

Design Resource

Garadi Mane - Shivajinagar, Bengaluru

Kushti Akhada

by

Prof. Bibhudutta Baral and Srikanth B.

NID Campus, Bengaluru

Source:

<https://dsource.in/resource/garadi-mane-shivajinagar-bengaluru>



1. Introduction
2. Training for Kushti
3. The Rules of Kushti
4. Mr. Madak Roy Sharma
5. Awards and Certificates
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Introduction

Kushti is the traditional Indian mud wrestling sport. Usually, it is practiced in a place called 'Akhada.' It is also known as Pehlwan, and the person referred to as Pehlwan. Kushti Akhada is known as 'Garadi Mane' in Bengaluru, Karnataka. Akhada is a place for practicing Indian wrestling; in other words, the school of wrestling where a strict regimen of diet, training, and personal life is followed. The person who trains Pehlwan is called 'Ustad.' Indian Pehlwan lives under some rigid set of rules made by his trainer. Kushti has been a popular sport since ancient times in India. Wrestling in Ancient India was most famously known as 'Malla- Yuddha.' According to Indian epics, Mahabharata and Ramayana have great wrestlers such as Bhima, Duryodhana, Karna, and Hanuman, respectively. Gardi mane is a place where local wrestlers practice their sport and exercise. Every day, Pehlwans have to dig up red soil on the floor of the workout area and level it again. It is a kind of warm-up routine for them. Garadi mane's exercises are more functional and build immense stamina, which is useful in gripping the opponent during wrestling.

India had and still has great wrestlers. In 1962, India won 12 medals in the fourth Asian Games in freestyle wrestling. Indian wrestling titles are the 'Rostam of India,' 'Rustam-E-Hind,' 'Bharat-Kesari,' and 'Hind Kesari.' Over the centuries, this Indian form of wrestling is continued in India. During ancient times wrestling was the way to keep oneself physically fit. Gardi mane is not just a place to a ton a body, but here Pehlwans from all religions trained, practice together on one wrestling pit. Ustad trains them for building strength and improving wrestling skills. In the modern era, wrestling has different names and styles of playing in different parts of the world. A special kind of red soil is replaced with mats and some new techniques. But the traditional and old style of Kushti is popular in rural India. India has hosted the world wrestling championships. India has won titles in Commonwealth Games held in Jamaica. Nowadays, very few Akhada's or Gardi mane are remaining in India, where some dedicated people are still working to keep alive Indian wrestling. Like that, one of the city's oldest Kushti Akhada in the Shivajinagar called 'Ahmed Hussain Todewala Garadi Mane.'

Amosan Pehlwan started this Garadi Mane in the year 1910 in Bengaluru. The 110-year-old Akhada is a place where many generations of wrestlers from the same family have been training. Giving training free of cost is a tradition followed here by all Ustads. There is less or no support from the government, and the local Akhadas have to manage on their own. Ansar Pehlwan has wrestled for over 40 years, and he wants to keep the spirit of these physical workouts alive, and hopes that it will become mainstream once again. Many interested wrestlers are being trained here right from the school going students to the senior citizens who do Kushti.

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The area where students trained to become Pehlwan.



Iron Bars are used for pushups. They help in graining muscles.



The soil consists of many minerals, which is good for the wrestler.



Oil, which is applied to the Pehlwan's body before any match.

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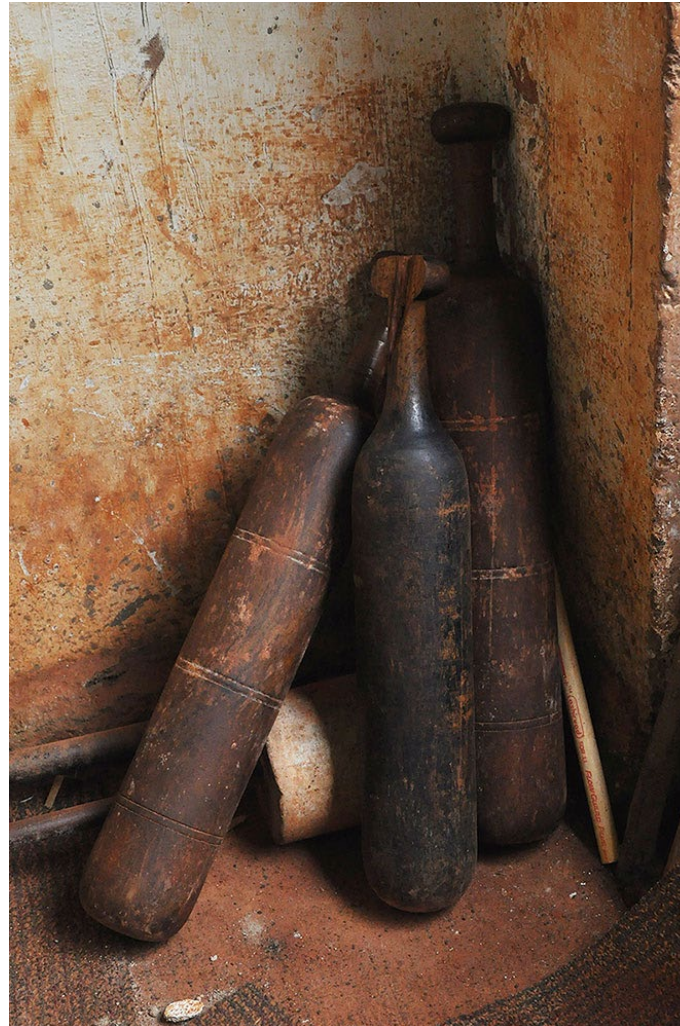
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An instrument called Jori is used as weights.



Dumbbells and weights in Garadi mane are used to build muscles.



Photo of their strength god, considered as a blessing.

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With a rope tied to a pole, students climb up to the top as training.



Ustad Ansar with his young Pehlwan.



Senior Ustad Mohammed Faruk and Ustad Ansar.



Pehlwan Mohammed Faisal Gold medal winner inter-college competition.

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Training for Kushti

The Pehlwan follows the traditional style of exercise, like Dands and Baithks. Dand is known as a pushup. It is a multi-purpose exercise. It provides strength to the shoulders, chest, back, and arms. Baithak, called squats, help in gaining the thigh muscles. By doing this kind of exercise, the lower part becomes strong to support the upper body part. If the lower section is not strong enough to support the top section, that can lead to collapsing of the body, or sometimes it can cause crushing of bones. Baithak does not require any machine.

Traditional equipment such as wooden clubs is used for training. Weights are rarely used, and the wrestlers build up their strength by using clubs of various weights and sizes. Some Yogasanas such as Surya Namaskar, Shirshasan are additionally joined in the exercise schedule. Massage is regarded as an integral part of an Indian wrestler's exercise regimen. A wrestler is instructed to wake up early morning when the air is pure and fresh. An essential point of a wrestler's daily routine is physical training. A wrestler starts his regime by running a few kilometers. The preparation regimens also contain Dhakulis, including bending pivots, log pulling, and rope climbing and running.

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Dumbbells weigh of 10 kg each.



A weight used in training, it weights between 20 to 80 Kg.

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This instrument is called 'Jori.' These weights between 10 to 20 Kg each.



Iron Bars which are used for pushups. They help in graining muscles.



Iron Dumbbells each weigh 15Kgs, and they help to build arm muscles.

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Single dumbbell weighs 15 to 20 kg.



Students are doing sit-ups to strengthen thighs muscles.



The student is doing Dand to make the lower back of the body strong and flexible.

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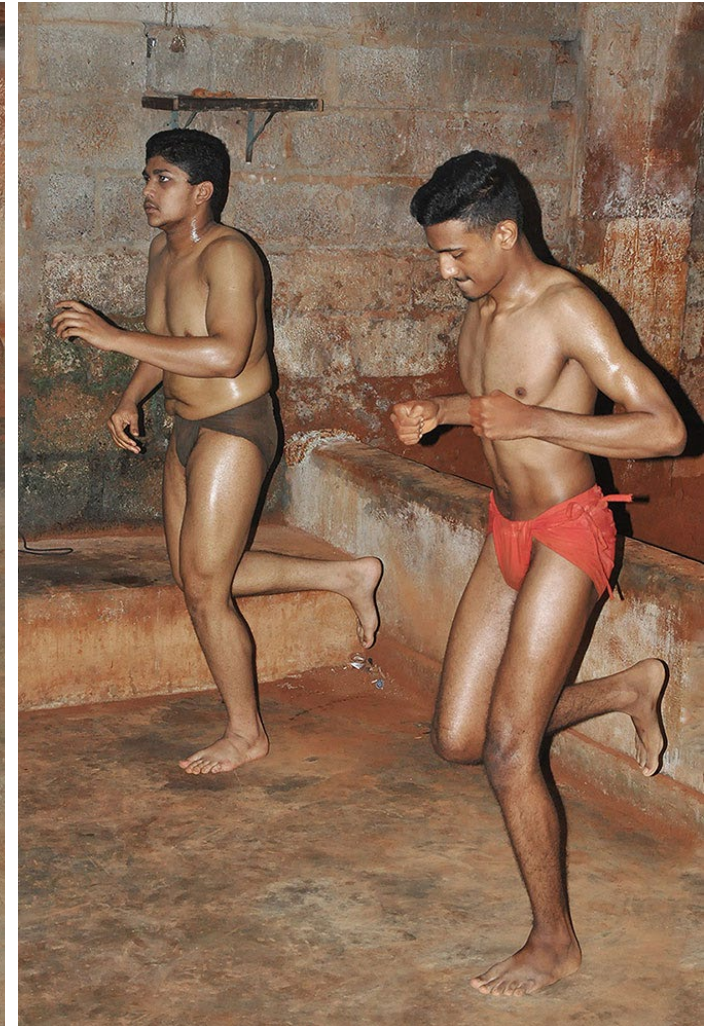
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The student is doing single hand pushups.



They also do jog to increase their core temperature and overall fitness.

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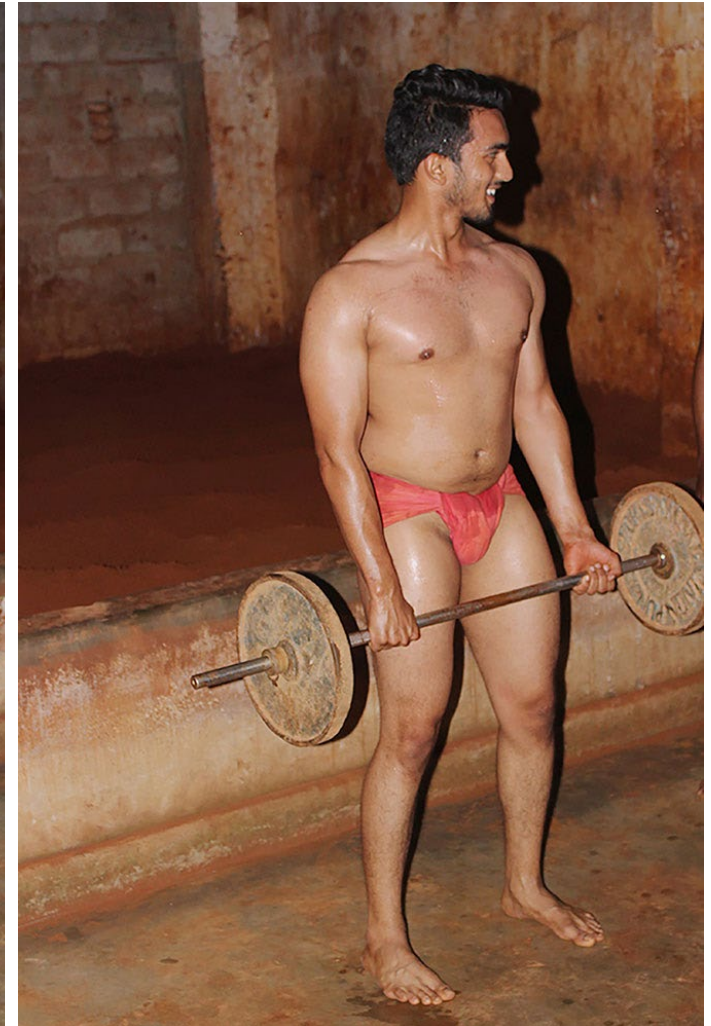
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The student is lifting an instrument called 'Jori.' It is lifted by both arms and swing around. It helps to strengthen the arms, back, and grip.



The student is lifting weights, which helps in building up the arm muscles.

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Pehlwan is lifting heavy weights, and this is an advanced exercise.

The student uses Pharsa (Shawl) to plow the wrestling pit, which is a kind of warm-up.



A student is doing squats while lifting the weights made of concrete blocks.

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The Rules of Kushti

To encourage professional wrestlers, the Karnataka government organizes many competitions. Kushti has struggled between two Pehlwan in a large arena covered only with sand and mud. One can only enter the field after performing cleansings and tying the langot, a traditional Indian loincloth for men. The newcomer had to sweep and clean the Garadi Mane before he was allowed inside. The game is a trail of strength, and the winner is one who pins the opponent's shoulders to the ground. No blows with the hands are allowed, and the men deal with each other face to face. There are no rest periods, and the match once started goes on till one of the players is defeated or signals his acceptance of defeat.

The soil in the wrestling pit is considered holy. It contains many nutritional values. The soil is treated with ayurvedic herbs, coconut or mustard oil, Kumkum, sandalwood powder, and turmeric powder, giving it a smooth texture. This has scientific reasoning when the soil is treated with these ingredients' wrestlers won't get any skin diseases. They have antiseptic qualities.



Kushti pose.



Kushti pose.

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Kushti pose.



Kushti pose.



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Kushti pose.



Kushti pose.

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Kushti pose.



Kushti pose.



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Kushti pose.



Young Pehlwan in training.



Kushti pose.



Young Pehlwan.

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Kushti pose.



Kushti pose.



Kushti pose.



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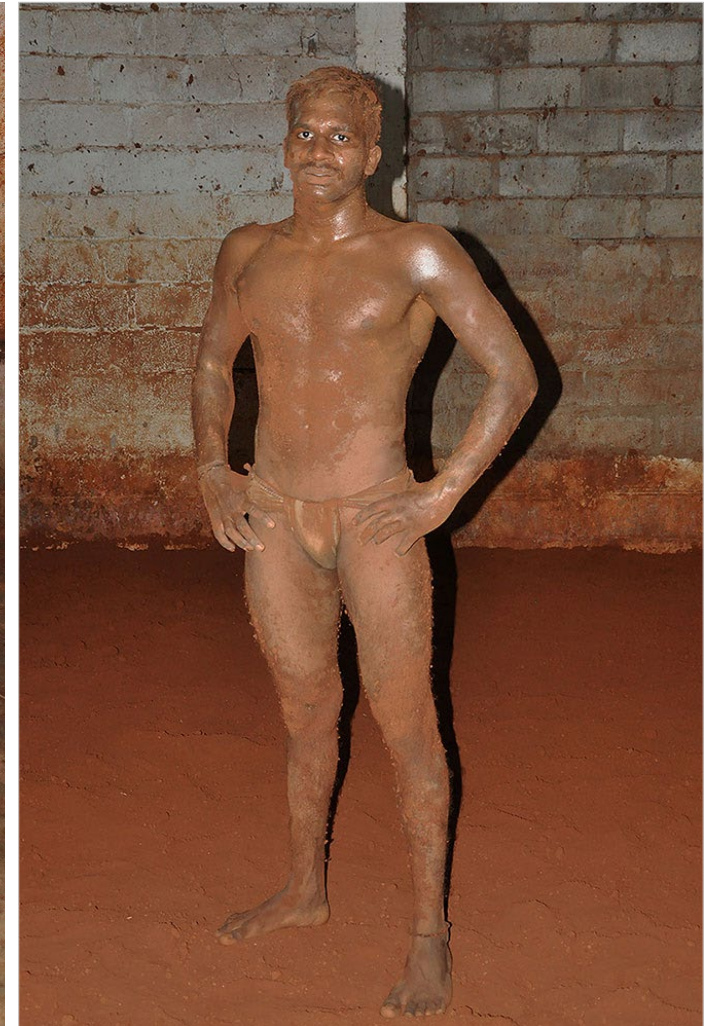
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Kushti pose.



Pehlwan with holy soil on his body.

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Mr. Madak Roy Sharma

Mr. Sharma, is Ex-Army officer and chief coach of mat wrestling. He is the founder of the Bangalore District Amateur Wrestling Association. Mr. Sharma has trained Yogeshwar Dutt and Sushil Kumar for a short period. The famous Indian wrestler, Sushil Kumar, has won a medal in the 2008 Beijing Olympic Games. Sushil Kumar has made history by reaching the final of the London 2012 Summer Olympics. The Indian world Champion wrestler Sushil Kumar is the winner of the gold award in the 66 Kg freestyle competition at the FILA 2010. Mr. Sharma explains the different forms of the game. There are two forms of wrestling. One is mud wrestling, and another is mat wrestling. Mud wrestling is the traditional form, and only two countries conduct the competition in this- India and Pakistan. At the international level, competitions are held in the mat wrestling format. He runs Jai Karnataka Vyayam Shala in Bengaluru. He won many medals and trains, newcomers, with proper diet and training.



Ex-Army officer Mr. Sharma.

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Karnataka Wrestling Association.



Jai Karnataka Vyayam Shala.



Hoarding of Mr. Sharma's achievements.

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Pull-ups bar.



Ropes are used for rope climbing exercise.



Exercise instrument.

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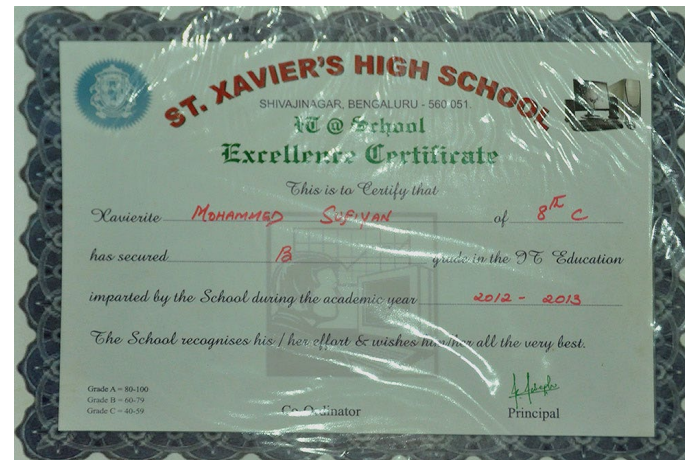
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Awards and Certificates

In this Gardi mane, Sheik Fareed is in the field of wrestling for 35 years. Mohammed Afsan is practicing wrestling for the past four months. He has been practicing 3 hours daily to make his dream come into reality to participate in the competition. Mohammad Sufion, a student, has a passion for wrestling. Thus, he has been practicing it regularly twice a day (morning and evening). He has participated in state-level and national-level wrestling competitions held in Delhi. Mohammed Faiz, another student of the place, is practicing wrestling for six months. He won a bronze medal in the competition and also won State level trophy held in Kanteerava stadium, Bangalore. Mr. Sufion is a gold medalist and also a wrestling tutor of Mohammed Faisal. Competitions are usually held in Mysuru, Belagavi, Dharwad, and other districts. The youngest of the boys in Ansar's group is Arfat, a class 7, and he performs the severe exercise with grace and ease.

Arfat does 1000 pushups and squats every day. After school, he comes here and does work out. All the wrestlers here have the practice of praying after wrestling. The Gardi mane is open to wrestlers every day from 5 am to 11 am and from 7 pm to 10 pm. The doors to the Garadi mane are really low. The idea is that people have to enter the space with his head bowed. Inside the room, a group of young men clothed only in langotis and their bodies shining with mustard oil. The Gardi mane has a great history of producing renowned wrestlers. The wrestlers compete in all kinds of wrestling competitions, national and international, and the local wrestling matches.



Winning Certificate.



Winning Certificate.

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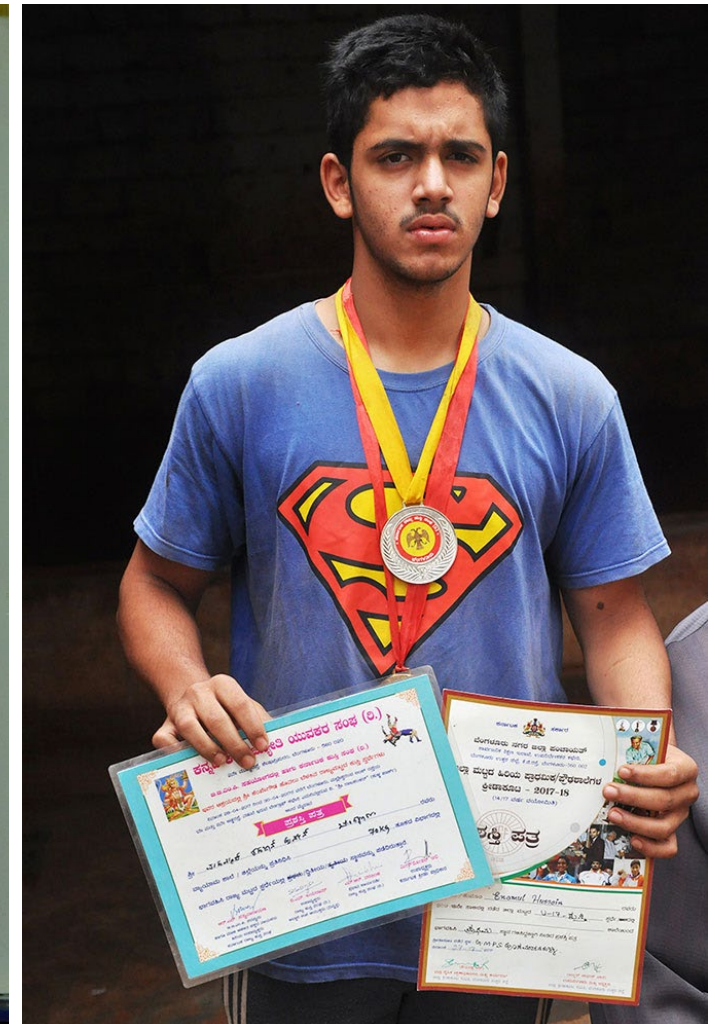
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Winning Certificate.



Junior Pehlwan Enomul Hussain with his certificates.

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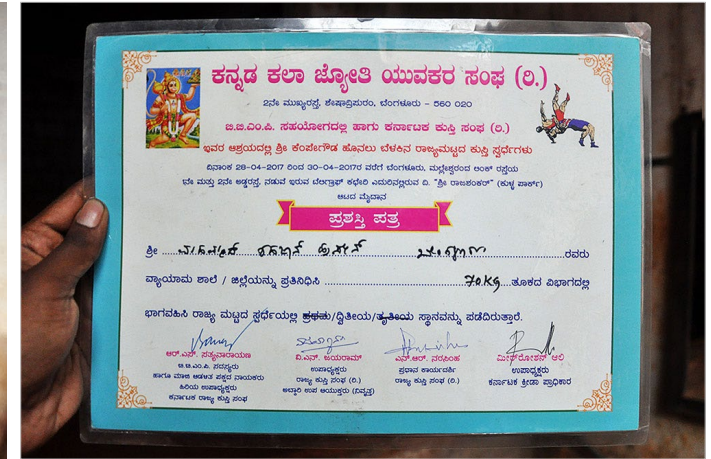
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Winning Certificate.



Winning Certificate.



Silver Medal.

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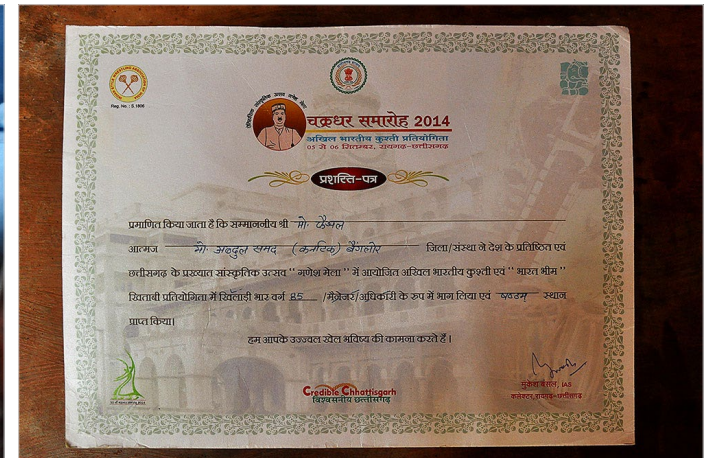
Silver Medal.



Gold and Silver Medal.



Pehlwan Mohammad Faisal with his certificate.



Winning Certificate.

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Participation Certificate.



Bronze Medal.



Gold Medal.

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Gold Medal.



Gold Medal.

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Trophy.



Gold Medal.

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Gold Medal.



Pehlwan with trainer.



Senior Ustad with Pehlwan.

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Group photo.



Pehlwans posing for click.



Pehlwani pose.

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Video



Garadi Mane - Part 1



Garadi Mane - Part 2

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Contact Details

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