



PRESERVATION AND DOCUMENTATION OF INDIAN TRADITIONAL GADA EXERCISE

¹. **Sk. Khabiruddin**

PhD. Scholar, Department of Physical Education and Sport Science, Vinaya-Bhavana
Visva-Bharati, Santiniketan, West Bengal. India
E.Mail: skkhabiruddin@gmail.com

². **Prof. Samiran Mondal**

Supervisor, Department of Physical Education and Sport Science, Vinaya-Bhavana
Visva-Bharati, Santiniketan, West Bengal. India
E.Mail: samiran.mondal@visva-bharati.ac.in

Abstract: Introduction: The mace movements are the same at those in heavy-karela swinging. But Mass-swinging ensures good grip of fingers. The sinews of shoulders get adequate special exercise and hence they become stronger. It is a good form of exercise and is peculiar among northern Indians. Now a day some akhara phalwan of West Bengal still practicing to move forward the gada exercise for the next generation. Its our prime duty being a Indian to show off the cultural heritage of Indian physical culture as gada exercise is one of them. **Purpose:** The purpose of the study is to find out whether the ancient physical of gada exercise is alive at West Bengal or not, along with its type of exercise, then the researcher documented. **Methodology:** To fulfill the purpose the study researcher have gone through several secondary source and surveyed in West Bengal akharas, taken some interview of akhara guru and gathered the information regarding gada exercise. **Result & Conclusion :** It was shown the North Indian guru came and live at kolkata and practice the physical culture of gada exercise although the number of practitioner is very less because of gym culture. It was also shown that the wrestler practice daily bases to maintain the optimal level of stamina.

Key Words: Preservation, Documentation, Gada Exercise.

1. INTRODUCTION:

We hear and read many descriptions in Ramayana and Mahabharat about mace-fighting. Hanuman, Bhima, Duryodhan, Balaram, and others were the chappions of mace fighting in the age of Puranas. Mass(Gada) fighting as such is not in existence. Mace exercises however are current in North India. Mace includes a long handle and at one end, a heavy iron ball or stone ball is attached. Maces of varied heights and strength. Now days we can the mass exercise in various akharas, we need to preserve it.

2. RELATED LITERATURE:

To ensure the researcher have gone through several previous paper related to gada exercise although the it is limited. Kumar (2013) conducted a survey study on 'Indian and Alien Sports Culture' and gives the information about vita, lathi along with gada exercise. Ghosh(2013) studied a research on 'Traditional Sports and Game Culture Around West Bengal' where the researcher focused on the children games and exercise habit in leisure time as well as adult people of Bengal. Silva et. Al (2016) conducted a study on 'History and cultural Context of Traditional Sports and Games in Selected European Country.' Where the researcher concluded that play and exercise as a part of human culture has been researched on historical, biological, psychological and social/cultural based.

3. PURPOSE:

The purpose of the study is to find out whether the ancient physical of gada exercise is alive at West Bengal or not, along with its type of exercise, then the researcher documented.

4. METHODOLOGY:

To fulfill the purpose the study researcher have gone through several secondary source and surveyed in West Bengal akharas , taken some interview of akhara guru and gathered the information regarding gada exercise.

5. Result and Discussion:

The researcher have indentified various gada exercise in West Bengal akharas where the north Indian style exercise they(phalwan) practice wekly six day one day off. The researcher he collected the information of gada exercise and described accordingly.

Identified Traditional Exercise with Apparatus : Gada Exercise.

i.Gada One Hand Swinging:

Floor Surface: Clay or concrete surface is needed.

Stages of Gada One Hand Swinging

Phase I: Place the gada in front the pahlawan or practitioner have to stand erect and leg apart by holding the gada handle by one hand, look forward.

Phase II: The pahlawan or practitioner should grip firmly the handle by lifting the gada where the strong hand grip bottom and hold position in front of the naval region.

Phase III: The pahlawan or practitioner should move the gada right to left or left to right by one hand grip through back of the shoulder although the grip can change.

Phase IV: Same as phase I.

Breathing Awareness: The pahlawan or practitioner in case of Phase II breath in and Phase III breath out where rest of the phases breath as normal.

Repetition: 10 to 30 times

Sets: 3 to 5 sets

Interval: 3 to 7 minutes

Contraindication: Who have chronic shoulder pain or shoulder dislocation try to avoid.



Figure :1, Gada One Hand Swinging

ii. Gada Two Hand Swinging:

Floor Surface: Clay or concrete surface is needed.

Stages of Gada Two Hand Swinging

Phase I: Place the gada in front the pahlawan or practitioner have to stand erect and leg apart by holding the gada handle by both hand, look forward.

Phase II: The pahlawan or practitioner should grip firmly the handle by lifting the gada where the strong hand grip bottom and another one should be place on top and place the hold position in front of the naval region.

Phase III: The pahlawan or practitioner should move the gada by both hand from right to left or left to right through back of the shoulder.

Phase IV: Same as phase I.

Breathing Awareness: The pahlawan or practitioner in case of Phase II breath in and Phase III breath out where rest of the phases breath as normal.

Repetition: 10 to 20 times

Sets: 2 to 5 sets

Interval: 1 to 5 minutes

Contraindication: Who have chronic shoulder pain or shoulder dislocation try to avoid.



Figure :2, Gada Two Hand Swinging

iii. Gada Alternate Swinging:

Floor Surface: Clay or concrete surface is needed.

Stages of Gada Alternate Swinging:

Phase I: Place the gada in front the pahlawan or practitioner have to stand erect and leg apart by holding the gada handle by both hand, look forward.

Phase II: The pahlawan or practitioner should grip firmly the handle by lifting the gada where the strong hand grip bottom and another one should be place on top and place the hold position in front of the naval region.

Phase III: The pahlawan or practitioner should move the gada by both hand from right to left or left to right through shoulder to chest region along with one leg ahead.

Phase IV: Same as phase I.

Breathing Awareness: The pahlawan or practitioner in case of Phase II breath in and Phase III breath out where rest of the phases breath as normal.

Repetition: 10 to 30 times

Sets: 3 to 5 sets

Interval: 2 to 5 minutes

Contraindication: Who have chronic shoulder pain or shoulder dislocation try to avoid.



Figure :3, Gada Alternate Swinging

iii. Gada Alternate Swinging:

Floor Surface: Clay or concrete surface is needed.

Stages of Gada Alternate Swinging:

Phase I: Place the gada in front the pahlawan or practitioner have to stand erect and leg apart by holding the gada handle by both hand, look forward.

Phase II: The pahlawan or practitioner should grip firmly the handle by lifting the gada where the strong hand grip bottom and another one should be place on top and place the hold position in front of the naval region.

Phase III: The pahlawan or practitioner should move the gada by both hand from right to left or left to right through shoulder to chest region along with one leg ahead.

Phase IV: Same as phase I.

Breathing Awareness: The pahlawan or practitioner in case of Phase II breath in and Phase III breath out where rest of the phases breath as normal.

Repetition: 10 to 30 times

Sets: 3 to 5 sets

Interval: 2 to 5 minutes

Contraindication: Who have chronic shoulder pain or shoulder dislocation try to avoid.



Figure :4, Gada Alternate Swinging

6. CONCLUSION :

The survey research shows that the North Indian guru came and live at kolkata and practice the physical culture of gada exercise. It was also shown that the wrestler practice gada daily bases to maintain the optimal level of stamina. Although the number of practitioners is come down because of gym culture which is not a good symbol of Indian physical culture, so it is our prime duty to preserved and documented for our new generation which is going to obliterate.

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