

**A SUMMARY OF
WRESTLING AND ITS PROMOTION IN INDIA A CASE STUDY OF
ARJUNA AWARDEE ASHOK KUMAR**

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The investigator collected the information about the Arjuna Awardee wrestler Shari Ashok Kumar from the subject himself, his friends, family members and teammates. The investigator also procured information about him from all possible written sources available. The present study aims to make an assessment and analysis of the factors that were responsible for the successful spotting career of Shari Ashok Kumar with particular reference to his wrestling career, performance and achievements thereon. The investigator preferred interview technique to collect necessary information for the case study on Shari Ashok Kumar, his life, career and contributions to the wrestling. The investigator visited Rohtak (Haryana) several times and conducted exclusive interviews with Shari Ashok Kumar, his family members and friends.

The investigator held the scheduled interview with Shari Ashok Kumar first on 08-12-2011 and later on at many places, and many times at Rohtak (Haryana) and his native place, Sundana village, Rohtak. For gathering information on Shari Ashok Kumar life, career and contribution to the wrestling-articles, reports and statements published in newspapers and journals were also taken into account.

The study was purely descriptive-cum analytical in nature, based on the interview method. The household schedule method along with interview technique was used to gather necessary information. The data collected have been analyzed on the basis of information furnished. The background offers vital information about various aspects of the subject. The subject of the present study Shari Ashok Kumar was born on 2nd January 1968 at “Sundana” a small village in Rohtak district of Haryana State. As a child he was quite naughty, very active and loved sports right from the childhood days. As a young boy the subject did not show much interest in academic studies. He also completed his diploma in coaching in wrestling on 10th bases.

The subject was of the opinion that he belonged to a lower middle class family at the initial stage and now feels that his socio-economic condition is much better, which rose his family to the middle class category. The subject has also opined that he received a lot of encouragement from his family members at the beginning of his sporting career and also after reaching some stage of performance. The subject also faced financial problems during his initial stages of wrestling career. In his school days he actively participated in wrestling and other out-door activities. It

was the influenced of his friends especially Rohtas (Arjuna Awardee), Ombir (Arjuna Awardee), Dharmbir (Olympian), Suresh, Raj Singh international coach, Shamsheer (Bainswal), Vinayak (Veena) and Dr Sanjeet Malik great wrestlers that motivated him to take further interest in sports. According to the opinion of his friends the subject has a very positive, favorable optimistic die-hard and challenging attitude and has a lot of perseverance and winning attitude. He has overcome all odds. He is given to sports and takes wrestling as a challenge and has accepted it as a profession. This clearly shows that the subject has overcome of adverse conditions only through hard work, effort and dedication to the sport of wrestling supported and assisted by his friends and by all the family members.

The subject of the present study did not show very keen interest in academic studies. He studied up to 10th standard and he has done his Diploma in coaching (wrestling) on 10th basis. This may be due to the over-importance given by the subject to wrestling career and training. Probably the subject must have thought that the educational life would be a hindrance in the serious work and performance in wrestling. The overload and over training aimed at achieving the goal set forth by the subject in wrestling career must have forced him to drop out at the far end of the higher primary education. Financial problems and lack of concentration on the academic subjects added up to this. The subject started his earlier wrestling in the Sundana village, Rohtak district, Karnataka. In the beginning he started wrestling practice in “Akhara” which is located outside the village. This Akhara was large enough and well equipped. Sundana was a small village in Rohtak but in those days more than 50 young wrestlers were practicing and a few of them became India’s famous wrestlers. Sundana is only 10 km away from Rohtak. Rohtak is famous for wrestling and many great wrestlers and Arjuna Awardee produced by Rohtak district and encouraged the wrestlers to promote wrestling. There are many National, International and Olympian wrestlers produced by Haryana which is small state nearby of Delhi. Rohtas, Ombir, Ranbir Dhaka and Captain Chand Roop were the great wrestlers and coach of Ashok Garg, who influenced him and thus motivated him to continue this wrestling profession. He likes milk, Ghee, Butter, Badam shake and fruit juices and some special meat. He consumed almost 2 liters of milk and 1/2litre of crushed Almond milk in the morning and plenty of fruits and fruit juice at regular intervals, (almost 1 liter of orange juice per day) after the morning and evening practice. At 11.00 A.M. the subject used to have lunch, which contained Chapati, Dal and vegetable and

rice all made of ghee. The subject used seasonal fruits and vegetables in ample quantities. He also used more of liquid diet. The subject seemed to have a reasonably good knowledge and understanding of the diet and nutrition required for a competitive wrestler.

Mr. Ashok Kumar Garg used to conveniently distribute food items for the morning breakfast, lunch and dinner and took milk, fruits and fruit juice at regular intervals to facilitate his participation in hard training. The subject was against any doping agents and was in favor of all natural food products that would provide him more of carbohydrates, proteins, vitamins, minerals and water. This would satisfy the nutrition requirements for his long duration bouts. The subject gave adequate gap between the different sessions of food intake. The information furnished about the subject revealed that he got up early morning at 4.00 A.M. and went to bed at about 10.00 P.M. in the night. In between the wrestling training sessions, he liked to relax well. He spent most of the time in Akharas and the rest in certain domestic work. The subject was judicious in distributing the time quite well from morning till night with more emphasis on regular training, adequate relaxation and sleep. The subject was very much interested in listening to stories and also enjoyed sports TV channel and food with his close associates. He used to carry out 2000 dands and baithaks, rope climbing, digging the mud for half an hour. In the afternoon from 4.00 PM onwards after finishing warm-up exercises, he practiced 400 dumbbells, 300 dips, and exercises for half an hour, and two hours wrestling with other wrestlers every day. The performance and achievements of Shari Ashok Kumar, at various national and international tournaments are given below.

He played nearly more than 1000 wrestling bouts and about 31 international tournament/championship in his wrestling career. He has two children, Harsh and Daksh. Harsh Garg studying is 10th and the younger son, Daksh Garg at present he is studying 7th class in Indus Public, Rohtak. The subject felt highly elated, when honored with the prestigious awards such as Arjuna Award 1993 and Bhim award 1989 by Govt, of Haryana. He has received a number of awards and prizes for his outstanding performances as a wrestler at various levels of competitions. Shari Ashok Kumar Garg one of the team members and visited Australia, Germany, Spain, Afghanistan, USSR, China, Pakistan, Japan, Mangolia, Canada, Iran, Iraq, USA and Syria. Most of the factors discussed previously have had a lasting impact on the subject's

performance and achievements, which are remarkable at various levels of competition. Shari Ashok Kumar is a highly respected man in the society. He has been invited to inaugurate almost all the wrestling tournaments in all over of India. He has participated as an umpire in many important tournaments. He is known for his impartiality and a very sharp sense of judgment. He is hardly at home throughout the year and he is continuously on the move to encourage and develop this sport. He is widely acclaimed and recognized through North India region. His guidance and suggestions are sought by many in the field of wrestling in India.

Table No. 4.1: Achievement of Shri Ashok Kumar at International Level

Sr. No.	Name of Competition	Venue	Year	Position Secured
1.	International Great Britain Challenge Cup	Manchester	1987	Gold Medal
2.	World Police Fire Games	Vancouver (Canada)	1989	Gold Medal (FS)
3.	World Police Fire Games	Vancouver (Canada)	1989	Gold Medal (GR)
4.	4th SAF Game	Islamabad	1989	Gold Medal
5.	Common Wealth Wrestling C.S.	Victoria (Canada)	1993	Gold Medal
6.	6th SAF Game	Dhaka	1993	Gold Medal
7.	World Police and Fire Games	Melbourne (Australia)	1995	Gold Medal (FS)
8.	World Police and Fire Games	Melbourne (Australia)	1995	Gold Medal (GR)
9.	Common Wealth Wrestling C.S	Melbourne (Australia)	1995	Gold Medal
10.	International Wrestling Champion ship	Damascus (Syria)	1989	Silver Medal
11.	International SADAM Wrestling Champion ship	Bagdad (Iraq)	1989	Silver Medal
12.	J.L. Nehru Gold Cup	Delhi	1989	Silver Medal
13.	Common Wealth Wrestling C.S	Dunedin (New Zealand)	1991	Silver Medal
14.	Pre-Olympic wrestling Championship	DPR Korea	1992	Silver Medal
15.	15th Common Wealth Games	Victoria (Canada)	1994	Silver Medal
16.	World School Boys Cadet Wrestling Championship	Missoula (USA)	1983	Bronze Medal
17.	International world level wrestling competition	Abakan	1990	Bronze Medal
18.	Olympic Games	Barcelona	1992	Participation
19.	11th Asian Games	Beijing	1990	Participation
20.	12th Asian Games	Hiroshima	1994	Participation
21.	World Wrestling Championship	Toronto	1993	Participation
22.	World Wrestling Championship	Bulgaria	1991	Participation
23.	World Junior Wrestling Championship	West Germany	1986	Participation

24.	Asian Wrestling Championship	Tokyo	1990	Participation
25.	Asian Wrestling Championship	Delhi	1991	Participation
26.	Asian Wrestling Championship	Tehran	1992	Participation
27.	Asian Wrestling Championship	Magnolia	1993	Participation
28.	International training cum wrestling competition	USSR	1987	Participation
29.	International training cum wrestling competition	USSR	1989	Participation
30.	Pre- Asian Wrestling Championship	Beijing	1990	Participation
31.	International wrestling championship	Tehran	1993	4th position
32.	International Takhit Cup	Tehran	1994	7th position
33.	International training cum competition wrestling championship	USSR	1994	participation

Table no. 4.2: Performance at National Level Competitions/Championship

.No.	Name of Competition	Venue	Year	Position
1.	National Wrestling Championship	Chawala	1988	Gold Medal
2.	National Wrestling Championship	Pinkari	1989	Gold Medal
3.	National Wrestling Championship	Banaras	1991	Gold Medal
4.	National Wrestling Championship	Bhilwara	1992	Gold Medal
5.	National Wrestling Championship	Sangali	1993	Gold Medal
6.	All India federation cup	Farakkabad	1993	Gold Medal
7.	All India federation cup	Patna	1994	Gold Medal
8.	National Wrestling Championship	Bhopal	1987	Silver Medal
9.	All India Police wrestling championship	Delhi	1989	Gold Medal
10.	All India Police wrestling championship	Chhawala	1990	Gold Medal
11.	All India Police wrestling championship	Patna	1991	Gold Medal
12.	All India Police wrestling championship	Bhopal	1992	Gold Medal
13.	All India Police wrestling championship	Lucknow	1993	Gold Medal
14.	All India Police wrestling championship	Jaipur	1994	Gold Medal
15.	30 Mini Jr. National Wrestling Championship	Ghaziabal	1982	Gold Medal

16.	School National Games	Delhi	1986	Gold Medal
17.	31 Mini Jr. National Wrestling Championship	Jalandhar	1983	Gold Medal
18.	33 Mini Jr. National Wrestling Championship	Pune	1986	Gold Medal
19.	34 Mini Jr. National Wrestling Championship	Bhilai	1987	Gold Medal

Now the subject is coaching young wrestlers in Mehar Singh Akhara, Rohtak. He has hundreds of trainees with him, among them Sh. Ranbir Dhaka and Ravi coach and Jagdish Singh. He is having his own house in Dev colony, Rohtak and no land in his native place at Sundana. He is getting a Government grant of Rs. 5000 per month and free bus pass to travel in Haryana, provided by Haryana State Government, and free Railway pass all over India for his splendid and outstanding contribution towards wrestling and getting of Arjuna Award. And Rs. 6000 as medalist in getting position in commonwealth games.

As expressed by the respondents and the subject himself Shari Ashok Kumar was always very calm and rarely lost his temper. The subject and other respondents have expressed that he does not feel emotionally disturbed. Even during practices, training and competitive sessions he has always remained calm. Sometimes, he would become aggressive due to unforeseen circumstances. He is also accompanied by friends. The subject feels spirited, elated and not egoistic when he wins. The subject in his younger days felt inferior to others, but later in his opinion about himself had no inferiority complex of any type. The subject feels highly self-confident. He is highly respectful to parents and is self-co-operative with officials, teammates, friends and fellow wrestlers during training and competitions. The subject seems to be highly rule minded. He treats every one alike and is liked by everyone. He has good intentions and thoughts about others and never harms any one. He always thinks about wrestling whether it is before training or during competitions. He discusses only about wrestling with his people. He has a very optimistic and a positive attitude towards people, sports and wrestling. He is a hard working sportsman and has a lot of perseverance and total involvement in wrestling. He seems to be quite balanced in his approach towards sporting career and life. He is keeping good health till date. Even today he is active in his day to day work - coaching his trainees, reading books, watching television, listening to radio, attending tournaments.

CONCLUSIONS:

The following conclusions may be drawn from an analysis of the data gathered from the subject and other associates in response to the questionnaires served to them and the interviews conducted.

- Though the subject belongs to a middle class family now, it was his self-interest, will power, a strong and firm determination that took him to the present height in wrestling career.
- The subject's sound habits, discipline, sincerity, regularity, punctuality, calmness, relaxed approach, optimistic attitude, die-hard attitude, aggressive attitude and a very positive and favorable approach towards sports and people, and his total dedication, will power, determination and involvement in the sport that have brought him to high level of performance in wrestling at various levels.
- The exposure of the subject to a number of international competitions and wrestling bouts has made him to realize his own potentials, which have created confidence in him that he can defeat many opponents during competitions with self-confidence. The consistent performance and success in various competitions have not only motivated him for hard training and perseverance in sports but also have made him realize his own potentials of becoming a wrestler of international repute. These have compelled him to work harder during training, and the subject has developed a never give up attitude.
- Shari Ashok Kumar has set forth-lofty ideals, high aspirations, and definite aim in wrestling career and worked hard putting efforts in that direction.
- Shari Ashok Kumar had worked for long hours during a day around the year training programme and was keen on improving his skills further.
- The special feature about Shari Ashok Kumar was his good knowledge about wrestling, diet and nutrition and various aspects of training. This had influenced the subject's positive attitude towards wrestling practice, training and performance.
- Shari Ashok Kumar seemed to be intelligent enough to plan strategies and tactics during competitions to defeat his opponents.

- Shari Ashok Kumar seemed to have disciplined behavior, sound habits, favourable personality characteristics like, calm attitude, relaxed attitude, happy-go-lucky attitude, stubborn characteristics, self-reliance, self-confidence, humble, self-assured, socially aware, tough minded, emotional stability, which had also been supported by the responses of his associates.
- Shari Ashok Kumar also seemed to have exceptional levels of concentrations during training and competitions. He was quite firm and never got nervous, but always thought of wrestling. His total involvement and dedication have gone a long way in making him what he is.
- The diet consumed by the subject seemed to be quite balanced, which involved most of milk and milk products.
- The training schedules were well planned both by himself and his associates which seemed to be systematic involving varieties of activities for developing various qualities and aspects required for the sport of wrestling.
- Shari Ashok Kumar seemed to have a good company of friends which helped him to rectify the faults made during competitions and training.

RECOMMENDATIONS

- A further study may be conducted on the same subject about the anatomical, physical or physiological and genetic aspects and their influence on his performance.
- A comparative study involving our subject and other champion wrestler at national and international levels may be undertaken.
- Measures to improve the sport of wrestling and popularizing the sport may be analysed.
- Facilities provided for wrestling and training in the various wrestling Akharas of India particulars of Haryana state may be studied and facilities provided by the two states may be evaluated.
- Provision of suitable facilities may be made to encourage wrestlers and attract youth towards this ancient sport.

- Mass media should project the sport to popularise it and create awareness among youngsters in particular and the public in general.
- Wrestlers should be made to gain an adequate knowledge of skills and techniques and other associated aspects of sports like diet and nutrition habits, training and competitions, etc.
- More and more literature regarding wrestling sport should be published to create a knowledge and awareness among the public.
- The importance of balanced diet and personality in enhancing sports performance should be taught at school and college levels.
- The coaches and trainers should convince young wrestlers about the importance of favorable behaviour habits, nature, attitude, etc., in sporting performances.
- The wrestlers should be made to realise the importance of concentration, hard work, discipline, punctuality, regularity, sincerity, self-interest, diehard attitude and optimistic approach and sincere efforts and their positive influences on performance and emphasis to train wrestlers for developing. Such qualities should be given along with training for emotional control and regulation.
- The coaches and trainers should cater to all aspects of training.
- Through feed backs it may help the sportsman to realise or overcome his weakness through training.
- The political person and politician should be away from sports and wrestling.
- There should not be any biased between sportspersons and wrestlers and federations.
- There should provide adequate amount of diet and nutritional to the every sportspersons and wrestlers.