# Chapter IV

**PRESENTATION AND INTERPRETATION**

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</table>
CHAPTER – IV

PRESENTATION AND INTERPRETATION OF DATA

The investigator intends to enlist the factors, which might have contributed to the successful performance of the subject of the present study Sri Shripati Khanchanale in wrestling competitions at various levels. The information and data collected from various sources related to the subjects’ successful performance in wrestling career are analysed and presented in this chapter under relevant heads.

4.1 PERSONAL BIODATA OF SHRIPATI KHANCHANALE

1. Full Name : Shripati S. Khanchanale
2. Father’s Name : Shankar Khanchanale
3. Father’s Occupation : Agriculture
4. Mother’s Name : Kasibai
5. Mother’s Occupation : Agriculture and House wife
6. Brothers : Nil
7. Sisters : 1) Gouramma
8. Address : Yaksamba
             Chikkodi Taluk
             Belgaum Dist.
             Karnataka State
9. Present Address : Shripati S. Khanchanale
                Rohikar Colony
                H. No. 221
                Kholhapur, Maharashtra

10. Date of Birth : 10-12-1934

11. Qualification : 7th Std. Marathi medium

12. Height : 5.8 1/2 "

13. Weight : 130 kg

14. Name of the Wife : Shanthadevi

15. Children : Three

   a. Satyajit S. – Working in the Mahaveer Commerce College,
      Kolhapur as Physical Education Director since 2003

   b. Rohit S. – Studying B.Com., II in Mahaveer Commerce College,
      Kolhapur

   c. Punam – House wife

16. Son-in-law : Vikram Mukund Kadam,
                Electrical Engineer

17. First coach : Baburav Hirekudi (Soil)

18. First Talim at Yakshamba : Matha Talim

19. His Talim at Kolhapur : Shahupuri Talim

20. Hind Kesari Award : May, 1959

21. Maharashtra Kesari Award : April, 1959
4.2 FAMILY BACKGROUND

On the banks of river Krishna, there are some villages which are famous for wrestling. These villages are fertile with salubrious climate and tasty water. The dairying activities are quite lucrative. Milk, ghee, curds and nutrient products are available in plenty. Young boys and girls are quite active and healthy on account of having all these food products. They have become robust in their health and naturally they engage themselves in physical exercises. Hence these villages are well known for wrestling activities. Sri Shripati Khanchanale was able to become an eminent wrestler as he was born and brought up in the village Yaksamba, Chikkodi taluk, Belgaum district which is located on the banks of river Krishna.

The background offers vital information about various aspects of the subject during the formative years. The subject of the present study, Sri Shripati Kanchanale was born on 10th December 1934 as the second child of Sri Shankar, Agriculturist and Smt. Kasibai, house wife in Yakshamba, a small village in Chikkodi taluk, Belgaum district, Karnataka state which is renowned for rich wrestling culture. As a child the subject was quite naughty, active and loved sports specially wrestling right from the younger days. As a young boy, the subject did not show much interest in academic studies.
The subject is of the opinion that he belonged to a lower middle class family in the initial stages and now he feels that his socio-economic condition is much better.

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 outdoor activities. It was the influence of his friends especially “Mallappa Thadake” and “Vishnu Nagarale” - great wrestlers of Kolhapur who motivated him to take further interest in sports.

According to the opinion of his friends the subject has a very positive, optimistic, die-hard and challenging attitude and a lot of perseverance and winning attitude. He has come out of all odds. He has taken sports and wrestling as a challenge and has accepted it as a profession. This clearly shows that the subject has come out 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.
Shripati’s father Shankar, an agriculturist was also interested in wrestling. Shripati’s mother Smt. Kasibai, housewife, was not educated. She was a simple soft spoken woman, with cool temperament. She had instilled sound values in all her children and is responsible for the achievement of Shripati. She was emotionally and physically strong. Sri Shripati’s family belongs to Hindu religion and they are ‘Lingayat’ by caste.

4.3 EDUCATIONAL BACKGROUND

Yakshamba is located on the boundary of Maharashtra and Karnataka states, on the banks of river Krishna. The people from this area have the knowledge of Marathi and Kannada. Previously this area was ruled by the King of Kolhapur, and hence Marathi influence is still alive here. Children had to study in Marathi because there were no Kannada medium schools and hence Shripathi Khanchanale has studied in Marathi medium. He was admitted to Marathi medium Government Primary School at the age of eight in the year 1942. Till today Kannada medium schools are very less in the border area of Karnataka. Nearly 25 students were studying in that school. The teachers were a very dedicated and showed a great interest in teaching the students. There were no Physical education teachers in the school but all the teachers had interest in sports, especially wrestling. Shripati Khanchanale was also inspired by the sport of wrestling. The teachers were proud of his wrestling career and
they encouraged him further. He studied up to seventh standard in that school and he stopped his education at the age of 14 in the year 1948. He has command over four languages viz., Kannada, Marathi, Hindi and Punjabi. He still remembers the earlier teachings which he learnt during his childhood. He has acquired good knowledge about various subjects through his rich experience.

**DETAILS OF SCHOOL**

1) **Name of the school**: Marathi Medium Government School
2) **Place of school**: Raibag, Savadatti
3) **Medium of Study**: Marathi
4) **Year of joining school**: 1942
5) **Number of teachers**: 04
   - Lambodar Paramanandwadi,
   - Tatuba Pimpale
   - Parasaram
   - Sushilabai Patil
6) **Number of students**: 25
7) **Number of physical education teachers**: Nil
8) **Year of dropping education**: 1948
9) **Studied upto**: Seventh standard
10) **Reason for dropping education**: To concentrate more on wrestling

The subject of the present study did not show keen interest in academic studies. 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 fag end of the higher primary education. Financial problems and lack of interest in the academic subjects must have confirmed his decision.

4.4 FACILITIES AND MOTIVATION

The subject started his earlier wrestling in Savadatti, Raibag Taluk and Yakshasmba village, Chikkodi taluk of Belguam district, Karnataka.

In the beginning he started wrestling practice in Savadatti for three years after that he shifted to Yakshamba at “Matt Talim”. “Matt Talim” is located outside the Yakshasmba village. This Talim was large enough and well equipped.
Matha Talim where Shripati Khanchanale started his wrestling career
Matha Talim was having 20’ x 20’ feet pitch for wrestling and 20 x 20 feet area for doing Dands and sit ups. Matha Talim was constricted by the black stone with big door. In the Talim small temple of Hanuman is located. It is made up of bricks and cement and temple is well designed. Before starting the practice of wrestling, wrestlers will pray to Hanuman to protect themselves from the injuries and this is the custom everywhere.

In the Talim a malla kamba is there to do the mallakamba exercise, climbing rope and nearly 40 set of dumbbells, 30 to 40 wooden loads of different weights to do exercises. Wrestlers involve in the practices from 4-00 AM to 7-00 AM in the morning and 3-00 PM to 6-00 PM in the evening everyday.

Shripati Khanchanale attended the wrestling bouts along with his father in the village and later in Kolhapur. He observed all the activities of wrestlers. His father was also interested in wrestling. All the friends of Shripathi Khanchanale also attended the wrestling bouts. His friends circle and his family members forced him to take part in wrestling and he started the practice in the age of seventh and continued up to age of 45. He was influenced by the great wrestlers of Maharashtra and Karnataka. He became a national level wrestler because of his keen interest and hard work.
Yakshasmba was a small village in Chikkodi taluk, but more than 200 young wrestlers were there and a few of them became India’s famous wrestlers. Yakshasmba is only 30 km away from Kolhapur. Kolhapur was famous for wrestling. The Maharaja of Kolhapur himself was a great wrestler and encouraged the wrestlers to promote wrestling. Kolhapur was full of Gardis and nearly 30 Garadi were very popular. There is no street in Kolhapur without a Gardi (Talim or coaching camp). National and International wrestling bouts were conducted by Maharaja of Kolhapur once in every 15 days.

“Mallapa Thadake” and “Vishnu Nagarale” were the great wrestlers who influenced the subject and thus motivated him to continue this wrestling profession.

4.5 CHOOSING THE SPORT

The information furnished about the subject showed that as a young boy he was interested in wrestling and he opted it as a life time sport. The villagers of that area are of the opinion that he was influenced by many wrestling bouts conducted at the time of many festivals & fairs. He chose wrestling out of keen interest and he received the support from his family members. He took up wrestling seriously from 1950. With gradual increase in performance, he
started emulating Mallappa Thadke, Vishnu Nagarale and other important wrestling champions.

4.6 DAILY WORK OUT OF SHRIPATI KHANCHANALE

Physical fitness is the fundamental necessity for any sporting activity. Motor qualities such as speed, strength, endurance and flexibility along with physical fitness are essential for excellence in sports. Sports trainers lay heavy emphasis on improving physical fitness and motor qualities of players, which is also known as conditioning. A good conditioning programme is the backbone of a over all training of a sports person.

Conditioning or physical fitness is categorized into general and specific fitness. General fitness refers to the motor qualities required in any sports person irrespective of the sports discipline such as speed, strength, flexibility, endurance and co-ordination. Each and every sports demands certain motor qualities above the ordinary specific fitness is the intensified level of motor qualities achieved by the sports person that is required by a specific sport.

In wrestling, specific fitness is with reference to strength, flexibility and endurance. Fitness training equips the sports person to face the physiological and psychological challenges that come his way in his competitive sports careers. Specific fitness enables the player to perform the unusual movements
required by the concerned sport which the non-sportsman does not perform in his everyday routine. Specific fitness, however, depends a lot on general fitness and this is the reason why the sports person has to give equal importance to both general as well as specific fitness to succeed.

Strength, quickness, endurance and confidence are the elements that add up to success in wrestling and all four can be gained through a well guided weight training programme.

Strength is a conditional ability i.e. it depends largely on the energy liberation processes in the muscles. Strength is also perhaps the most important motor ability in sports as it is a direct product of muscle contraction and therefore strength is a part and parcel of all motor abilities, technical skill and tactical abilities. Strength and strength training therefore assume high importance for achieving good performance in all sports.

Strength is the ability to overcome resistance or to act against resistance. Strength should not be considered as a product of only muscular contractions. It is, in fact a product of voluntary muscle contractions caused by the neuro-muscular system.
The information furnished about the subject revealed that he got up in the early morning at 3-00 AM and went to bed at about 10-00 PM. The subject liked to relax well in between the wrestling sessions. Most of the time he was in Gardi (Talim) and attended to domestic work during his free hours. 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 parties and food with the close associates.

He used to carry out 3000 baitaks, 500 dumbbells and digging the mud for half an hour. In the afternoon from 3-00 pm onwards after finishing warm up exercises, he practiced mallakamba exercises for half an hour. The subject was used to carry out the following work out:

- **Baitaks**

  The subject used to work out baitaks of 3000 every day. It improved his leg strength and leg muscles, and also the continuous baitaks improved the muscular endurance.

- **Dumbbells**

  The subject used to work out dumbbells of 800 every day. It improved his arm power and strength.
➢ **Digging the mud**

He was digging the mud for half-an-hour every day, which improved his endurance capacity. It helped him to hold wrestle bout one and half-an-hour in national level competitions.

➢ **Mallakamba**

Mallakamba was done by the subject which helped him to develop the flexibility. He was doing this for half an hour every day after finishing warm up at 3-00 pm.

➢ **Dips**

The subject used to work out Dips of 3000 every day. It improve his Pectoral Major Biceps, Triceps, Latismos, Dorsi and Trapezes.
## TABLE SHOWING THE DAILY WORK OUT OF SHRIPATI KHANCHANALE

<table>
<thead>
<tr>
<th>Sl No.</th>
<th>Work out</th>
<th>Exercise for body part</th>
<th>Number of repetition</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Baitaks</td>
<td>Gastrocnemius, Soleus, Quadriceps, Gluteus, Maximus</td>
<td>3000 morning</td>
</tr>
<tr>
<td>02</td>
<td>Dumbbells</td>
<td>Triceps, Deltoid, Brachial and Biceps, Garocoprahialis</td>
<td>400 morning 400 evening</td>
</tr>
<tr>
<td>03</td>
<td>Digging the mud</td>
<td>Biceps, Triceps, Deltoid, Hamstring, Quadriceps, Pectorals Major</td>
<td>Half an hour</td>
</tr>
<tr>
<td>04</td>
<td>Mallakamba</td>
<td>Biceps, Triceps, Back muscles, Pectoral Major, Abdomen</td>
<td>Half an hour</td>
</tr>
<tr>
<td>05</td>
<td>Dips</td>
<td>Pectoral Major Biceps, Triceps, Latismos Dorsi, Trapezes</td>
<td>3000 every day</td>
</tr>
</tbody>
</table>
Baitaks
39%
Dips
39%
Mallakamba
6%
Digging the mud
6%
Dumbbells
10%

PIE CHART SHOWING THE WORK OUT EXERCISES
BAR DIAGRAM SHOWING THE WORK OUT EXERCISES
The subject had done the fitness exercises very well after the fitness he used to go to wrestle more than one and half hour with five to six wrestlers. The daily work out made him to achieve the peak performance in the wrestling competition.

### 4.7 DAILY TIME TABLE OF SHRIPATI KHANCHANALE

After wash

4.00 AM to 8.00 AM - 4 hours activities, Dands, digging the ground, Dumbbells and Wrestle

8.00 AM to 9.00 AM – Refreshment

9.00 AM to 11.00 AM – Rest

11.00 AM to 12.00 PM – Meals

12.00 PM to 3.00 PM – Sleep

3.00 PM to 6.00 PM – work out sit ups, mallakamba, wrestle

6.00 PM to 9.00 PM – Refresh, Dinner, etc.

9.00 PM to 3.00 AM – Sleep & Rest

The subject was very much involved in his daily workout without fail.
4.8 BODY BUILD

He is 5’8½” tall and of about 130 kg weight. He looks like an ectomorphic mesomorph. The body structure seems to be suitable for wrestling. The center of gravity falls to be suitable for wrestling as it falls closer to the base. Totally his body structure is so smart that people come to see his body structure at the time of wrestling bout. He is of reddish colour with smiling face. He was the only wrestler who had a very beautiful body structure. It was one of the advantages to achieve the higher performance.

4.9 ACHIEVEMENTS OF SHRIPATI KHANCHANALE

Prestigious Championship – I

<table>
<thead>
<tr>
<th>Hind-Kesari Award</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year</strong></td>
</tr>
<tr>
<td>1959</td>
</tr>
</tbody>
</table>

Prestigious Championship – II

<table>
<thead>
<tr>
<th>Maharashtra Kesari Award</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Year</strong></td>
</tr>
<tr>
<td>1959</td>
</tr>
</tbody>
</table>
THE TABLE SHOWING THE DETAILS OF THE PERFORMANCE AND ACHIEVEMENTS OF SRI SHRIPATI KHANCHANALE AT NATIONAL LEVEL

<table>
<thead>
<tr>
<th>Year</th>
<th>Name of the championship</th>
<th>Venue</th>
<th>Against</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>1956</td>
<td>Wrestling Show</td>
<td>Pune</td>
<td>Ganapati Andalkar</td>
<td>Draw</td>
</tr>
<tr>
<td>1956</td>
<td>General Championship</td>
<td>Mumbai</td>
<td>Ganapati Andalkar</td>
<td>Draw</td>
</tr>
<tr>
<td>1958</td>
<td>All India Army National Championship</td>
<td>Belguam</td>
<td>Niranjan Singh from Punjab</td>
<td>Won the bout within five minutes</td>
</tr>
<tr>
<td>1958</td>
<td>Wrestling Show</td>
<td>Kolhapur</td>
<td>Sadiq Punjabi from Pakistan</td>
<td>Drawn (played $1^{1/2}$ hours)</td>
</tr>
<tr>
<td>1958</td>
<td>General Championship</td>
<td>Bombay</td>
<td>Sukhada from Bihar</td>
<td>Won</td>
</tr>
<tr>
<td>1958</td>
<td>General Championship</td>
<td>Bombay</td>
<td>Ruhi Pailwan from Punjab</td>
<td>Won</td>
</tr>
<tr>
<td>1959</td>
<td>General Championship</td>
<td>Delhi</td>
<td>Banata Singh from Punjab</td>
<td>Won</td>
</tr>
<tr>
<td>1960</td>
<td>Wrestling Show</td>
<td>Pune</td>
<td>Kadak Singh from Punjab</td>
<td>Won</td>
</tr>
<tr>
<td>1961</td>
<td>General Championship</td>
<td>Bombay</td>
<td>Shamyu Malik from Karad</td>
<td>Won</td>
</tr>
<tr>
<td>1961</td>
<td>Dasara Wrestling</td>
<td>Mysore</td>
<td>Gulam Khader from Pakistan</td>
<td>Draw</td>
</tr>
<tr>
<td>1962</td>
<td>All India wrestling Championship</td>
<td>Jabalpur</td>
<td>Bhimsingh from Indian Airforce</td>
<td>Won</td>
</tr>
<tr>
<td>1962</td>
<td>General Championship</td>
<td>Sollapur</td>
<td>Bachansingh from Amritsar</td>
<td>Won</td>
</tr>
<tr>
<td>1964</td>
<td>General Championship</td>
<td>Karad</td>
<td>Nasir Ahmed from Pakistan</td>
<td>Won</td>
</tr>
<tr>
<td>1964</td>
<td>General Championship</td>
<td>Kolhapur</td>
<td>Sadiq Punjabi from Pakistan</td>
<td>Draw</td>
</tr>
<tr>
<td>1964</td>
<td>General Championship</td>
<td>Banaras</td>
<td>Mangal Roy from Varanasi</td>
<td>Draw</td>
</tr>
<tr>
<td>1965</td>
<td>All India wrestling Championship</td>
<td>Bangalore</td>
<td>Mehrdin from Bengal</td>
<td>Won</td>
</tr>
<tr>
<td>1966</td>
<td>General Championship</td>
<td>Pune</td>
<td>Ganapati Andalkar from Mumbai</td>
<td>Draw</td>
</tr>
</tbody>
</table>
Sripathi Kanchenale with Pakistani Wrestler Sadiq in the Kash Bagh Stadium while the fixing the Wrestling Bout, dated: 10-05-1958
4.10 INTERPRETATION OF RESULTS

The performance and achievements of the subject Sri Shripati Khanchanale and, the various bouts played by him against top level national and international wrestlers are given below.

The data of his performance and achievements revealed that he had won the bout within minutes against Niranjan Singh of Punjab in 1958. It was held in Belguam, Karnataka. Further in 1962, another wrestling competition was held at Jabalpur, in which he defeated Sri Bhimsingh of Airforce wing and won the medal. During 1971-72 he won the wrestling bout against Sri Mehrdin of Bengal, when the competition was held at Bangalore.

Similarly he has to his credit many laurels drawn against Sri Ganapati Andalkar (Patil) and against Sri Sadiq of Pakistan. Both the competitions were held at Kolhapur during 1956 and 1958 respectively.

Consecutively he went on winning the bouts against wrestlers viz., Sukhada (Bihar) at Bombay in 1958, Ruhi Pailwan of Punjab at Bombay in 1958; against Banathasingh of Punjab at Delhi in 1959; Kadak Singh of Delhi at Pune in 1960 respectively. Then onwards he always succeeded in winning the games for a period of six years. It was equal or drawn against Ganapati
Andalkar in 1970 held at Nagpur. He played nearly 1000 bouts in his wrestling career.

4.11 AWARDS AND REWARDS

Motivation in its psychological sense is concerned with inculcation and stimulation of the learner’s interest in the learning activities. It makes a student interested in his studies, a player interested in playing the game of his choice and a farmer in farming. It is the force which energizes a man to make constant efforts in order to satisfy his basic motives.

The Sports Authority of India, Government of India and State Governments have launched many awards to the sports person who have achieved the peak level in the field of sports.

IMPORTANT AWARDS AND REWARDS IN INDIA

1) Arjuna Award: This award is being given to an outstanding sports person in different games. The award consists of money and memento.

2) Mahabharat Kesari: This award is being given to an outstanding heavy weight wrestler of India. The award consists of cash prize, certificate and a gadha.

3) Malla Samrat: It is a National level award given to a heavy weight wrestler. The award consists of cash prize, certificate and a gadha.
4) Rustam-e-hind: This title is given to an outstanding wrestler from India or Pakistan. This reward is being given before independence. This award consists of a cash prize and gadha.

5) Rajeev Khel Rathna Award: This award is awarded by Government of India to an outstanding Indian sports person. The award consists of an amount of Rs. One lakh, a certificate and memento.

6) Ekalavya Award: This award is given to an outstanding sports person representing Karnataka five times and getting the medal at National Level.

7) Dronacharya Award: This award is being given to an outstanding coach. The award consists of a Certificate and Memento.

8) Dasara Kesari: This award is given to the wrestler who stood first in Open Wrestling Competition during the Mysore Dasara Celebrations. The award consists of a Certificate and cash prize given by the Government of Karnataka.

9) Dasara Kumara: This award is for Wrestlers of 74 KG Category. The award is given during the Mysore Dasara Celebrations consisting of a Certificate and cash prize given by the Government of Karnataka.
10) Dasara Kishore: This award is for Wrestlers of 68 KG Category. The award is given during the Mysore Dasara Celebrations consisting of a Certificate and cash prize given by the Government of Karnataka.

11) Kempegowda Award: This award is being given to the Wrestlers of Karnataka who stand first in the Kempegowda Open Wrestling Tournament.

12) Karnataka Kishore: This award is given by the Government of Karnataka for the Wrestlers of 74 KG weight Category.

13) Karnataka Kesari: This award is being given to the Wrestlers of Karnataka who contest in Open Wrestling Competitions.

14) Hind Kesari: This is the highest award in India given to a wrestler by the Wrestling Federation of India since 1959. The award consists of a cash prize, certificate and a memento.

15) Godavari Purashkar

16) Kolhapur Karveer Bhushan

17) Krantiveer Umajit Rao Nayak Purashkar

18) Maharastra Bhushan

19) Chatrapati Puraskar

20) Savarkar Puraskar

21) Kannada Rajyotsava Prashashti - 2005
The subject felt highly elated, when honoured by the prestigious awards such as Maharashtra-Kesar, Hind-Kesari award, Shiv Chatrapathi Puraskar, Kolhapur Karaver Bhushan, Krantiveer Umaji Nayak Maharashtra Bhushan, Savarkar Puraskar, Godavari Puraskar, Rastra Sheva Bhushan, Kannada Rajyothsava Prashasti, etc.

Wrestling has been an extremely popular sport in India. To promote the Indian wrestlers, many awards and rewards were launched by Wrestling Federation of India. “Hind Kesari” award is started by Indian Wrestling Federation in the year 1959. Mr. Shripathi Khanchanale is the first wrestler to receive Hind-Kesari award of India, Ganapathi Andalakar, Kartar Singh, Marshal Chandagiram, Kesar Singh, Maruti Mane, Mehrdin, Hajarat Patel, Sukhavant Sing, Chamba Mutanal, Satpal Singh, Dinanath Singh, Narayan Singh, Biradar Patil and Kishan Singh are the other famous Hind Kesari Awardees.

The subject is getting an anudhan of Rs. 3000 per month and free bus pass to travel in Maharashtra provided by Government of Maharashtra for his splendid and outstanding contribution towards wrestling. He has received a number of awards and prizes for his outstanding performance as a wrestler at various levels of competitions. In 1964 Indian Government formed a team of
famous wrestlers and sent it to other Nations to play friendly matches with other Nation’s Wrestlers for 28 days.

The subject was one of the team members and visited Moscow, Germany, Ujbekhistan, Leningard, Afghanistan, Kabul and Khandahar.

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.

Every village has different types of awards and rewards to promote wrestling in India. Every award and reward has cash prize. In fairs and festivals Wrestling tournaments are common and these awards and rewards are also common. But the above mentioned awards are prestigious awards given by the Central Government, State Governments and Wrestling Federation of India. Wrestling associations are also conducting wrestling Open Tournaments every year. But this Hind Kesari award is the highest award in India given by the Wrestling Federation of India which was started in the year 1959.

4.12 D I E T

A young man needs an average of 2,200 well balanced calories a day to properly function in his daily routine. However, when a person is participating in demanding activities such as weight lifting, football, baseball, kabaddi and
wrestling etc., he needs more than 3000 calories from well balanced meals to function properly and grow.

The food we need includes proteins, fats, carbohydrates mineral salts, vitamins and water. Protein is incredibly important to wrestling, it is the body’s primary building material and is the basis of living cells, muscles, skin, hair, nails eyes and brain. Organs are comprised of protein. They are the defence mechanisms intended to protect us against infections. Protein is the key to both the repair of muscle tissue and growth.

When we wrestle vigorously, we break down muscle tissue which is called catabolism. The growth and repair of the muscle tissue is called anabolism. Anabolism and catabolism build bigger and stronger muscles.

Nutrition may be defined as the science of nourishing the body properly. One must obtain nutrients in order to survive.

Good nutrition results from continuously practicing sound dietary habits and not just from following a good diet during competition or the few hours before an event.
NUTRIENT DENSITY

In considering the diet, it is useful to compare nutrient values of different foods. The simplest way of doing this is to consider the relative amounts of a particular nutrient expressed per hundred gram of food. Another way is to describe the amount of nutrient present in relaxation to a unit of energy that is the nutrient density of the food. An example will make this clearer.

Cheddar cheese has an energy value of 1682 KF/100 gm a protein content of 26 gm/100gm milk has an energy value of 272 kj/100 gm a protein content of 3.2 gm. The protein density of these foods in the amount of protein they contain per 100 Kg.

The protein density of cheddar cheese is 26 X 100

\[
26 \times 100 / 1682 = 128 \times 15.5
\]

The protein density of milk in 3.2 X 1000/272 = 11.8. Such comparison makes it very clear that the protein of cheddar cheese is much greater than that of milk. Nutrient densities can be calculated for any food. It is very important to make a clear distinction between the nutrient content or density of a food and the nutrient contribution that food gives to athletes.
The relation between nutrients and their functions in the players’ body and important foods that are supplied to them are shown as follows.

1) Carbohydrate: Bread, Potatoes, Sugar, Biscuits, Jam
2) Fats: Butter, Margarine, Cheese, Olive oil, Curd.
3) Proteins: Meat, Fish, Cheese, Eggs, Milk

Carbohydrates + Fat + Proteins = Energy
Proteins + Mineral elements + Water + Vitamins = Growth and Repair
Mineral elements + Vitamins = Control of body process.

The subject was basically a vegetarian. The subject liked more of starchy foods and sugar in the form of fruits and fruit juices. The subject consumed almost a litre of milk, and 1 ½ litres of crushed badam milk in the morning and plenty of fruits and fruit juice at regular intervals (almost 1 litre of orange juice per day) after the morning and evening practice.

At 11 A.M. the subject used to have lunch which contained Chapathi, mutton and rice all made of ghee. The subject also used the seasonal fruits and vegetables. The subject used more of liquid diet. The subject seemed to have a
reasonably good knowledge and understanding of diet and nutrition required for a competitive wrestler.

The subject seemed to distribute food items for the morning breakfast, lunch and dinner and the milk and fruits and fruit Juice at regular intervals to facilitate his participation in hard training. The subject was against any doping agents and was in favour 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 FOLLOWING NUTRIENTS ARE TAKEN BY THE SUBJECT EVERY DAY.

1) **Milk:** 1 ½ litres in a day.

Milk content energy of calories 90/100 ml

\[
(90 \times 150) / 100 = 1350 \text{ cal.}
\]

The subject took 1350 calories of milk for every day.

2) **Juice:** The subject has taken the 1 litres of juice every day (seasonal fruit juice) orange juice fresh.

100 ml contain the 55% calories.

\[
(55 \times 1000 \text{ ml}) / 100 = 550 \text{ cal.}
\]

The subject took 550 calories of fresh juice.
3) **Fruit:** The subject has taken the 1 kg of seasonal fresh fruit every day.

100 gram **Apple** contains 70 calories.

\[ 70 \times \frac{1000}{100} = 700 \text{ calories} \]

1 **Banana** contains the 100 calories

\[ 5 \times 100 = 500 \text{ calories} \]

**Grapes**

100 gram contain the 45 calories

\[ (45 \times 500) / 100 = 225 \text{ calories} \]

**Orange**

1 medium sized orange contain 65 calories

\[ 5 \times 65 = 325 \text{ calories} \]

4) **Meat group:** The subject took meat in the meal alternate day ½ kg. ½ kg meat contain the 245 calories.

He was taken 245 calories meat in a meal

5) **Rice:** The subject took ½ kg rice in a day

100 gram of rice can take 115

\[ (115 \times 500) / 100 = 575 \text{ calories} \]

6) **Roti or chapatti:** The subject consumed roti or chapatti for daily meals. He ate 4 rotis or 4 chapatees for a day.

One roti or chapatti contain 70 calories

\[ 8 \times 70 = 560 \text{ calories} \]

7) **Vegetables:** The subject consumed 200 gms of vegetables for daily meals. 100 gms of vegetables contains 150 calories.

\[ 200 \text{ gms of vegetables contains 300 calories} \]
8) **Ghee:** The subject consumed Ghee containing 325 calories every day for his meals.

**THE SUBJECT HAS TAKEN THE FOLLOWING FOOD**

<table>
<thead>
<tr>
<th>Calories per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
</tr>
<tr>
<td>Juice</td>
</tr>
<tr>
<td>Fruits</td>
</tr>
<tr>
<td>Meat</td>
</tr>
<tr>
<td>Rice</td>
</tr>
<tr>
<td>Roti or chapatti</td>
</tr>
<tr>
<td>Ghee</td>
</tr>
<tr>
<td>Vegetables</td>
</tr>
</tbody>
</table>

**Total calories intake**  
4605 calories
Graphical presentation of food used

- Milk: 30%
- Juice: 12%
- Fruits: 15%
- Meat: 5%
- Rice: 12%
- Roti or chapatti: 12%
- Ghee: 7%
- Vegetables: 7%
4.13 ACHIEVEMENTS OF SHRIPATI KHANCHANALE’S TRAINEES

Shripati Khanchanale started guiding, giving suggestions to the young wrestlers in Jai Bhavani Talim along with his practices. He has an idea of wrestling and its important holds and counter holds. The practitioners of Bhavani Talim became the trainees of Shripati Khanchanale where he started giving training after his retirement. He trained nearly thousands of wrestlers in Jai Bhavani Talim from 1964 till today. The achievements of his trainees are as follows:

- Master Chandagiram, Hind Kesari wrestler,
- Hajarath Patel, Hind Kesari wrestler,
- Dinakar Dayari, Maharashtra Kesari wrestler,
- Ismail Shiek, Maharashtra Kesari wrestler,
- Appalal Shiek, Maharashtra Kesari wrestler and gold medallist of Common Wealth Games,

All the above wrestlers participated in Olympic and Asian Games. Till today Shripati Khanchanale is actively taking part in training wrestlers of Jai Bhavani Talim.
Shripati Khanchanale’s Trainees at Jai Bhavani Talim, Kolhapur with the investigator
Rustom-e-Hind, Hind Kesari Srhipati Khanchanale along with his Trainee Hind Kesari Chandgiram and in the middle is Ustad Hasim Bapu
THE TABLE SHOWING THE ACHIEVEMENTS OF SRI SHRIPATI KHANCHANALE’S TRAINEES

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Names of Trainees</th>
<th>Awards obtained</th>
<th>Venue</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>Master Chandagi Ram</td>
<td>Hindi Kesari</td>
<td>Delhi</td>
<td>1962</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1963</td>
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<td>1969</td>
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<td>1973</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>1974</td>
</tr>
<tr>
<td>02</td>
<td>Sri Hajrath Patel</td>
<td>Hind Kesari</td>
<td>Ahmedabad</td>
<td>1964</td>
</tr>
<tr>
<td>03</td>
<td>Sri Dinakar Dayari</td>
<td>Maharashtra Kesari</td>
<td>Nagpur</td>
<td>1967</td>
</tr>
<tr>
<td>04</td>
<td>Sri Ismail Sheik</td>
<td>Maharashtra Kesari</td>
<td>Pune</td>
<td>1968</td>
</tr>
<tr>
<td>05</td>
<td>* Sri Appalal Sheik</td>
<td>Maharashtra Kesari</td>
<td>Sangli</td>
<td>1974</td>
</tr>
</tbody>
</table>

* Sri Appalal Sheik is also the winner of Common Wealth gold medal.

4.14 HIS CHILDREN’S ACHIEVEMENTS IN THE FIELD OF SPORTS

He has three children, one daughter and two sons. The daughter named Smt. Punam, is married and lives in Goa. Among two sons the elder is Sri Satyajit S.R who is good wrestler and judo University player. He is an M.P.Ed. degree holder from Shivaji University, Kolhapur, and presently working as Physical Education Director in Mahaveer College, Kolhapur. The other son Sri Rohit S.K is a University and State Wrestler who is participating in prestigious competitions in Maharashtra and Karnataka. At present he is studying B.Com. II year, in Mahaveer college, Kolhapur.
Shripathi Khanchanale with his younger son Rohit
4.15 HIS PRESENT SOCIAL STATUS

Shripati Khanchanale is a highly respected man in the society. He has been invited to inaugurate almost all the wrestling tournaments in Maharashtra and Karnataka. He has participated as an umpire in many important tournaments. He is known for his impartiality and a very sharp sense of judgement. He is hardly at home. Throughout the year he is continuously on the move to encourage and develop this sport. He is widely acclaimed and recognized through North Karnataka and Maharashtra region. His guidance and suggestions are sought by many in the field of wrestling in India.

Now the subject is coaching young wrestlers in “Jai Bhavani” Talim Kolhapur. He has thousands of trainees with him, among them are Hajarah Patel – Hind Kesari award winner, Dinakar Dayari, Ismal Sheikh - Maharashtra Kesari award winners and Appalal Sheikh - Maharashtra Kesari and Common Wealth Gold medal winner.
Shripati Khanchanale opening a Wrestling bout in Shimoga, with him is the MLA of that region Sri KH Eswarappa, Swamiji Sri Sri Prasannatha of Addichuchanagiri Saka Math and Kumar Bangarappa, MLA of Sorab.
He worked as Chairman of Maharashtra Kustageer Association for twenty years. He is the Working President of Kolhapur Wrestling Association since 2002. Government of Maharashtra is honoring the Wrestlers of Maharashtra and fulfilling the requirements of the Associations, and it takes the suggestions from the Chairman of the Association and senior sports persons at the time of selection of Sports Minister. This is the social status of Shripathi Khanchanale in the society.

4.16 HIS PRESENT ECONOMIC CONDITIONS

Wrestlers are from rural area. They are poor and they find it difficult to spend thousands of rupees for food. They gain name and fame but not money. Only few top educated wrestlers have an income to maintain their family when they are practicing. They have to take expensive food during their wrestling practice and even after the retirement they take same kind of food. So it is not possible to save money. All the Indian wrestlers are either from middle class or from poor families. Most of the wrestlers are uneducated labourers from villages. In the old age, wrestlers suffer from the joint and body pain because of hard training of baitaks and dands. Hence it is not possible for the wrestlers to work as labourers. In village area, wrestlers die without food. Another factor is that the wrestler gets married at a later age and most of them do not have children. In a wrestlers family, if the sons also
become wrestlers, no body will be able to earn their livelihood. In India there are cases of Olympic wrestlers dying without proper food. But Shripati Khanchanale’s is different from all this and is in a good and satisfactory condition.

The subject has his own house in Kolhapur Ruhikar colony gifted by the Maharashtra Government and has ten acres of land in his native place at Yakshasamba.

The subject is getting a Government grant of Rs. 3000 per month and free bus pass to travel in Maharashtra, provided by Maharashtra State Government for his splendid and outstanding contribution towards wrestling. His elder son Sri Satyajit S.K. is working as a Physical Education Director, Mahavir College, Kohlapur, Maharashtra. Altogether the present economic condition of Sri Shripati Khanchanale is good.

4.17 NATURE, BEHAVIOUR, ATTITUDE AND HOBBIES OF THE SUBJECT

As expressed by the respondents and the subject himself Sri Shripati Khanchanale 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 always remained calm. Some time due to certain circumstances he would become aggressive.
He is also accompanied by friends. The subject feels spirited, elated and a little egoistic when he is happy. The subject in his younger days felt inferior to others, but later he never had complex of any type. The subject feels highly self-confident. He is highly respectful to parents and 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 optimistic and 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.

4.18 HIS PRESENT HEALTH STATUS

Old methods of training are not good because in the old age joint and body pain starts in the old age. Poor wrestlers are not able to get medical facilities. So they will suffer lot. He is also suffering from such diseases because of hard and heavy training by doing 3000 sit ups, 3000 dips everyday.
Nowadays training has changed. Recent method of training is good and effective and he is also following new methods of training along with few old training skills.

He is keeping good health till date, but he is having knee joint and shoulder joints pain. One month back he underwent knee joint operation with the financial help of Maharashtra State Government. The operation was successful. Even today he is active in his day to day work - coaching his trainees, reading books, watching television, listening to radio, attending tournaments. At present he is holding a responsible post as the Chairman, Kolhapur District Kustigir Sangha, Kolhapur.
Recent photograph of Shripati Khanchanale