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Legacy of bodybuilding in Jammu and Kashmir

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Abstract

This paper draws on data from a qualitative study of bodybuilding in Jammu & Kashmir. It discusses the ambiguous role of bodybuilding, and provides us some knowledge about physical fitness and how we can enhance this industry, with the help of government, and qualified work force. The researcher had used some historical data and some current data, through the interview method, and has taken some information from electronic sources too. Researcher have also discussed that what are the hindrances and how we can overcome these hindrances, funding to the associations, their work, and what steps or measures be taken to increase the standard of this industry.

Keywords: bodybuilding, Jammu and Kashmir

Introduction

As we know that physical fitness does wonders and is the basis of all activities in our society. Physical fitness plays a vital role in human's life; to be physically fit, people perform several exercises to keep their body healthy, and in good condition, these activities can be running, walking, playing any recreation, etc. Among all these, bodybuilding is an activity; bodybuilding is an exercise designed to enhance the human body's muscular development and promote general health and fitness as a competitive activity. Bodybuilding aims to display in artistic fashion pronounced muscle mass, symmetry, and definition for overall aesthetic effect. It is not just sports but a way of life, the combination of body, mind, and soul.

Bodybuilding is an activity where people build big muscles. It is a form of human body modification that uses intensive muscle hypertrophy. An individual who engaged in such activity is referred to as a bodybuilder. In competitive bodybuilding, bodybuilders display their physiques to judges who assign points based on their appearances. They judge them by their muscular looks.

The muscles are revealed through a process known as the cutting phase, a combination of fat loss oils and tanning combined with the lighting, making the muscle group's definition more distinct.

History of Bodybuilding in India

The eternal saga of bodybuilding in India began long before we even existed. If we think that bodybuilding is a western *rara avis*, we might have to give it a second thought. Now the question is, How ancient the bodybuilding in India?

The history of Indian bodybuilding dates back to 1100AD and 1500AD. Bodybuilding has become a national passion. In medieval India, stones and sacks of sand were used for weightlifting. A popular form of exercise equipment was 'Nal' made of rough stone with a hole through the centre. A giant wooden club or a 'Mudgal' was another such equipment carrying pre-historic hangover. Stone wheels with holes were used to build massive shoulders and strong neck.

Bodybuilding in India in the 19th century owes a larger share of credit to professor K.V. Iyer, a physician to the Maharaja of Mysore. Being a south Indian Brahmin, Iyer forbade meat. He was a complete vegetarian and teetotaler. Grains, like unpolished rice and ragi, were his dietary staples. Vegetables, fruits, and buttermilk provided him enough nutrients. Professor Iyer started Hercules gym in Bangalore in 1930 and trained more than 25000 students through

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the Gym. He believed in imparting education through demonstration and explanation; those who could not enroll in the Gym learn through correspondence. For outstation students, Iyer had set up a lodging facility as well. Undoubtedly, the Hercules gym played a focal point in Indian bodybuilding history. In 1938, Iyer wrote a book called "chemical changes in physical exercise," in English, without realizing his work's profundity. In 1940 he was aptly awarded the doctorate from Missouri University.

In post-independence, four names stand on the top Indian bodybuilders who had made India proud by winning the coveted Mr. Universe title. Consecutively in 1951 and 1952, Montosh Roy and Monohar Aich bagged the country's title to popular perception. In the year 1988, Premchand Degra won the title, and in 2012 Sangram Chougale won the prestigious award of Mr. Universe. (www.muscleblaze.com, 2016)

Bodybuilding in India is organized, and the national federation is internationally recognized. Bodybuilding from the country has competed in international events. In India, bodybuilding appears on several billboards advertising supplements near the national institute of sports. India's overall fitness industry has increased in the past two decades; there has been seen a tremendous increase in general awareness about fitness related topics.

Bodybuilding developed in the late 19th century, promoted in England by German Eugene Sandow, now considered the "Father of modern bodybuilding." He allowed the audience to enjoy viewing his physique in a muscle display performance; although the audience was also thrilled to see a well-developed physique, the men displayed their body as a part of strength demonstration or wrestling matches. (Bodybuilding-Wikipedia)

Growth of Bodybuilding in Jammu and Kashmir

After 1952 the heat of bodybuilding spread all over India, and the heat touches Jammu and Kashmir too. The first bodybuilding competition was held at Gulab Bhavan in 1972-1973, organized by Bajrangi Akhada under the banner of Mr. Sardar Bupinder Singh Tirthi Ex Assistant of SPORTS AUTHORITY OF INDIA; three competition were held bodybuilding, weightlifting, and boxing. In 1993 the first Gym was opened in Jammu. From that one Gym now, there are more than 200+ gyms with yoga centres in Jammu and Kashmir, and more than five lack people are working in that fitness centres. After 2000 the J&K bodybuilding comes under the command of Mr. Rajesh Dutta (General Secretary of bodybuilding association J&K and International judge). Another competition for MR J&K and North India was organized by Abinav theatre under bodybuilding association Jammu and Kashmir. (Dutta, 2020) ^[3]. They has started district level bodybuilding competition from which they select the elite bodybuilders to represent for State-level championship. State players get prepared for Mr. North India, Mr. Asia, and Mr. World. The main motive behind all these efforts was to keep the youth away from drugs and help them stay healthy and fit. They also started awareness rallies, free classes from international bodybuilders free shows to aware people about the advantages of physical fitness; Mr. Rajesh Dutta says in a personal interview that in the last ten years, more than 70,000 youth were able to get back from drug life to fit life, he also told us that 8-9 district-level competition and one state-level competition were organized every year he says before 2010 our bodybuilders were not able to compete in top 50 but now every time we hold ten places in Mr. India competition, Mr. Asia and Mr. World competitions

Women Bodybuilding in Jammu and Kashmir

Female bodybuilding is the female component of competitive bodybuilding. The modern iteration of sport is originated in late 1970s. But it is a sad truth that before 2015 nobody has ever seen women performing a bodybuilding show at a stage, but this old mindset was broken after the first competition in 2015. A new era of women bodybuilding enters Jammu and Kashmir, and to remove this old mindset of people Mr. Rajesh Dutta has made an effort to organizes the first women bodybuilding competition in Jammu. This experiment become successful that the women from Jammu bagged a bronze medal in Mrs. Asia competition which was held at Malappuram Andhra Pradesh, Mrs. World competition and Mrs India competition, she is also a champion of champion in Mrs. North competition (FACEBOOK, 2017) ^[6] and two times Mrs. J&K and she is none other than Mrs. Monika Gupta. (Dutta, 2020) ^[3]

This was the journey of hardships that she conquered with her hard work and dedication, and now she has become a role model for the coming up women youth of Jammu and Kashmir.

Women bodybuilding was lacking in this region because of its following factors

Social factors: First and foremost factor is society that what people think about women wearing a costume and giving poses in front of people, thinking about people thinking about society is the most significant factor that our state is not growing up, people are not mature, they having an old mind-set about women.

Sexism and Discrimination: Since the sport of female bodybuilding was organised, gender discrimination has been an issue. People recognise that part of the feminine identity is sculpting their physical appearance and they usually associate the common feminine identity with slenderness and a trim figure. In studies in popular culture A.J Randall and colleagues described this as the result of the patriarchal society which emphasizes that femininity is created by altering the body for society's gendered expectations. When women venture away from gender expectation, society's view of their femininity begins to slip female bodybuilder experience this criticism of their body, as they build bodies which are commonly associated with masculine identity. Despite this there is a very dedicated female bodybuilding fan base. The international federation of body building have made several rules changes on the sport of female bodybuilding that relates to the expected feminine identity. (WIKIPEDIA)

Family taboo: The family taboo plays a main constrain in bringing the women talent to bodybuilding as most of the families haven discouraging their daughters from taking part in bodybuilding competitions due to the mindset of the relatives and friends close to the family what they will pursue about the women bodybuilding taking part in it.

Lack of government facilities: Another most important factor is that government facility; the government did not show any interest in women bodybuilding, there is a lack of resources, infrastructure which should be fulfilled by government bodies.

Financial constraints: Another factor is financial barriers, as we know that bodybuilding is the most expensive game in the world, before one month of competition an athlete has to

invest about 1 lakh on him to maintain his/her body for the stage, so, this thing also hinders them from competing.

Association and Their Work

Association was formed in the year 2005 to inculcate the value of a healthy body and mind in the youth, and also to aware the people about the ill effect of drugs and to promote bodybuilding/fitness physique/ sports physique both in man and women and also prepare the athlete for state, nation and international championship. (Jammu & Kashmir sports council) Likewise, every state has its bodybuilding associations, the Jammu and Kashmir also have an association, i.e., Bodybuilding Association of Jammu and Kashmir (BBAJ&K), the country has a national organization, the Indian bodybuilding and fitness federation (IBFF) that is recognized by the international federation of bodybuilding and fitness as a national federation, representing the country's bodybuilding community. The national federation is a member of the Asian bodybuilding and physique sports federation. (wikipedia) The BBAJ&K is a Non-government organization (NGO) that is affiliated with the J&K sports council and recognized by the Indian federation of bodybuilding. The work of the association is to organize a district level and state level competition and find a masterpiece from contestants and prepare them for the national level and international competitions; this organization get its funds from the sports council of J&K and spend it wisely on all the competitions that they have to organize. The association pays all the allowances, expenses of the players, and fitness coaches for the competitions. For the competition of Mr. Asia and Mr. World, they trained bodybuilders to do their dope test, i.e., federation test dope and send them to the camp where they are monitored and screened by the government of India who will allow them for the national and international competition. (Dutta, 2020)^[3]

Government Efforts Towards Bodybuilding

There is no such effort or scheme made by the government to boost or enhance bodybuilding in this region. There is no doubt that the government is providing them funds and platform, but those funds are not sufficient to fulfil the needs of the youth of Jammu and Kashmir. Our sports Minister makes an effort Mr. Kiren Rijju has given recognition to this industry. Like every other state departments, railways, navy air force, bank board, etc. have their bodybuilding teams. Why J&K lacks in this, J&K's official departments have other sports teams like football, cricket, handball, basketball, boxing, etc. so why not bodybuilding? Our state lacks sports physiotherapists and sports doctors that our athletes are not aware of ergogenic aid that will help them compete. Most of the athletes get ill injured because of a lack of knowledge of diet, maintenance of fitness, and proper use of sports medicine, and it is a shame to say that Mr. India has been organized in every state of India but not in J&K the reason is lack of funding from the government, every year we get funds from sports council for the state, district level and national level championships, but not more than 2 lakh rupees for only state-level competitions, the cash prize is about more than 50,000, so how they manage other things and our state will get output from our athletes. So government funding must be increased, and a suitable platform must be given to the youth of Jammu and Kashmir. (Dutta, 2020)^[3]

Contribution of Bodybuilding Towards Economy

The bodybuilding industry's most important contribution is

that it is providing livelihood to the youth by providing them private jobs in Gym, yoga centres, and other fitness places. It helps youths to survive in society. In India, there are about two lakhs gyms and yoga centres which give livelihood to more than 75 lakhs people in India and this number is increasing day by day, and for Jammu and Kashmir almost 5 lakh people are working in this field, Jammu and Kashmir have added many prestigious Awards to the laurel of state. The bodybuilding industry helps youth stay away from harmful drugs and be fit, motivated, and mature throughout life. It is well said that a healthy mind stays in a healthy body, and if the youth of the state is healthy, then the state will never see the downfall in its whole era because youths are the building block of a building economy. (Dutta, 2020)^[3]

Some recent champs who contribute to the laurel of state

1. Dr. Guneet (Mr. India)
2. Mr. Kivas thapar (champ of champ Mr J&K)
3. Mr. Ajeet Singh Jamwal (Mr. India top 7, Mr. North, Mr. J&K)
4. Mr Deepak Sharma (champ of champ Mr J&K)
5. Mr Vimal Jeet (Mr J&K Shree)
6. Mr. Rakesh Kumar
7. Mr. Sidhart sadhu (Mr. India, Mr. North, ten times Mr. J&K)
8. Mr. Dawanjay Singh (Mr. Asia)
9. Mr. Rahul Dev Manhas Muscle mania Physique (Mr. Universe)
10. Mr. Gazi Pervez (Dubai Muscle show, Gulf classic, 5times Mr. J&K)
11. Mr. Pushpinder Bharti (Federation Cup Gold)
12. Mr. Navdeep Salotra(International professional trainer certified from Ace, Mr. North2 place)
13. Mr. Bobby Singh (Mr. World, seven times Mr. Asia)
14. Mrs. Monika Gupta (Mrs. North, Mrs. Asia, Mrs. World)

Steps and Measures to Enhance This Industry

- The government should intervene and have a worthy and qualified human resource in bodybuilding sports for smooth running and growth.
- More scientific studies must be done to know the extent of human physiology.
- There is a need to introduce this subject at the university level and school level.
- Good qualified and knowledgeable coaches, judges, sports doctors, and physiotherapists are required who will increase the standard of bodybuilding.
- The government should treat this sport equally as other sports are treated. They should provide jobs as other services are providing.
- The government should provide enough funds to the association to smoothly run this industry and conduct the state and national level competition with acceptable standards.
- Sponsors and ambassadorship play an essential role; sponsors must be given to the athlete to build themselves for high-level competition.
- The government should also give infrastructure and environment to the athlete to grow as other states are growing in Men/Women bodybuilding.

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