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**One Day National Conference  
on**



**"Awareness of Physical Fitness"**

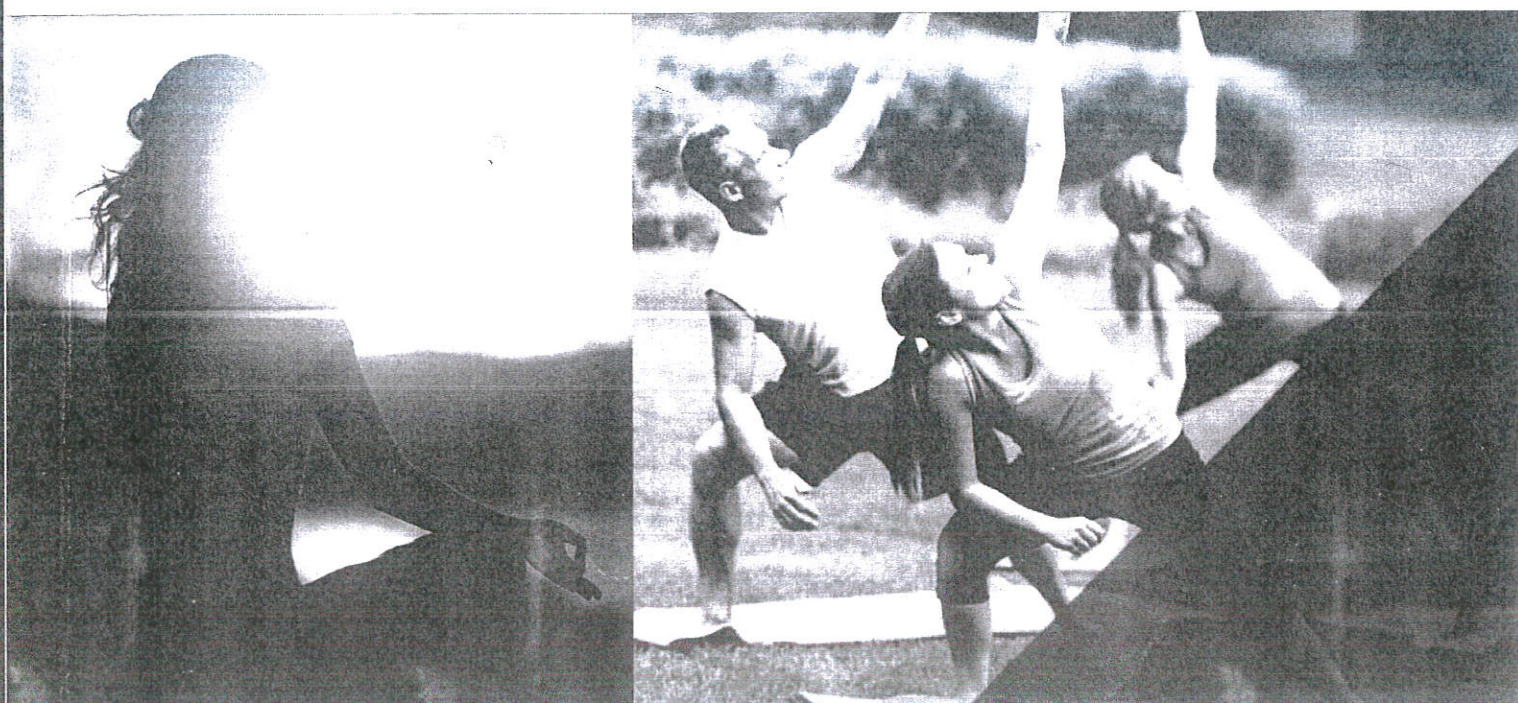
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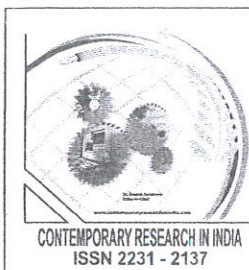






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## THE PHYSICAL FITNESS FACTOR OF MALLAKHAMB PLAYER FROM SOLAPUR UNIVERSITY STUDENT

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**Abstract:** An ancient (Eastern) Indian sport which originated as a complimentary exercise for wrestling but is now practiced as a sport itself. The name is a combination of the words "malla" which means athlete or strong man and "khamba" which means pole. **Mallakhamba** is a traditional Indian sport in which a gymnast performs aerial yoga postures and wrestling grips in concert with a vertical stationary or hanging wooden pole, cane or hanging rope. The word mallakhamba also refers to the pole used in the sport. The pole mallakhamba is usually made from the Seesham (Indian Rosewood) polished with castor oil. Three popular version of mallakhamba are practiced using the sheesham pole, cane or a rope.

**Key Words:** Mallaakhamba, Wrestler, Player, Training.

### Introduction

The word 'Mallakhamba' derive from the terms malla/mallar which denotes a wrestler and khamba/kambam which means a pole. Literally meaning "wrestling pole", the term originally referred to a traditional training implement used by wrestlers. The earliest recorded reference to mallakhamba is found in 1135 AD sanskrit classic Manasollasa written by Someshvara Chalukya, although it has been conjectured to have existed since as early as the Maurya dynasty. Originally 'Mallakhamba' was used as a supporting exercise for wrestlers. Although known to have been practiced in medieval Maharashtra and Hyderabad, the sport didn't become visible in practice and well recorded until the 18th century when it was revived by Balambhatdada Deodhar, the fitness instructor of Peshwa Baji Rao II during the reign of the Peshwas. Balambhattdada Deodhar realized that only major grips can be developed with a pole and thus used cane instead to develop additional grips. Subsequently, the unavailability of cane resulted in rope mallakhamba. Today, it is also used as a performance art as well as a method of training. Lakshmibai, the Rani of Jhansi learnt Mallakhamba with her childhood friends Nana Sahib and Tatya Tope.

### Objectives

- To create awareness of physical fitness through 'Mallakhamba'.
- The role of trainer in 'Mallakhamba' sport.
- The role of modern technology and techniques in 'Mallakhamba' sport

### Definition of Mallakhamba

- Mallakhamba means a sport in which physical exercise leads a flexibility, quickness which helps to take strong grip that sport called as 'Mallakhamba'.
- Mallakhamba player means a person who have flexibility and quickness in his/her body.

### Significance of Research Paper

- This paper helps trainer to understand the physical fitness of Mallakhamba player.
- This paper also help Professional Private Mallakhamba Training Academy to understand the important factor in Mallakhamba sport.
- This paper focus on important of the physical fitness of Mallakhamba player.

### Research Methodology-

- The present study mostly based on the primary data collection it collected through discussion with Mallakhamba player, Observation of Matches, Trainer, Professional Academy.



### Procedure of the study

- Selection of title of research paper.
- Deep level study of this sport.
- Transparency of study through the survey and observation.
- To prepare a questionnaire.
- Player's evolution done through previous matches are conducted/participation.
- To make statistical data.
- To make a conclusion and recommendation of Mallakhamba player.

### Features of Mallakhamba Sport

- This sport can play within a short area.
- Six person made one team.
- Mallakhamba sport is less expensive compare to other sport.
- Individual player award also given.
- Mallakhamba sport player age must be 18 to 25 years old.
- The exercise of Respiratory system, Blood circulation done through Mallakhamba sport.
- Mallakhamba exercise improve the man's disease control and prevention power.
- Mallakhamba sport also taught how to control own mind.
- Mallakhamba sport also boost the man's confidence

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### Important Factor in Mallakhamba Sport

- Balance diet.
- Regular exercise.
- Positive attitude.
- Confidence
- Proper relaxation
- Social health.




### Benefits of Mallakhamba Sport

- Mallakhamba sport / exercise that works the whole body and mind.
- The strength, stamina power of a body is improved by performing Mallakhamb.
- The twisting and turning around the pole, massages the entire body.
- Mallakhamba is a good exercise to control over limbs.
- The Mallakhamba player performing many yogasana's on a Mallakhamba which helps him/her to keep the body in proper shape and size.

### Conclusion

In short we can say that diet play an important role in player's physical fitness and which leads to a great player in Mallakhamba sport. Modern technology also play important role in Mallakhamba Sport.

  
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