in your school days? If yes, which game?
Yes – I played all Games but Mostly wrestling and judo.
24. Who is your favorite coach?
My Guru, Satpal ji and Mr. Yasvir Singh
25. Which coaching camp was the turning point in your game?
Junior National Training camp in NIS center Patiala, in 1997.
26. Favorite wrestler in India?
Guru Satpal ji and Rakesh Kumar (Phanty)
27. Favorite wrestler in the world?
Alexander Medved, was the seven time World Champion, 3 time Olympic Champion and 3 time European Champion.
28. Which one was your most favorite tournament?
FILA, world Championship
29. Your family might have motivated you throughout your career, Please comment?
My brothers used to play with me in my childhood and my Grandfather and father was interested in wrestling. In my whole wrestling career my father daily bring milk, almonds and others nutrients in Chhatrasal Stadium from my home. I am here only because of my family.
30. When did you get selection in the Indian camp?
In year 1997, at the time of cadet national wrestling championship
31. Compared to other countries what is your opinion about wrestling in India?
According to Sushil-“Indian is the mother land of wrestling so Indian wrestling history is very rich from ancient time. Now Indian wrestling gave the medals in every world level tournaments and India is one of the powers in medals tally.
32. Who is the best wrestler in Indian new generation?
There are a lot of talented wrestlers, like Yogeswar Dutt, Bajrang Punia, Rahul Aware and Sakshi Malik, Babita etc.
33. Are you satisfied in your career and achievement recognition by the Nation and states?
Yes, I am satisfied with my achievement and recognition. But I am not satisfied with performance and growth of Indian wrestling.
34. Which is your memorable wrestling bout?
In 2008 Olympic bronze medal bout and FILA world wrestling bout in 2010
35. Is there any wrestler in your family or relative?
My Grandfather, father, Uncle and brothers are also wrestlers.
36. When did you become popular in your field?
At that time, I won the Beijing Olympic medal.
37. Who was your role model?
Guru Satpal ji
38. Best day in wrestling career?
Bronze medal winning day in Beijing Olympic, 2008. After world Champion of FILA World Wrestling Championship, 2010 and last Silver medalist of London Olympic, 2012
39. What time did you start to wrestling?
From my childhood

40. Which is your first international tour in wrestling?
World Cadet Wrestling Championship 1998
41. You were won any medal in first tour.
Yes, won the Gold medal in my first tour.
42. Most memorable day in your wrestling career?
On the day when I got selection to Junior Indian wrestling Team.
43. Do you suffer any serious injury in your life?
Wrestling can't possible without injury I had to face much injury in my wrestling carrier but they are recoverable.
44. At present who is the best wrestler in the world?
Alexander Medved
45. What is the qualification of a wrestler?
Strength, Agility, Coordination, flexibility, Physical Fitness, he should have some in born qualities.
46. What are the qualities of a wrestler?
Discipline, Determination, Courage, Game awareness, Power etc are basic qualities.
47. How many countries have you visited as part of the game?
More than 50 countries I have visited as a wrestler participant.
48. What is your advice to upcoming wrestlers?
I advised to upcoming wrestlers to study the basic skill perfectly. They should have sense, they can acquire any skill through coaches or other wrestlers, but he should have his own sense then only he can perform well.
49. What are you expect from Physical education student like me?
You have to find out the hidden talent of the student and put the talented student in right track and inform it to the expert coach and student's parents. After all you have to remove fear factor from the student's mind.

Educational Achievements: He was very famous in his school because he participated in each and every sport. Sushil Kumar ran away to school to participate in the regionals Dangal. He gave the best performance in Dangal and School sports events. Sushil was studied nursery to class 8th in his villages Primary School of Baprola. That Primary School was governed by Municipal Corporation of Delhi. He took admission in 9th class in Delhi Government School Baprola. And he completed 10th to 11th from National Open School Delhi. Sushil Kumar won 4 medals in National School Games. Later Sushil Kumar completed his Graduation in Bachelor of Physical Education from Noida Collage of Physical Education.

Wrestling Achievements during collage: In his school time Sushil Kumar Participated in various state and national school games wrestling tournaments. He participated first time in 32 kg weight category under 14 in year 1995. He became the state champion and national champion in this weight category. In year 1996 he participated in 36 kg weight category and won the state and national gold medal. Next year he participated in 45 kg weight category and won the state and national Gold medal. In year 1998 he participated in 50 kg weight category and he became state and national champion in this weight category. In next year he participated in 54 kg weight category and he once again achieved the Gold medal in state and national. In year 2000 he participated in 58 kg weight category and he became champion in state and national in this weight category. Sushil Kumar

participated in all India wrestling championship in 66kg weight category during his bachelor of physical education from Noida collage of Physical Education. He won the Gold medal in 66 kg.

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