

CHAPTER - V

SUMMARY,

CONCLUSION

AND

RECOMMENDATIONS

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CHAPTER - V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY

The investigator collected the information about the first **Hind Kesari** wrestler Shripati Khanchanale 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 Shri Shripati Khanchanale with particular reference to his wrestling career, performance and achievements thereon.

The investigator preferred interview technique to collect necessary information for the study on Shri Shripati Khanchanale, his life, career and contributions to the wrestling. The investigator visited Kolhapur (Maharashtra) several times and conducted exclusive interviews with Shri Shripati Khanchanale, his family members and friends.

The investigator held the scheduled interview with Shripati Khanchanale first on 08-12-2003 and later on at many places, and many times

at Kolhapur (Maharashtra) and his native place, Yakshamba, Chikodi Taluk, Belagaum District, Karnataka State.

For gathering information on Shripati Khanchanale's 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 survey method. The household schedule method along with interview technique was adopted to administer the questionnaires and 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 Shripati Khanchanale was born on 10th December 1934 at "Yakshamba" a small village in Chikkodi Taluk, Belgaum district of Karnataka State. As a child the subject 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.

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

According to the opinion of his friends the subject has a very positive, favourable optimistic die-hard and challenging attitude and has a lot of perseverance and winning attitude. He has over come 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 over come 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 upto seventh standard. 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 concentration on the academic subjects added up to this.

The subject started his earlier wrestling in the Yakshasmba village, Chikkodi taluk, Belguam district, Karnataka.

In the beginning he started wrestling practice in “Matt Talim” which is located outside the Yakshasmba village. This Talim was large enough and well equipped. Yakshasmba was a small village in Chikkodi taluk but in those days more than 200 young wrestlers were practising and a few of them became India’s famous wrestlers. Yakshasmba is only 30 km away from Kolhapur. In those days 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 Gardis were very popular. There is no street in Kolhapur without Gardis (Talim or coaching camp). National and International wrestling bouts were conducted by Maharaja of Kolhapur once in every 15 days or according to situation.

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

The subject was basically a non-vegetarian. He liked more of starchy food and sugar in the form of fruits and fruit juices. He consumed almost a litre of milk and 1½litre 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 11.00 A.M. the subject used to have lunch, which contained Chapathi, mutton and rice all made of ghee.

The subject used seasonal fruits and vegetables in ample quantities. The subject 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.

The subject 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 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 information furnished about the subject revealed that he got up early morning at 3.00 A.M. and went to bed at about 10.00 P.M. in the night. In between the wrestling training sessions, the subject liked to relax well. The subject spent most of the time in Gardi (Talim) 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 parties and food with his close associates.

He used to carry out 3000 baitaks, 400 dumbbells, digging the mud for half an hour. In the afternoon from 3.00 PM onwards after finishing warm-up exercises, he practiced 400 dumbbells, 3000 dips, Mallakamba exercises for half an hour, and two hours wrestling with other wrestlers everyday.

The performance and achievements of the subject Shri Shripati Khanchanale, 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 Nairanjan Singh of Punjab in 1958. It was held in Belguam, Karnataka. He had won the prestigious Hind Kesari bout of 1959 against Banata Singh held in Delhi. In the same year he won the Maharastra Kesari bout against Anand Siragaonkar (Karad) held at Sangli. Further in 1962, another wrestling competition was held at Jabalpur, in which he defeated Shri Bhimsingh of Airforce wing and won the medal. During 1971-72 he won the wrestling bout against Shri Mehrdin of Bengal, when the competition was held at Bangalore.

Similarly he has to his credit many laurels drawn against Sri Ganapathi 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. Then onwards he always succeeded in winning the games for a period of fifteen years. It was a drawn against Ganapathi Andalkar in 1970 held at Nagpur. He played nearly more than 1000 wrestling bouts in his wrestling career.

He has three children, one daughter and two sons. The daughter named Smt. Punam, is married and lives in Goa. Among the sons, the elder is Sri Satyajit S R who is a good wrestler and judo University player. He is a 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.

The subject felt highly elated, when honoured with the prestigious awards such as Maharashtra-Kesari and Hind-Kesari award, Shiv Chatrapathi Puraskar, Kolhapur Karaver Bhushan, Krantiveer Umajit Rao Nayak Maharashtra Bhushan, Savarkar Puraskar, Godavari Puraskar, Rastraseva Bhushan, Kannada Rajyotsava Prasasti, etc.

He has received a number of awards and prizes for his outstanding performances as a wrestler at various levels of competitions. In 1963 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, Leningrad, 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.

Shripati Khanchanale is a highly respected man in the society. He worked as the Chairman of Maharashtra Kustageer Sangh for twenty years. 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 and 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 Hajarath Patel and Master Chandagirram - the Hind-Kesari award winners, and Dinakar

Dayari, Ismal Sheikh - the Maharashtra Kesari award winners and Appalal Sheikh – the Maharashtra Kesari and common wealth Gold medal winner.

The subject is having his own house in Kolhapur Ruhikar colony presented by the Maharashtra Government and is having 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 Shri Shripati Khanchanale is good.

As expressed by the respondents and the subject himself Shri 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 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 a little 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, but he is having knee joint and shoulder joints pain. One month ago 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.

5.2 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 favourable 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 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.

- The subject has set forth-lofty ideals, high aspirations, and definite aim in wrestling career and worked hard putting efforts in that direction.
- The subject 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 the subject 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.
- The subject seemed to be intelligent enough to plan strategies and tactics during competitions to defeat his opponents.
- The subject seemed to have disciplined behaviour, sound habits, favourable personality characteristics like, aggressive 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.
- The subject 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.
- 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.
- The subject seemed to have a good company of friends which helped him to rectify the faults made during competitions and training.

5.3 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 popularising the sport may be analysed
- Facilities provided for wrestling and training in the various wrestling Gardis of Karnataka and Maharastra states 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 favourable 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.