

**A CASE STUDY ON BHUPENDER SINGH ASIAN GAME
SILVER MEDALIST**

**A dissertation Submitted to the
Department of Physical Education
In partial fulfillment of the requirement for the award of degree of
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**By
RAVINDER
Regd. No 11504869**



L LOVELY
P ROFESSIONAL
U NIVERSITY

Transforming Education Transforming India

Lovely Professional University

Phagwara, Punjab (India)

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Abstract

The purpose of the study was the contribution and achievement of Mr. Bhupender Singh toward the promotion of athletics. Data for the investigation was derived from primary secondary sources. The focuses were mainly around the family background career. Through interview and questionnaire was data collocation according contribution, achievement, qualities and responsibility of Mr. Bhupender Singh the study will be a value able addition to the professional literature in sports and physical education. The study will be significant to motivate new sports generation. Self made questionnaire was used together personal and professional information.

Certificate

This is to certify that Ravinder has completed M.P.Ed. Dissertation titled "*A case study on Asian game silver Medalist Bhupender*" under my guidance and supervision. To the best of my knowledge, the present work is the result of his original investigator and study. No part of the dissertation has ever been submitted for any other degree or diploma at any university.

Date

Mr. Taswinder Singh

Advisor

Department of physical Education

Lovely Professional University

Phagwara (Punjab)

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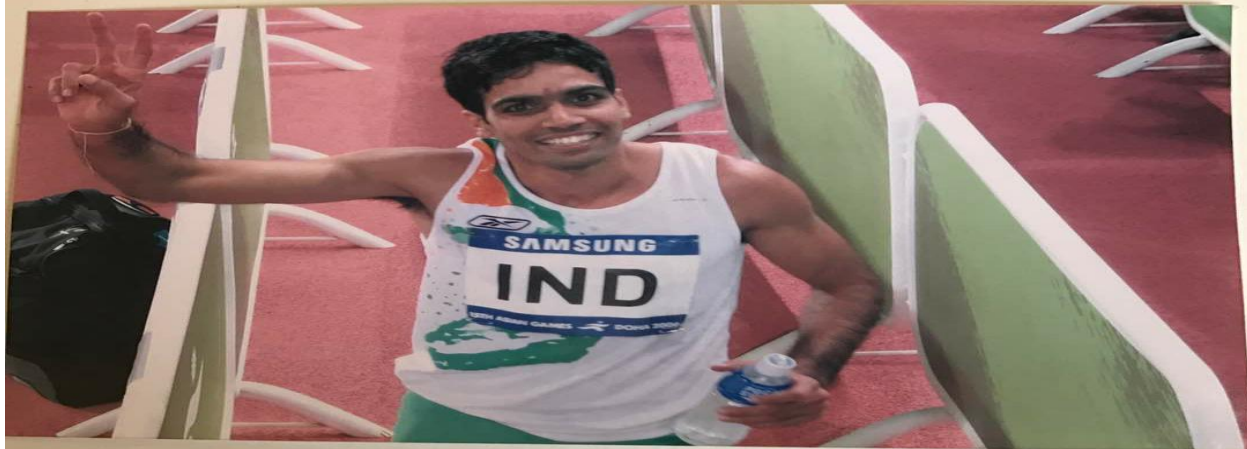
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Asian game Silver Medalist Bhupender Singh

CHAPTER 1

Introduction of the

Problem

CHAPTER-1

INTRODUCTION

The word athletic came from Greek word “athlos”, meaning “contest”. This term basically came to describe the contests in athletics. Athletics is that kind of sport which includes Running, Jumping, Throwing, and Walking. Athletics is divided in two parts Track Event and Field events. Total event in athletics are: - 24 for male and 23 for females. 50 km walk is not included in the female category. Rest all of the events are for both. Athletic history dates back to long human prehistory. The first athletic events were organized at a sports festival. One event was only conducted at the first recorded organized athletics in Olympia in 776 BC. The stadion footrace was organized and Koroibos was held the winner of those games. Many running games were organized after that and still are getting added till date. Four of the events of ancient Olympic pentathlon that were track and field events, we are them today also i.e. the long jump, discus throw, stadion footrace, and javelin throw. In Greece around this period the athletic events were also presented at the Panhellenic games. They were known to Romans the period of 200 BC. New track and field events were developing in the middle ages which were being getting developed in the northern part of Europe. The most popular sport among the Celtic societies was the event of Shot put, and hammer throw. The pole vault was also getting popular among the Northern European lowlands in the 18th century.

In the 19th century for the first time national organizations were established and the games were organized. in the 1880, the amateur athletic association of England started to organize the annual AAA Championships. In the USA Outdoor track and field championship was organized in 1876 by the New York Athletic Club.

A new era was marked when the modern Olympic Games were organized in Athens in 1896, For the track and field events. The Olympic athletics programmed comprised on track and field events plus one more marathon race. They largely contained foremost sports competition of the 1896 summer Olympics. The use of metric measurements was also consulted by the Olympics in

the international track and field events. The events of track and field events have expanded a lot in the following era.

In 1912, the establishment of IAAF (International Amateur Athletic Federation) took place which became the International Governing for athletics. In 1928, women competed for the first time in summer Olympic. The summer Paralympics were organized in the year 1960. Televisions gave a huge amount of exposure to Olympics in 1960. Professionalism was started to be seen in the late 1970s. Amateurism was abandoned by the IAAF in 1982. World championship in athletics was organized the same year by the IAAF which was the first ever global competition in athletics and it became the most prestigious competition after the Olympics.

The IAAF World Championship in athletics served as a fully professional competition and also introduced the prize money in 1997. In 1998 the professionalism was increased by the IAAF Golden League. IAAF Diamond League took over the name IAAF Golden League in 2010. Comprised of meetings in Asia, Europe, North America, and the part of Middle East which were also included the series of annual track and field meetings. As the time passed, human development moved according to it. As the human development went on the factors related to it were also developed. Like this Athletics also from very long time, kept on moving with the human development. From the ancient times and till date Athletics has progressed a lot. Athletics is that kind of sport which is liked by all the age group from kids to grand persons. The main reason for the attraction of Athletics by all the age groups is that because kids get to hear a lot interesting about this sport from their grandparents.

If we talk about the craze of Athletics in India, its popularity has always been on high level and never went down. Since from the ancient times and till date people love and give a lot of respect to the sport of Athletics. In India most of the population living in villages are deeply involved with this sport and promotes and plays a lot of this sport. Most of the huge part of India is still not developed completely and not any development of sport is not there and proper amenities are also not provided. Many sports require lots of special equipment's but Athletics is that special sport which doesn't require any special equipment.

If we talk about the performance of our Indian Athletics in past days performance was very admirable. Many Indian athletes raised the name and fame of our country. Bhupender Singh is one of those athletes who have won many medals for our country .Now I would like to talk about Bhupender Singh personal as well as professional life.

Bhupender Singh was born in the year 09th July 1979 in village Atli, Distt. Ballabgarh, Haryana. His father's name is Shri Mahaveer Singh and mothers name is Shrimati Murti Devi. He has one elder brother Kuldeep Singh and younger sister Sudha Singh. His wife name is Savitri and he has two daughters named Namya and Ashi. He was born in a low middle class family and we know that low middle class families face too much of financial problems and these kind of families strive to survive in day to day survival. And coming from such a family background and bringing Medals for the country is very heart warming. Bhupender Singh did his 10th in the year 1996 from Government High School in Atali and 12th in the year 1998 from Government Senior Secondary School Ballabgarh. He started the practice in the year 1999. He started his International Career in the year 2002 representing India in Asian Prix held in South Korea.He created the North zone record in 400m with the timing of 48.50 second in 2001. He qualified for the Olympics (B level qualifier) with a National record timing 45.89 sec. in the year 2004. He has won many medals for our Nation at National and International level in Athletics. His biggest achievement was when he won two Silver medals in the Asian Games (2002, 2006) which were held in Bushan, South Korea (2002) and in Doha, Qatar (2006) in the event of 4*400m relay. He was felicitated with the BHEEM Award the most prestigious award of the Haryana State by the Haryana Government in 2007. He is presently serving in ONGC which he joined in 2003 and still gives coaching there.

BHEEM Award is given to the outstanding athletes of Haryana state by the Ministry of Youth Affairs and Sports, government of India to recognize the achievements in the National Sports. It was started in 2001, and has been given to 151 players of Haryana and each player is awarded with cash of rs.500, 000 lakh each. And they can travel free in the roadways bus.

The long relay or 4*400m relay is an athletics track event which consists of 4 team members. Each member completes a lap of 400m each. It is also the final event played at the track meet. The first 500 m of the relay is crossed in lanes at the top class events. A relay baton is being transferred between the teammates in the relay event. A 20 m box is given to the runners in which they have to transfer the baton and afterwards runners have to line up typically for the second and third transfers.

Baton plays a significant role in the 4*400m relay i.e. if the baton falls down by the runner while passing it to the other runner then, his him himself will pick it up and give it to the runner of his team.

Runners of the 4*400m relay look back and grasp the baton from the coming runner, while it isn't seen in 4*100m relay. And the rate of disqualification is also rare in it. The current champion team in men's is USA.

Sharma (2012) investigated the India is the traditionally in sport loving society. Games have always considered as an integral part in culture of India. In the older days sports and sports person was given due importance by our ancient rules. Sports was considered essential eve for the members them tried to excel in the certain sports. In the spite of severe sting of the money lack of infrastructure. The response for international sports events can be depicted from general public. Enthusiasm in generated by achievements at national and international level. And similar comparison is hard to make elsewhere in the world. In the India emphasis was given on the physical fitness and material arts.

Bala (2009) conducted a case study by of the means of biographical, historical and analytical methods to study the personality profile of legend hockey player DhanrajPillay. Researcher carried out the study to expose the unique characteristics, abilities, traits of the Dhanraj Pillay's personality and the achievement and contribution by him in the field of hockey. Further researchers also find out the level of emotional intelligence, self-esteem and evaluate the overall personality of the Dhanraj Pillay. Data was collected through the primary and secondary

sources. Study concludes that the legendry have a very great achievements in the field of hockey. He won many awards and honors.

Singh (2008) determined that the case study on S. Padma ShriPargat Singh who was an Indian Hockey Player. The purpose of the study was to reveal tremendous impact of Padma ShriPargat Singh on Indian Field Hockey. The investigator conducted interviews with Padma ShriPargat Singh and his family, members, Hockey Coach and Arjuna awardee S. Balvir Singh and also referred to published materials and photographs. It was revealed that Father of S. Pargat Singh was the source of inspiration for Padma ShriPargat Singh to achieve higher standard.

Satpal (2008) conducted a case study on Arjuna Awardee Vijendar Singh, Pugilist. Vijendar Singh was belongs to Haryana. His elder brother is also a boxer He started learning boxing in SAI hostel, Bhiwani. He adopts boxing as a profession in July 2000. In the same year, he won Gold Medal in the 16thSub. Jr. Boxing Championship held at Yamunanagar. He won his first Gold medal at International level at Sub. Jr. Boxing Championship held at Germany. At the very young age of just 21 years, he was honored with Arjuna Award by President of India. He won Gold Medal in second Asian Olympic Qualifying Championship held at Asthana city (Tajikistan) in 2008 and qualified for 2008 Olympic Games held in Beijing (China).

Whitley (2006) presented a biographical picture of Charles Buell. The writer attempted to trace and identify the professional contributions of Buell and to examine his influence on physical activities for visually impaired. The history method was utilized for this study. Data were organized using combination of topological and chronological order. The subject and his family, colleagues and professional associates, athletes, students, files, newspaper, articles and publication.

Kumar (2008) explored the personal life , sports career and contribution of Dronacharya Awardee M.K. Kaushik, in the field of Hockey. To get the first hand information the investigator conducted interviews with M.K. Kaushik, his family members, friends, relatives and trainees. M.K.Kaushik had a much extended professional career. Arjuna Award and Dronacharya Award shows his contribution in the field of hockey as a player and as well as a coach. He put up with India colour in many prestigious International Tournaments. After contributing as a player, in his later life, he served as Chief National Coach at Indian Hockey Federation (IHF) and his team won Gold medal in Asian Games in Bangkok in 1998.

Dusek (2006) conducted a study on a biography of Marie Provanzik with particular emphasis upon her contributions to physical education. Both primary and secondary source of data were investigated, including the published and unpublished materials of Marie Provanzik, her personal and professional records, interviews and correspondence with colleagues, associates and students as well as the histories of the Czechoslovak and sokal organization.

Dhillon (2006) undertook the case study of Balvir Singh. Who was the Indian Hockey Player? The purpose of this study was to reveal tremendous impact of Balvir Singh Indian Field Hockey. The investigator conducted interviews with the Balvir Singh and his daughter and published material and photographs opinion rating questioner on Balvir Singh was used. It was reveal that Harbail Singh which was his guru and the inspiration for Balvir Singh to achieve higher standard. Balvir Singh won several awards and he distinction like Padma Shri 1757 best sports person man of the country in India 1982. He has been worked as director in sports department. He was member of Indian hockey team in 1948, 1952, 1956. He was captain of Indian Hockey team at Melbourne in 1956 Olympic hockey team. He has golden hat trick in his hockey career.

Singh (2006) studied in deep the life and professional career of PadmaShreeKartar Singh, Legendary Wrestler. The historical, biographical, analytical and interpretive methods were used to conduct the study. The data were collected from the persons who had been connected with Padma Shree Kartar Singh, family members, players and coaches .Mr.Kartarsingh was born in a small village known as Sur Singh (Amritsar) on 17thSeptember 1953. He is from the family of wrestlers. His coach gurus Hanuman inspire him to be wrestler. Padma Shree Kartar Singh's had a great and glorious career in sports spanned of 35 years. He participated and won many National and International competitions. He has honored with many awards including as Arjuna award (1982), Padma Shree (1987), president police medal (2002), etc.

Roberto (2006) studied the life and career of Jose Dejouse Clarke Flores in which emphasis was given on leadership qualities in sports and contribution in National and international level by the sportsmen. Questionnaires, personal interview and documentary evidence were for obtaining necessary data for this study. After Analyzing the data investigator classified his life and contribution under his early life, education, professional life as a military man an engineer during his 27 year of improvement in the field of sports. Jose de Josue become

first successful sports leader in Mexico. Then they become most popular sports leader in whole American Continents.

Sivarama Krishnan (1989) studied Life, career and contributions to Cricket, of the Sunil Gavaskar's the great Indian cricketer. To conduct the study the researcher used, Interview technique, Opinion Questionnaire and Cattell's. 16 Personality Factor Questionnaire , personal visits, readings from literary sources, Journals, text-books and research reports etc. the researcher highlights of career of the great cricketer.

Nirajan (1988) conducted a case study on Prakash Padukone, the Badminton player. Prakash Padukone was the International badminton player with great achievements at international level. He was the Winner of All England Badminton Championship and Nine times National Champion. Prakash Padukone was born on 10th June 1955 at Bangalore.. The ace in the field of badminton brought glory to his state and the country as well. He belongs to the family of sportspersons as his father Ramesh Padukone was very good Hockey Player. He is honored by Padma Shree and Arjuna Awards by the Indian government.

1.1 Significant of the study

Athletics has developed in the highly competitive way at world level which requires all round development of the players. The present study was on familiar terms with about the contribution of Asian Games Medalist Bhupender Singh in Indian athletics. This study was a precious addition to the professional literature, athletics, and physical education. This study will be advantageous for wrestlers to motivate them. The study will be important to encourage the players and Athletics promoters. There would be a suitable article of the past and reveal historical prospective to the coming generations in the field of Athletics.

The present study will be providing the found good possession which was helpful to selection of Athletics in future .The study was through light on the performance of high-quality wrestlers. The study was help to understand the values and importance of Athletics and skills on superior player to compare standard.

1.2 Statement of the Problem

The study aims to determine some phases of the life history of the unit or relating to the entire life process, whether the unit is an individual, a family, a social group, an institution or a Community. The study is planned to as “A case study on Bhupender Singh Asian Games Silver Medalist (Athletics)”.

1.3 Objectives of the study

- To find out academic and sports achievement of Bhupender Singh.
- To investigate the contribution and professional career of Bhupender Singh in Athletics.
- To study the personality of Bhupender Singh.

1.4 Operational definition of the term used

1.4.1 Case Study

A case study is an in-depth study of one person. Much of Freud's work and theories were developed through individual case Studies. In a case study, nearly every aspect of the subject's

life and history is analyzed to seek patterns and causes for behavior. The hope is that learning gained from studying one case can be generalized to many others. Unfortunately, case studies tend to be highly subjective and it is difficult to generalize results to a larger population.

1.4.2 Interview

A meeting in which someone asks another person, especially person, questions about themselves their work or their ideas in order to publish or broadcast the information.

1.4.3 Questionnaire

A planned set of questions used to collect data. It can be used as the basis of a personal interview.

1.5 Delimitations of the study

- I. Study will be delimited to the contribution of Bhupender Singh in Athletics.
- II. The study will be enclosed to educational achievements of Bhupender Singh.
- III. Study will be only delimited to sports achievements and professional career of Bhupender Singh.

CHAPTER II

Method and Procedure

Chapter-2

METHOD AND PROCEDURE

The aim of present study was to know the contribution of Mrs. Bhupender Singh in athletic. A case study design investigator the contribution and achievement of Bhupender Singh toward the promotion of athletic in the country and also to study his philosophy with regard to sports as a profession in India and to enlist leadership and administration quality of Mrs. Bhupender Singh, in the investigation biographical and method was apply.

2.1 Design of the study

The present study was a descriptive type of study. For this the investigator will follow the following steps.

2.2 Collection of the data

Data for this investigation was derived from the primary and secondary sources.

2.3 Primary Sources

To original information was collected from the following primary sources as family for schooling information was visit to his house for concerned official record, investigated and analyzed the personal records.

2.4 Official records

To get the first hand information investigator visited to his house in Faridabad-3 sector (Haryana) to know his sports achievement and his O N G C carrier.

2.5 Personal Records

Personal records also were investigated such as certificates honors, awards and desired information facts were deriving analysis purpose.

2.6 Interview

The investigator personally contacted Bhupender Singh for interview and conduct interviews with well prepared interview schedule. The focus of interview was mainly around family history, environment influence education, playing days, achievement and contribution as a player.

2.7 Secondary Source

Investigator referred to the news paper which carries information about national and international competitions and other effective news concerned with Bhupender Singh study was referred literature, pictorial records and publish material available in different libraries, magazines and internet act.

2.8 Pictorial records

Various pictorial records Bhupender Singh were investigated and some of the photographs relevant to different occasions were choose for this study.

2.9 Published materials

Published materials such as magazines and news paper were studied and information retained as document of the investigation.

2.10 Tool

1. Self made questionnaire was used for personal and professional information.
2. Eysenck's Personality questionnaire (1975) was used to find the personality of Mr. Bhupender Singh.

Eysenck's personality questionnaire is a questionnaire to assess the personality trait of a person, usually called temperament, in four scales, P- Psychoticism or through mindedness, E-

Extroversion, N- Neuroticism or emotionality or L- Lie. It must here to say that Psychotics is an independent dimension which describes the personality as solitary, troublesome, cruel, lacking in feeling and empathy, hostile to others, sensation seeking, and liking, odd and unusual things. Neuroticism refers liability to neurotic breakdown under stress. Extroversion as opposed to introversion refers to the outgoing, uninhibited, sociable proclivities of a person. These three dimensions are conceived of as being quite independent, thus all the Hans Jorgen Eysenck (1975).

The final version of the EPQ is described in considerable the book titled Psychoticism; A dimensions of personality (Eysenck's and Eysenck's, 1975) most of the data his given are taken from that book. However accumulation of data has continued beyond the point where the book was written, and consequently we have own occasion, given means, standard division and other statistics based on larger samples than those referred to in the book. our collection of samples has been much simplified by our finding that social class has relatively little influence on scores on the scale used, age and sex are clearly much more important, as well as being much easier to ascertain.

The relative lack of importance of social class makes the construction of reasonable sample much easier, and if our claim be accepted that class is of marginal influence only. Then our samples may be regarded as reasonably representative. Even so

We have always tried to include member of all social class. We do not claim to have use truly random or representative of non-psychiatric population; the great majority of our subjects are in fact not student but wage earners, housewives, and normal group.

The final version of adult EPQ may prove interesting to the reader to check our factor loadings for each item used in previous studies against the factor loading of the same item as obtained in previous analyses; this is more convincing argument for factor immutability than statistical estimates of standard errors, or other similar manipulations of data from a single application. Of equal interest, is the comparison of the data from male samples; we have looking for consistency in this comparison before accepting our final questionnaire.

2.11 Validity

Validity of Eysenck's personality test is .78 to .89.

2.13 Reliability

Reliability of Eysenck's personality test is .80 to .90.

2.14 Norms

The observed distribution of scores depends on such factors as inter correlation, and many other such factors which might not be replicated in another scale made up of different items, and consequently we have not used score distribution in considering items for inclusion. Several of the distribution notably those for deviates markedly from normality, being positively or negatively skewed. There would be little point in providing a more accurate statistical description of the shape of the curves in terms of higher moments.

2.15 The nature of life scale

There is no doubt that personality questionnaire are subject to faking and that in fact such faking good or faking bad is relatively easy, whatever the instructed faking i.e. conditions in which subject are explicitly asked to fake good or bad. Similar results are found under selection conditions Gordon and Stapleton (1956). These data are sometimes misunderstood, and the suggestion made that because of faking personality inventories are of little use in research. Precisely the opposite conclusion is indicated, the fact that instructions, indicates not only that faking can be induced by suitable instructions, but also that before these instructions were given there can have been only little if any faking. The fact that conditions of anonymity do not produce changes in personality test score, as compared with name signing conditions, also seem to indicate that under ordinary conditions subjects given relatively truthful answers.

CHAPTER-3

Results, discussion, interpretation and recommendation

This process investigating, regarding analysis and interpretation the events of the past for the purpose of discovering generalization that are helpful in understanding the past and the present the limited extend in anticipating the future. The present chapter is therefore devoted to analyze and interpret reaching at definite conclusion.

The finding of the study has been present in these parts

3.1 This section deals with academic achievement of Mrs. Bhupender Singh.

3.2 This section deals with sports achievement of Bhupender Singh.

3.3 This section deals with professional carrier of Bhupender Singh.

3.4 This section deals with award and social activities.

3.5 This section has covered by the biography of Mr. Bhupender Singh.

3.6 Views of Eminent personalities.

3.8 Relay team players.

3.6 Mr.Narsingh Ram coach.

3.7 Mrs. Ram Singh Friend.

Academic Achievement

3.1 School level Education Qualification

Year/session	Class	School	Board/university
1995-96	10 th	Govt High School Ballabgarh	Board of school education Haryana
1997-98	12 th	Govt S.S.School Ballabgarh	Board of school education Haryana

3.2 College level Education Qualification

Year	Class	College	University
1998-99	B.S.C 1 st	Pt.J.L.N.College Faridabad	M.D.U Rohtak
1999-2000	B.S.C 2 nd	Aggarwal college Ballabgarh	M.D.U Rohtak

3.SPORTS ACHIEVEMENTS

3.2.1 College level achievement

Year	Event	Competition	Venue	Medal
1999	100meter	Inter college	M.D.U Rohtak	Bronze
1999	200meter	Junior state	Hisser	Silver
1999	400meter	Junior state	Hisser	Bronze
2000	100meter	Inter college	M.D.U Rohtak	Gold
2000	200meter	Inter college	M.D.U Rohtak	Gold
2000	400meter	Inter college	M.D.U Rohtak	Gold

3.2.1 National level Competition

Year	Event	Competition	Venue	Medal
2001	200meter	Junior north Jon	Chandigarh	Gold
2001	400meter	Junior north Jon	Chandigarh	Gold
2001	400meter	A.I.U	Amritsar	Silver
2001	200meter	A.I.U	Amritsar	Bronze
2001	4(400)	A.I.U	Amritsar	Gold
2001	400meter	Senior national	Bangalore	Gold
2002	400meter	Senior national	Bangalore	Gold

3.2.2 ASIAN GAMES

Year	Event	Competition	Venue	Medal
2002	400meter	Asian athletic grand prix	Sri Lanka	Bronze
2002	4(400)meter relay	Asian games	South Korea	Silver
2005	4(400)meter relay	Asian athletics championships	South Korea	Bronze
2006	4(400)meter relay	Asian game	Doha, Qatar	Silver
2007	400meter	Asian athletic grand prix	Pone	Bronze
2008	400meter	Asian athletic grand prix	Bangkok	Gold
2008	200meter	Asian athletic grand prix	Bangkok	Gold

Professional Career

1. Mr. Bhupender Singh was joined O N G C in 2003 as manager.

3.3.1 Award

(1) Mr. Bhupender Singh was awarded with BHEEM award during the year 2007 by Haryana governor.

3.3.2 Social Activities

1 Mr. Bhupender Singh improving the performance level of the new generation of the sports person.

2. Mr. Bhupender Singh is already doing welfare preferable work for the sports person.

3. Mr. Bhupender Singh improving the motivational level of the new sports person.

3.3.3 Biography of Mr. Bhupender Singh



Figure-I

Investigator during interview with Mr. Bhupender Singh

Mr. Bhupender Singh is one of the eminent personalities of Indian sports. Mr. Bhupender Singh has many glorious achievement and records in athletics. Mr. Bhupender Singh was a borne in an ordinary family in V.P.O Atali teh. Ballabgarh, Distt-Faridabad, state Haryana in India of late Shr. Mahaveer Singh and late Smt. Murti Devi on 9 July 1979. Mr. Bhupender Singh is working as athletics team manager incharge at O.N.G.C.

Mr. Bhupender Singh having 2 brothers and one sister. His first coach in athletics Narsi Ram and under his supervision and guidance, Mr. Bhupender Singh worked hard to become a good athlete.

Mr. Bhupender Singh started his schooling from his native place village Atali, Tehsil Ballabgarh, Dist Faridabad, state Haryana. Mr. Bhupender Singh has completed his high school in 1997-98 from Govt S.S.School Ballabgarh, Dist-Faridabad. Mr. Bhupender Singh have done in 1998 and then Graduation from Aggerwal college Ballabgarh. He won 'several medals on state level and

international level for the country. Asian medalist in 2002 AND 2006 (Asian Games)Mr. Bhupender Singh got many time awards in his sports career. Mr. Bhupender Singh life time achievement Asian games and Bhim award from minister of Haryana governor on 2007. Under the supervision and guidance of Mr. Narsi Ram and Harbans Singh, Mr. Bhupender Singh has participated national and international competition in athletics. In Practice session his continuous was to run 12 to 22 km. every week Mr. Bhupender Singh completed for at last 2 or 3 times. They are part of this preparation, Mr. Bhupender Singh used to 150, 200, 300, And 500 hundred meters. Mr. Bhupender Singh got married on 18 April 2006 Smt. Savitri Devi. They have two children Naamyaa and Aashi. Mr. Bhupender Singh is working as an officer of 3 O N G C Grogram city of Haryana. At present Mr. Bhupender Singh resides happy and comfortably at 3 sector Faridabad (Haryana) with family his family.

3.3.4 Motivational Factor:-



Figure-II

Investigator during interview with Bhupender Singh and his parents

Mr. Bhupender Singh motivated by Mahaveer Singh for participation in athletic. Earlier Bhupender took participation in athletics. In school time he never took parts in athletics. After 12th Mr. Bhupender Singh was interested in come to college he took parts in athletics. Bhupender Singh also motivate under Mahaveer Singh and Narsingh Ram supervision. They also motivate him to performance well in athletic.

Motivational Factor:-

Views of Shr. Mahbir Singh (Father)



Figure-III

I inspired from my father Mahbir Singh. He is an hard worker and he is very dedicated to his work. He do every work with determination. He always use to motivate me a lot for the various this he always appreciate my performance weather I won or loss.

**Views of
Eminent
Personalities**

Views of Silver medalist Bhupender Singh



Figure-IV

Investigator during interview with Mr. Bhupender Singh

Mr. Bhupender Singh is very honest men. He is very good athlete. Mr. Bhupender Singh won silver medals in Asian games. He is a great sprinter to his game. He is always been punctual and very hard working he has great respect and love for his parents. He has good nature. He was hard working and does continuous. As he is working so hard for bringing medals for our country and having a mindset that the tricolor of our nation is always on the podium, despite so many injuries that he faced in his sports career. He stills aims to work hard and do something astonishing for the whole nation, He wants the youth of our country to come forward do the same for the nation and let the Tricolor always outshine.

Practice. He is very active knowledgeable and experience holder person. He has been participation in much national and international competition. In 2002 Bussan Asian game and 2006 South Korea he secured silver medal for India in 4(400) meter relay race. Mr. Bhupender Singh played a very important role for getting his relay team in final Mr. Bhupender Singh has a long list of achievements both national and international level the good quality is the way of taking is very good.

Views of Smt. Murti Devi (Mother)



Figure-V

Investigator during interview with Smt. Murti Devi (Mother)

Bhupender Singh is very authentic person. In his childhood have great enthusiasm toward games and sports. His father Mahbir Singh advise his to make athletics game as a profession. Bhupender Singh becomes star athletics player in 12th class for his good performance. He got selection in college national game after that he represent many national and international tournaments. He is a great passion for athletics. Bhupender Singh won maximum medals in his career. Bhupender Singh also get honored by state, national and international awards. We are proud of his.

Pictorial Records



Figure-VI

The price distribution to new generation athletes by Mr. Bhupender Singh



Figure-VII

Mr. Bhupender Singh and ONGC staff members with him.



Figure-VIII

Asian game 2006 won the 4 * 400 meter relay in Doha Qatar



Figure-1X



Figure-X

Bhupender singh was the third runner in Asian games 2006 in 4*400 relay here he was received baton



Figure-XI

Medal ceremony



Figure-XII



Figure-XIII

Celebrating with the team

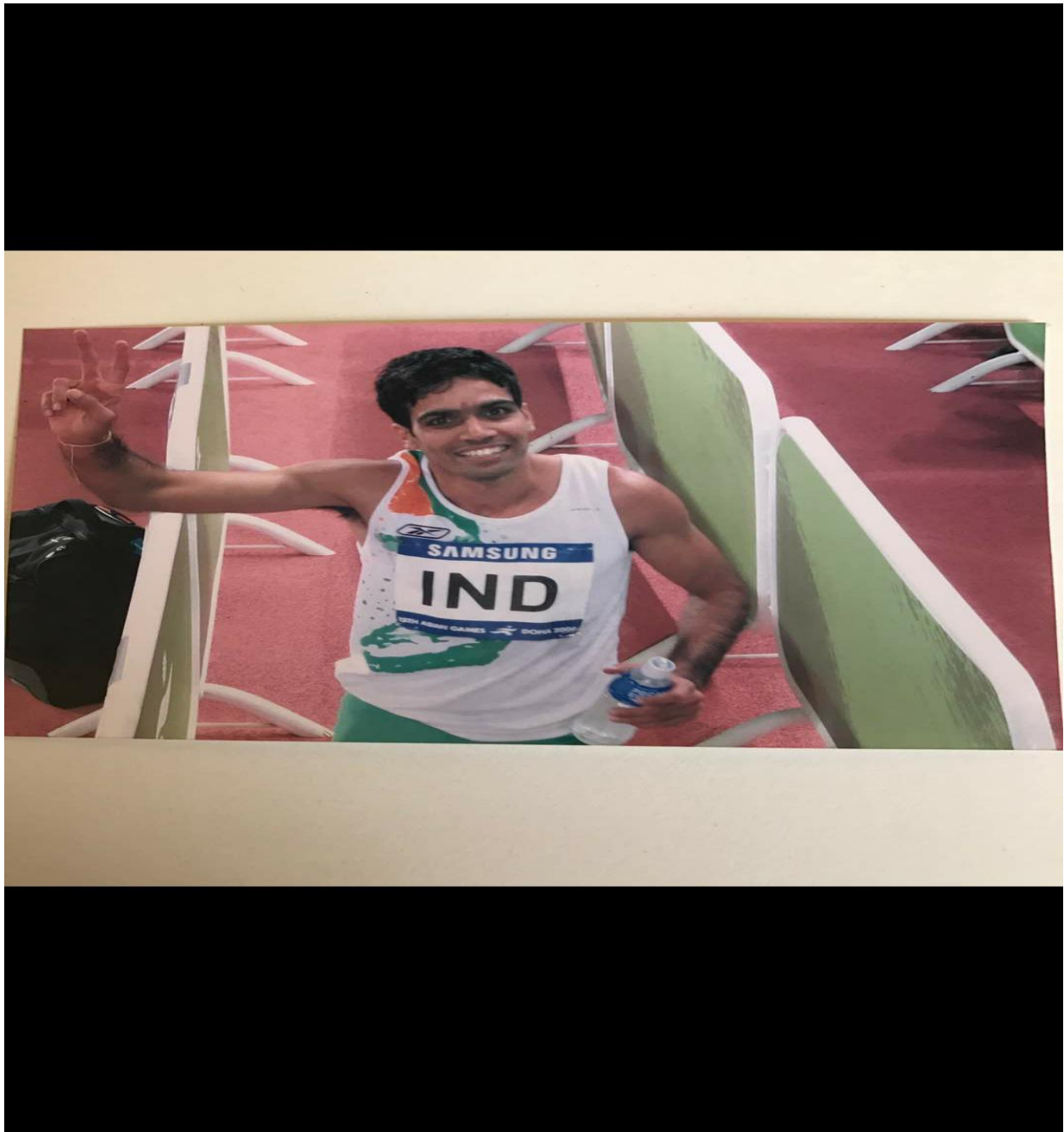


Figure-XIV



Figure-XV



Figure-XVI

Participated in 15th Asian games Doha 2006



Figure-XVII





Figure-XI

Publics

Material



18-12-2006

मां ने लगाया गले, दोस्तों ने उठाया कांधों पर

• गांव पहुंचने पर एशियाड के रजत पदक विजेता भूपेंद्र का जोरदार स्वागत बहन व भाभी ने आरती उतार कर किया

फरीदाबाद, जासंके। दोहा एशियाड में भारतीय पुरुष एथलेटिक्स दल को रजत पदक दिलाकर इस्लाम बचाने वाले विजेता भूपेंद्र सिंह का रविवार को अपने पैतृक गांव अटाली पहुंचने पर जोरदार अभिनंदन किया गया। ग्रामीणों ने जहां भूपेंद्र को फूल मालाओं से स्वाद दिया, वहीं मां ने गले लगाकर व घर की महिलाओं ने आरती उतार कर उसे प्यार किया।

रविवार को दोहा से लौटे के बाद भूपेंद्र दिल्ली के जवाहर लाल नेहरू स्टेडियम में ठहरा। रविवार को अपने लाडले भूपेंद्र को ग्रामीणों ने बदरपुर बाईर पर रिसीव किया और जब उनका काफिला दशहरा मैदान बल्लभगढ़ पहुंचा, तो वहां ग्रामीणों ने भूपेंद्र को कंधों पर उठा कर 'लाड' दिया। दशहरा मैदान में ग्राम पंचायत अटाली के सरपंच व पंचों ने भूपेंद्र को पगड़ी बांध कर उसका अभिनंदन किया।

ग्रामीणों व युवाओं ने भूपेंद्र को फूल मालाओं से स्वाद दिया। युवाओं व ग्रामीणों में भूपेंद्र द्वारा जीते गए पदक को देखने की लालसा थी और हर कोई उसे छू कर आत्मविश्वास हो रहा था। यहीं भूपेंद्र के पिता महावीर सिंह व ससुर बलबीर सिंह बेहद खुश थे। महावीर सिंह ने कहा कि भूपेंद्र ने हम सब को गौरवान्वित किया है। यहां से भूपेंद्र को बुली जीप पर बैठाया गया। साथ में पीछे-पीछे दर्जनों कारें थीं। यह काफिला



दोहा एशियाड में रजत पदक जीतने वाले भूपेंद्र सिंह को दशहरा मैदान बल्लभगढ़ में कंधे पर उठा कर अभिनंदन करते ग्रामीण। जागरण

बल्लभगढ़ शहर के प्रमुख बाजारों से होता गांव अटाली पहुंचा। यहां भी उसका जोरदार स्वागत हुआ। जीप से उतर कर जैसे ही भूपेंद्र घर के दरवाजे पर पहुंचा, उनकी माता मूर्ति

देवी ने अपने पुत्र को छाती से लगा कर बार-बार चूमा। बहन सुधा व भाभी बबिता ने आरती उतारी, तिलक लगाया, तो पत्नी सवित्री ने भूपेंद्र को माला पहना कर उसका

अभिनंदन किया। इस दौरान पूर्व विधायक राजेंद्र सिंह बीसला व अन्य ग्रामीणों ने भूपेंद्र व उसके पूरे परिवार को बधाई देते हुए कहा उसे हरियाणा का गौरव बताया।

अगला लक्ष्य ओलंपिक में पदक दिलाना : भूपेंद्र सिंह

सुशील भाटिया, फरीदाबाद

दो दिन पूर्व संपन्न हुए 15वें दोहा एशियाई खेलों में पुरुष एथलीट दल को तो सिर्फ एक ही पदक मिला। चार गुणा चार सौ मीटर दौड़ में देश को रजत पदक दिलाने वाले भूपेंद्र सिंह ने जहां पुरुष दल को शर्मसार होने से बचाया, वहीं पिछले बुसान एशियाड के प्रदर्शन (रजत पदक) को भी दोहरा कर अपनी प्रतिभा को फिर साबित किया।

रविवार को अपने पैतृक गांव अटाली पहुंचे भूपेंद्र सिंह ने दैनिक जागरण से विशेष बातचीत में कहा कि वह तो स्वर्ण पदक की आस लेकर दोहा पहुंचे थे और यह पदक मिल भी जाता, पर टीम के दो सदस्य जोसेफ अब्राहम और अबु बकर नए थे और पहली बार किसी बड़ी अंतरराष्ट्रीय स्पर्धा में भाग ले रहे थे और उन्हें ज्यादा अनुभव नहीं था। बाकी वे और बीनू पिछले एशियाड दल के भी सदस्य थे। जोसेफ की स्टार्टिंग में कुछ गड़बड़ भी हुई। शायद इस वजह से टीम स्वर्ण से चूक गई। बहरहाल, उन्हें खुशी है कि वह अपनी भूमिका का सही ढंग से निर्वाह कर सके और देश को रजत पदक दिलाया।

भूपेंद्र ने कहा कि जब उन्हें पदक दिया जा रहा था तो वह पल उनके लिए अविस्मरणीय थे। भूपेंद्र ने अपनी इस कामयाबी का श्रेय अपने गुरु कोच नरसी राम, माता-पिता मूर्ति देवी व महावीर सिंह के आशीर्वाद को दिया।

बातचीत

♦ पुरुष एथलेटिक्स दल के एकमात्र पदक



विजेता भूपेंद्र ने दोहा में कामयाबी का श्रेय कोच नरसी राम व माता-पिता के आशीर्वाद को दिया

साथ ही विदेशी प्रशिक्षक प्लादीमीर इगनेटेंको व भारतीय कोच परमिंदर सिंह ने उन पर बहुत मेहनत की। भूपेंद्र ने कहा कि अब उनका अगला लक्ष्य चीन के बीजिंग शहर में ओलंपिक-2008 खेलों में देश को पदक दिलाना है। इसके लिए उनका प्रशिक्षण कैंप अगले वर्ष 15 जनवरी से पटियाला में शुरू हो जाएगा, जो ओलंपिक गेम्स तक चलेगा। इस कैंप में वह अपनी कमियों को दूर करने पर ध्यान देंगे।

शुरुआत में क्रिकेट को अपनाया था एथलीट भूपेंद्र ने : बुसान के बाद दोहा एशियाड में भी रजत पदक जीत कर कामयाबी को दोहराने वाले धावक भूपेंद्र सिंह अपने स्कूल जीवन तक क्रिकेट ही खेलते रहे। साथ ही उन्होंने तीरंदाजी को भी अपनाया। स्कूली शिक्षा पूरी करने के बाद 1999 में अग्रवाल कालेज में प्रवेश

लिया और कालेज की वार्षिक एथलीट मीट में सौ व दो सौ मीटर की दौड़ में भाग लेकर प्रथम स्थान हासिल किया। इसके बाद क्रिकेट छोड़ कर भूपेंद्र ने अपने को एथलेटिक्स में ही रमा दिया और पहुंच गए नाहर सिंह स्टेडियम। यहां कोच नरसी राम ने भूपेंद्र की प्रतिभा को पहचाना और उसकी शारीरिक संरचना को देखते हुए उसे चार सौ मीटर की दौड़ के लिए फिट पाया। नरसी राम ने भूपेंद्र पर खूब मेहनत की, जिस पर पहले जिले में, फिर राज्य में और उसके बाद राष्ट्रीय स्तर पर एक के बाद एक शानदार प्रदर्शन कर भूपेंद्र आगे बढ़ता गया।

आज भूपेंद्र भारतीय एथलेटिक्स दल के वरिष्ठ सदस्यों में से एक हैं। भूपेंद्र ने अपनी सफलता का पूरा श्रेय नरसी राम को देते हुए कहा कि पारखी कोच न मिले तो खिल्लाड़ी की प्रतिभा दबी रह जाती है, फिर चाहे वह कितनी ही मेहनत क्यों न करे। कोच नरसी राम को भी अपने इस शिष्य पर बहुत नाज है, नरसी राम कहते हैं कि भूपेंद्र में वह सभी गुण मौजूद हैं, जो एक पदक विजेता में होने चाहिए। मात्र छह साल पहले एथलेटिक्स को अपनाने वाले भूपेंद्र ने इसे साबित भी कर दिया है। नरसी के अनुसार अगर चार गुणा चार सौ मीटर की पूरी टीम अपनी कमियों को दूर सही प्रशिक्षण में आगे बढ़ती है तो कोई वजह नहीं कि टीम ओलंपिक में पदक न जीते।

4 Aron 11/11/08 18-12-2008



सितारे

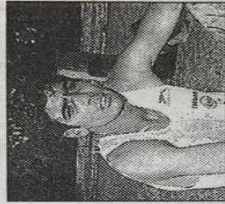
बृहस्पतिवार को
फरीदाबाद के
सेक्टर-17 के
मॉडर्न स्कूल में
आयोजित वार्षिक
खेलोत्सव के
समापन समारोह के
दौरान नैहा राठी व
भूपेंद्र सिंह के साथ
चित्र अभिनेता
प्रवीण कुमार।

अमर उजाला

'I want to break 45-second barrier in 400m at Busan'

HT Correspondent
Rourkela, November 30

THIS UNDERRATED Indian male sprinter sprung a surprise at Busan Asian Games by winning the silver medal in the 4x400metre relay clocked 3.04.02. The 22-year-old youth who powered his way past more fancied athletes during his wonder last lap run in Busan and anchored India to the silver says, "The 45 second barrier in 400metre is what I aspire to break." Meet Bhupender Singh, one of the best one lap sprinter in the country today. On a sports contract with TISCO the Faridabad (Haryana) lad who started "running seriously" three years ago says, "we need more competitions and training stints in the USA or any country with a strong athletics background".



Bhupender Singh

Prior to the Asian Games Bhupender underwent training in Ukraine but he believes that USA is the destination for players. With a PB (Personal Best) timing of 45.76 seconds in the one lap per Bhupender ambled to a win in the Inner Steel Plants meet in Rourkela in a comfortable 49.7 seconds. "Going below 45 seconds will not be easy but it will not be impossible if we are given the proper facilities," he says. Halling from Haryana, Bhupender hopes that his State's Chief Minister, Om Prakash Chautala will "think of a way to help me".

Taking a break from an exhaustive schedule Bhupender says, "The national camp will start shortly and this time my focus will be on the Afro-Asian Games to be held in October next year".



देश का नाम बढ़ाए जा। सेक्टर-12 खेल परिसर में आयोजित कार्यक्रम में दोहा एशियाड में भाग लेने वाले खिलाड़ियों को सम्मानित किया गया।

दोहा एशियाड के खिलाड़ियों को सम्मानित किया

फरीदाबाद। सेक्टर-12 स्थित खेल परिसर में बुधवार को दोहा एशियाड में प्रतिभाग करने वाले खिलाड़ियों को सम्मानित किया गया। फरीदाबाद का नाम चमकाने वाले इन खिलाड़ियों में 10 मीटर राफल शूटिंग के टीम वर्क में रजत पदक जीतने वाली श्वेता चौधरी, 4 गुण 400 मीटर रिले में रजत पदक जीतने वाली भूपेंद्र सिंह, कुश्ती में ब्रिस्टल लेने वाली भेदा राठी और बुद्धो जी अनुपमा ने स्वर्ण पिल्ल और शील पाटवाकर सम्मानित किया। जिला प्रशासन की ओर से पदक वितरणों को 21-21 हजार रुपये और भाग लेने वाली खिलाड़ियों को 5-5 हजार रुपये के चेक पेट किए। इससे पहले मुख्यमंत्री भूपेंद्र सिंह हुजूरदा भेषवा कर चुके हैं कि स्वर्ण पदक जीतने वाले खिलाड़ी को 10 लाख, रजत पदक को 7 लाख और

गौरव
 • विजेताओं को मिले 21 और प्रतिभागियों को पाँच हजार
 • श्वेता, नेहा, भूपेंद्र व परमिंदर सम्मानित हुए

संस्म पदक को 5 लाख रुपये पुरस्कार व्यय दिया जाएगा। इस मौके पर जी अनुपमा ने कहा कि यह गर्व की बात है कि दोहा एशियाड में देश का प्रतिनिधित्व करने वाले हरियाणा के खिलाड़ियों में सबसे अधिक फरीदाबाद से हैं। इन चारों खिलाड़ियों ने पहिल्य में इससे अधिक मेहनत कर पदक जीतने की बात कही। इस मौके पर जेएस अहलावाल, सिटी मजिस्ट्रेट बीएस कालीराम और खेल विभाग के सभी अधिकारी और प्रतिष्ठक मौजूद थे।



बुसान में आयोजित एशियाई खेलों में रिले रेस में रजत पदक हासिल करने वाले भूपेंद्र सिंह का बल्लभगढ़ पहुंचने पर भव्य स्वागत किया गया। फोटो : अमर उजाला

भूपेंद्र सिंह का बल्लभगढ़ पहुंचने पर भव्य स्वागत किया गया। फोटो : अमर उजाला

दादा ने कहा, भूपेंद्र ने माथा ऊंचा किया

फरीदाबाद। दक्षिण कोरिया के बुसान शहर में आयोजित 14 वें एशियाड खेलों में चार गुणा चार सौ मीटर रिले रेस में रजत पदक जीतने वाले बल्लभगढ़ के अटली गांव निवासी भूपेंद्र सिंह का शुक्रवार को भव्य स्वागत किया गया। बूढ़े दादा ने कहा कि भूपेंद्र ने गांव का माथा ऊंचा कर दिया। विधायक राजेंद्र सिंह बीसला ने भूपेंद्र



Personal Records



16th Asian Athletics Championships
2005 INCHEON
 1-4 SEPTEMBER, 2005



DIPLOMA

The President of the Asian Athletics Association
 and the Chairmen of the Organizing Committee
 Congratulate and Certify that

SINGH Bhupinder

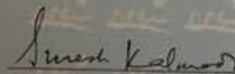
IND

Participated in the Above Championships and
 Achieved the Following Result.

4x400m Realy(M)

3

3:07.45


 Suresh KALMADI
 President
 Asian Athletics Association


 Sang-Soo AHN
 Co-Chairman
 Organizing Committee


 Pil-Yul SHIN
 Co-Chairman
 Organizing Committee

diploma



this is to certify that

SINGH BHUPINDER

has participated in the

15TH ASIAN GAMES DOHA 2006

1 - 15 december

and has been awarded this diploma for excellence in sport

ATHLETICS - MEN'S 4X400 RELAY-SILVER

doha - qatar

Ahmad Al-Fahad Al-Sabah

President
Olympic Council of Asia

Tamim Bin Hamad Al-Thani

Chairman Board of Directors
Doha Asian Games Organising Committee





14th Asian Games
BUSAN 2002



DIPLOMA



ATHLETICS 4 X 400m Relay Men 2nd

AWARDED TO

BHUPENDRA SINGH

IND

Sheikh Ahmad Al-Fahad Al-Sabah
President
OLYMPIC COUNCIL OF ASIA

Dr. Chung Soon-Taek
President
BUSAN ASIAN GAMES
ORGANIZING COMMITTEE



हरियाणा सरकार
खेल एवं युवा कार्यक्रम विभाग
सर्वश्रेष्ठ खिलाड़ी के लिए भीम पुरस्कार
2007-2008

यह भीम पुरस्कार

एथलैटिक्स के लिए

घोषित सर्वश्रेष्ठ खिलाड़ी

श्री भूपेन्द्र सिंह को

प्रदान किया जाता है।

GOVERNMENT OF HARYANA
DEPARTMENT OF SPORTS & YOUTH AFFAIRS
BHIM AWARD FOR THE BEST SPORTS PERSON
2007 - 2008



THIS BHIM AWARD

IS GIVEN TO

Conclusion

Bhupender Singh is a great sports personality. Mr. Bhupender Singh made history when he won the silver medal in 14th and 15th Asian Games, Bhusan in 2002 And Doha in 2006. He had been a record holder at the event, 400 meter at National level in the year 2002. Bhupender Singh belongs to a middle class family. His father is a Govt servant. Investigator feels that this study will motivate all sports person, Physical education students to participate in Athletics and other sports with full dedication and determination to develop sports of India.

This study is regard to Bhupender Singh for a lot of contribution and in development of Athletics in India. Mr. Bhupender Singh achieves silver medal in Asian games, Asian games, National games and International Games and won many Gold and Silver medal. He has been felicitated with many awards in his sports career. He was awarded with the most precious award in the life of sportsman i.e. He received the BHEEM Award from the Governor of Haryana State Governor Sports Minister and (2007).

Views of eminent personalities about Mr. Bhupender Singh are that, he has great passion for his Athletics and a very hardworking, discipline, good learner and an optimistic person. Mr. Bhupender Singh always gives respect and motivates who work hard and great respect and love for all people. Mr. Bhupender Singh always tried to better the facilities and eminent athletic coaches for upcoming athletes. The result of Eysenck personality inventory shows that Mr. Bhupender Singh is an extrovert. Normal neurotic, lie score is results are not valid and psychotic is normal. So Mr. Bhupender Singh is an extrovert personality.

Discussion and Interpretation

Mr. Bhupender Singh belongs to a middle class family. His father is a Govt servant. Investigator feel that this study will motivate to all sports person and physical education students to participate in athletics and other sports with will full dedication and determination to develop the name of nation. In deferent event such as 100, 200, 400 and 4(400) meter relay race.

As Bhupender Singh is working so hard for bringing medals for our country and having a mindset that the tricolor of our nation is always on the podium, despite so many injuries that he faced in his sports career. He stills aims to work hard and do something astonishing for the whole nation, He wants the youth of our country to come forward do the same for the nation and let the Tricolor always outshine.

Investigator has categories his achievements in four categories. First of all investigator has started from Haryana state athletic team participation. It was fabulous performance at state level. Mr. Bhupender Singh 5 time Gold, 6 time silver and 4 time bronze medal in Haryana state completion.

Now investigator has mentioned regarding second category of achievement, that is O N G C Games. During in service time Mr. Bhupender Singh has given great contribution to the O N G C. He has been made captain of Indian athletics 4(400) meter relay team. After join in O N G C increase the performance to Asian game and Asian athletics grand prix has got two gold medal, one silver and two bronze medals. Due to this he has been two time bronze medal in Asian athletics championship.

All India championship has given his great opportunity for playing SAF game. In SAF game Mr. Bhupender Singh the 5 medals in 200 meter 400 meters and 4(400)meter relay.

It was the highest sports achievement of his career. Mr. Bhupender Singh is always ready to help the needy people. He is very cooperative, which makes his a loveable sports officer among masses. He is very hard worker, punctual officer and always physically and mentally alert for his job. The aim of this study was to highlight the contribution and achievement of Mr. Bhupender Singh towards the promotion of new generation athlete in the country. The focus of mainly around family, achievements, education, motivation factors, interview with view of silver medals

and Bhim awarded Mr. Bhupender Singh National coach Narsi Ram through interview and questionnaire valuable data regarding contribution and achievement and athlete, leadership qualities or personality. He is good personality, well as a sports officer he is also proves a great father and great husband. He has a quality to play role to life as, be a good friend, father and a son, which a see when his became close to his and her family. Mr. Bhupender Singh is working as sports manger in O N G C of Haryana.

Suggestions and Recommendations

Suggestions for further studies

1. It is suggestion that further studies conducted on other eminent sports personalities.
2. A case study may be conducted on their contribution of other institutes working for the development of sports and physical education in the country.
3. Similar study may be conduct on other eminent sports personalities for their achievements and international sports.
4. Similar study may be conducted on the contribution of sports associations and clubs are working for development of sports in the country.

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Appendices-A

1. Are you often trouble about feelings of guilty? Yes/No
2. Do you something talks about thing you know nothing about? Yes/No
3. Do you prefer reading to meeting people? Yes/No
4. Do you have enemies who want to harm you? Yes/No
5. Would you call yourself a nervous person? Yes/No
6. Do you have many friends? Yes/No
7. Do you enjoy practical jokes that can sometimes rally hurt people? Yes/No
8. Are you worried? Yes/No
9. As you child did you do as were old immediately and without Grumbling? Yes/No
10. Would you call yourself happy-go-lucky? Yes/No
11. Do good manners and cleanliness matter much to you? Yes/No
12. Do you worry about awful things that might happen? Yes/No
13. Have you ever broken or lost something belonging Someone else?Yes/No
14. Do you usually take the initiative in making new friends? Yes/No
15. Would you call yourself tense or highly-strung? yes/No
16. Are you mostly quite when you are with other people? Yes/No
17. Do you thing marriage is old fashioned and should be done Awaywith?Yes/No
18. Do you sometimes boast a little? Yes/No
19. Can you easily get some life into a dull party? Yes/No
20. Do people who drive carefully annoy you? Yes/No
21. Do you worry about your health? Yes/No
22. Have you ever said anything bad or nasty about anyone? Yes/No
23. Do yu like telling jokes and funny stories to your friend? Yes/No
24. Do most things taste the same to you? Yes/No
25. As a child were you ever cheeky to your parents? Yes/No

26. Do you like mixing people? Yes/No
27. Does it worry you if you know there are mistakes in your work? Yes/No
28. Do you suffer from sleeplessness? Yes/No
29. Do you always wash before a meal? Yes/No
30. Do you nearly always have a ready answers when people
Talk to you? Yes/No
31. Have you often felt listless and tired for no reasons? Yes/No
32. Do you like to arrive appointment in plenty of time? Yes/No
33. Have you ever cheated at a game? Yes/No
34. Do you like doing things in which you have to act quickly? Yes/No
35. Is (or was) your mother a good woman? Yes/No
36. Do you often feel life is dull? Yes/No
37. Have you ever taken advantage if someone? Yes/No
38. Do you often take on more actives than you have time for? Yes/No
39. Are there several people who keep trying to avoid you? Yes/No
40. Would you call yourself tense or highly-strung? yes/No
41. Are you mostly quite when you are with other people? Yes/No
42. Do you thing marriage is old fashioned and should be done
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60. Is (or was) your mother a good woman? Yes/No
61. Do you often feel life is dull? Yes/No
62. Have you ever taken advantage if someone? Yes/No
63. Do you often take on more actives than you have time for? Yes/No
64. Are there several people who keep trying to avoid you? Yes/No
65. Do you worry about your looks? Yes/No
66. Do you think people spend too much time to safeguarding their
Future with savings and insurance? Yes/No
67. Have you ever wished that you were dead? Yes/No
68. Would you dodge paying taxes if you were you could never be
Found out? Yes/No
69. Can you get a party going? Yes/No
70. Do you try not be rude to people? Yes/No
71. Do you worry too long after an embarrassing experience? Yes/No
72. Have you ever insisted on having your own way? Yes/No
73. Have you ever insisted on having your own way? Yes/No
74. When you catch a train do you often arrive at a last minute? Yes/No
75. Do you suffer from nerves? Yes/no
76. Do you friendship breakup easily without it being your fault? Yes/No
77. Do you often feel lonely? Yes /No
78. Do you always practice what you preach? Yes/No
79. Do you something like teasing animals? Yes/No

80. Are you easily hurt when people find fault with you or the work to you ? Yes/No
81. Have you ever been late for an appointment or work? Yes/No
82. Do you like plenty of bustle and excitement around you? Yes/No
83. Would you like other people to be afraid of you? You/No
84. Are you something bubbling over with energy and sometimes very sluggish? Yes/No
85. Do you sometimes put off until tomorrow what you ought to do today ? Yes/No
86. Do other people think of you as being very lively? You/No
87. Do people tell you a lot of lies? Yes/No
88. Are you touchy about some things? Yes/No
89. Are you always willing to admit it when you have made a mistake? Yes/No
90. Would you feel sorry for an animal caught in a trap? Yes/No

91.	E	N	L
P			
1	0	2	1

PLEASE CHECK THAT YOU HAVE ANSWERD ALL THE QUESTIONS

PAGE NO.	P	E	N	L
1	2	5	2	3
2	2	5	2	4

3	4	4	2	2
4	1	0	2	1
TOTAL	9	14	8	10

TABLE NUMBER 1

S. NO.	RESPO NSE	CAT E.	S. NO.	RESPO NSE	CAT E.	S. NO.	RESPO NSE	CAT E.	S. NO.	RESP ONSE	CAT E.
1	Y	E	26	N	P	51	Y	L	76	Y	P
2	N	P	27	Y	N	52	N	E	77	N	N
3	Y	N	28	N	L	53	Y	P	78	Y	L
4	N	L	29	Y	L	54	N	L	79	N	P
5	N	E	30	Y	P	55	Y	L	80	Y	N
6	Y	P	31	Y	N	56	Y	P	81	Y	L
7	N	L	32	Y	E	57	Y	E	82	Y	E
8	Y	P	33	N	L	58	N	N	83	Y	P
9	N	L	34	N	L	59	N	L	84	N	N
10	Y	P	35	N	N	60	N	P	85	N	L
11	Y	L	36	Y	P	61	Y	E	86	N	P
12	Y	E	37	Y	L	62	Y	L	87	Y	L
13	Y	N	38	N	E	63	N	L	88	N	E
14	Y	E	39	Y	E	65	Y	P	89	Y	P

15	N	N	40	N	N	65	N	N	90	N	N
16	Y	L	41	Y	L	66	N	E			
17	N	E	42	Y	P	67	N	L			
18	N	P	43	N	N	68	Y	P			

19	Y	N	44	Y	L	69	N	L			
20	N	L	45	N	E	70	Y	E			
21	N	P	46	Y	N	71	Y	N			
22	Y	E	47	N	P	72	N	P			
23	N	N	48	N	L	73	Y	N			
24	N	L	49	Y	P	74	N	L			
25	N	P	50	Y	N	75	N	P			

TABLE- 2

S. NO.	EXTROVERSION	NEUROTIC	LIE SCORE	PSYCHOTIS1
1	0-8	BELOW-12 NORMAL	BELOW-5 VALID RESULT	0-13 NORMAL
2	9-13	13-16 PROVE TO NEUROTIC	MORE-6 RESULT ARE NOT VALID	ABOVE-14 MEAN PSYCHOTISIS
3	13-14	17-24 NEUROTIC QUALITY		

TABLE-3

DIMENSION	EXTROVERSION	NEUROTIC	LIE SCORE	PSYCHOTISIS
SCORE	15	9	10	8
INTERPETATION	EXTROVERT	NORMAL	RESULT ARE NOT VALID	NORMAL

APPENDIX

INTERVIEW SCHEDULE

Respected Sir,

This interview schedule is entirely for the purpose of research work in the field of physical education. I request you to give the answer you are your experience/ view/suggestions so that true and fair results may be obtained.

It is assured that information given by you through this form will be kept secret. Please spare valuable time co-operate for this interview and oblige.

Thanking you in advance.

From:

Ravinder

M.P.Ed Student

Department of Physical Education

Lovely Professional University Phagwara (Punjab)

Question related to personal information

1. What is your full name?
2. What is your permanent address?
3. How many member in your family and specify their name?
4. What is your qualification and when you have completed his study?
5. What is your achievement as different level?
6. When you were born and what was your family status that time?

Questions about sports achievement

1. How you feel when you get these award Asian game silver medal.
2. Asian games.
3. World championship.
4. International tournaments.
5. All India inter- university games.
6. Inter-college competitions.
7. Senior national school games.
8. Junior national school games.
9. State level competitions.
10. District level competition

a) Culture activities

b) Social activities

c) Adventure activities

d) Present activities

Questions related to the personal life

1. Which are the hobbies?
2. How do you spend vacation?
3. What do you like as read related to literature?
4. Do you like to write feelings?
5. Do you love to have guest your home for entertainment?
6. How do you express you angle?
7. What do you when you angle?
8. If someone done wronged to you how do you apologize to you?
9. How much time you require to forgive someone?
10. How do you support your own health and Nutrition?
11. What is your definition of wealth?
12. How do you spend money?
13. How do you money?
14. Do you use credit card?
14. Do you suffer from any chronic disease of condition?

Question about Married life

1. What is your concept of marriage?
2. What are you expectation from marriage?
3. What is the role of wife in your athletics career/
4. What is the role of religion in your married life now?
5. Who are the people to whom you are financially responsibly?
6. What type of relationship do you want you build with your children?
7. What is your relationship with your children now?

Question related to friend

1. Who are your friends?
2. How did you get to know them?
3. Why are they your friend?
4. What is the level of your relationship with them now?

Question about the Indian athletic

1. What do you think that the athletic federations are working properly?
2. What do you think that there is a constant decline in the standard of athletic?
3. Do you feel that growing polarity of crickets' responsible for the down fall of Indian athletics?
4. Who can create proper environment the development and promotion of athletics?
5. What do you suggest to improve the functioning of the athletics federation association?
- 6.

Question about early life

1. What education did your father and mother?
2. What is your hobby?
3. What was your first job?
4. What awarded have you received?
5. How many people lived in your home?
6. The major athlete, who inspired you work hard and why?
7. What are you doing now?
8. What were the major difficulties that you faced ads an athlete?
9. Which environment has a greater impact on your game athlete and why?
10. What were difficulties you face during your play life?
11. Who inspire your there anyone of it is your internal motivation to athletics?
12. There are ideal in your life that you think that behind of your success?

