

**A CASE STUDY ON YOGA GURU SUNEEL SINGH : AN EMINENT PERSONALITY
IN THE FIELD OF YOGA**

A Research Thesis Submitted to the School of
PHYSICAL EDUCATION

In partial fulfilment of the requirements for the award of the degree of

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Abstract

The purpose of the study was to highlight the contribution and achievement of Ratan Awardee and Yoga Guru Suneel Singh toward the promotion of the Yoga. Data for the investigation was derived from primary and secondary sources. The focus was mainly around the family background, education qualification, achievement, awards and professional career. Through interview a questionnaire was collect valuable data regarding contribution achievements leadership qualities and responsible of Yoga Guru Suneel Singh. The study would be a value able in addition to the Professional literature in Yoga. This study will be significant to motivate the new sports generations and inspire the other police recruits. A case study was design to investigate the contribution and achievement of Yoga Guru Suneel Singh and also to study his philosophy with regard to sports as a profession in India and to enlist leadership and administration quality ofYoga Guru Suneel Singh. Self-made questionnaire was used to personal and professional information.Yoga Guru Suneel Singh has given great contribution to the State as well as National and International in Yoga. He was Ratan Award by World Yoga and he has been included in top 6 Yoga Guru in India. At present Yoga Guru Suneel Singh running Yoga center, N.S.S center in Delhi with his family.

Keywords: Yoga, Achievements, Social Worker, India, Medal.

CERTIFICATE

This is to certify that Savita Gill has completed M.P.ED

Dissertation titled "*A Case on Yoga guru SuneelSingh : An eminent personality in the field of Yoga* " under my guidance and supervision. To the best of my knowledge, the present work is the result of her original investigation and study. No part of the dissertation has ever been submitted for any other degree or diploma at any University.

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Yoga Guru Suneel Singh

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CHAPTER 1

INTRODUCTION

Through the ancient period, sport has been known to specular various cultures, traditions, and values in our generations. The stories that come from the world of sport help us to seek a correct understanding of our thoughts on issues of equality, human rights, child development, standards for health and, and character development, as well as many other issues.

In the sports many spectator dedicate much time to learning more about their favorite sport and attending sporting competition to give support of their favorite athletes, yoga and teams. Many children have aspirations of becoming like their favorite players, yet very few actually get the opportunity to play against or alongside their childhood idols.

Sport plays a prominent role in all society. Sport receives an inordinate amount of media attention, and has attracted the interest of most Indians.

Even in the older days sports and sportsmen were given due importance of by our ancient rulers. Certain sports were considered essential even for the members of royal society and budding rulers were supposed to be master and excel in certain sports. And sports were only recreational part of human being. Inspire of severe strains of money and lack of physical facilities. In ancient emphasis was on physical fitness and material arts. The game which got top

recognition was boxing, horse and elephant flexibility, endurance, and sword fight and yoga asana. In Mughal period, due emphasis was given to sports by Mughal rulers. Various sports which were popular in Mughal India were boating, swimming, hunting, shooting, fencing, wrestling, dancing and horse riding. When Britishers came to India they brought several other sports. Yoga is a sport that alternates aerobic and anaerobic activity, thus requiring muscular strength and power capability. Flexibility, strength, power, agility and fitness are all necessary to be a master in the sport.

The aspects of yoga tradition are vast and varied, and people correspondingly come to yoga for a variety of reasons. Some people suffer from stress related conditions and have realized that yoga exercise is one way to release stress in the nervous system; some want only to tone their body and keep it youthful, while others aim to alleviate ailments such as migraine, backache, arthritis and rheumatism; some seek to develop their sexual relationship on a new plane; and some wish to use the principle of yoga philosophy to enrich their spiritual life. No matter what reason you are attracted to yoga you will reap all the benefits. You do not even need to believe in its philosophies – all you need to do is to practice it in order to gain the true benefits of this ancient science.

Yoga is a historic concept that unifies the physical, mental, spiritual, and emotional aspects of the self so that the person who practices it feels in total balance and in harmony with others as well as with his or her environment. It is an Ayurvedic science that teaches us how to live and function in life successfully.

The Vedic scriptures are the oldest written verses ever recorded. Written thousands of years ago. They describe an ancient science that teaches us how to live life in harmony. Indian science of healing is now increasingly popular in the west, and yoga asanas that help us purify our system and unite us to the cosmic source.

Yoga is a Sanskrit word which means the union of mind, body, and soul. It follows from this that the individual person is a whole and must be viewed as such; the total integration of the mental, physical, emotional, and spiritual self is a necessary in order to have a balanced life. There are five paths of yoga discipline your body first, Nirvana or spiritual enlightenment being

your final goal. Karma yoga teaches us that good deeds bring us closer to God; Bakti yoga is devotional prayers and education of one's life to spiritual growth;

Gyana yoga is studying the philosophy of yoga and understanding the power of spiritual wisdom; Raj yoga is the art of meditation that links us directly to a spiritual union with the cosmic Energy. No matter which form of yoga that one chooses to practice the result will be the same; an understanding and belief in universal law and a deep understanding of the self. Even though your goal might not be a spiritual one you will find that you will feel more compassionate towards other people as well as feel more compassionate.

This book is concerned with Hatha or physical yoga, which teaches us asanas or postures that discipline the body. Ha means the sun, which represents masculine energy, and Tha means the moon, representative feminine energy. Each person, no matter which gender, has both masculine and feminine energies within himself or herself. Hatha yoga teaches us how to balance these energies in order to be in harmony with the universe. The asanas are held for as long as possible in order to build stamina as well as alter the energy in the body. We have seven chakras or energy centers in our torso and head that need to be unblocked so the energy flows evenly throughout the system. Twisting and turning the body forward, backward, and sideways stimulates all the nerves and internal organs and unblocks the chakras.

Breathing correctly as you perform the asanas constitutes a vital part of Hatha yoga the pranayama increases the lung capacity, balances the masculine and feminine energies within the body and boosts energy levels. It calms and soothes the nervous system and acts as a natural tranquilizer so the person feels calm and relaxed.

A modern plague

There is a disease that is endemic in our society today: stress. Its effects range from making people tense and unhappy to causing irritable bowel syndrome, migraine, asthma, allergies, high blood pressure and heart attacks, as well as many other illnesses. It is even believed to contribute to cancer, stress is not necessarily a bad thing: kept within bounds, it provides us with excitement, stimulation and motivation. However, in the modern world it often accelerates to dangerous levels. The major causes of stress are counted as bereavement, divorce, moving house and redundancy, and while bereavement was ever present in our lives family breakup and job

losses, both forms of bereavement in themselves, are now commonplace. Add to that the sheer noise of life today, where a single home may have four televisions blaring in different rooms, burglar alarms on the house and car, a constantly ringing telephone and perhaps a flight path overhead and it's no wonder that stress levels become unbearable.

Yet even in these conditions, yoga can offer deep peace and relaxation. Just the deep breathing emanating from the diaphragm that yoga teaches has a tranquilizing effect, while the twisting and stretching of asanas improves the circulation and sends fresh oxygen to the exhausted brain. Visualization and meditation techniques help to calm and focus the mind, providing a necessary distance from day-to-day worries. While a doctor may prescribe antidepressants or tranquilizers to help the individual cope with stress, this is but a short-term fix which may in itself have ill effects. Yoga, on the other hand, offers a life-long solution that brings with it a supple and toned body as a bonus.

Because of genetic differences, stress affects different people in different ways. It will manifest itself wherever there is a weakness in the system, so it is of utmost importance that each organ in the body receives an equal amount of blood and fresh oxygen in order to function properly. The deep breathing techniques in yoga send a fresh blood supply which revitalizes and rejuvenates all the internal organs, and combining this with twisting and rejuvenates all the internal organs, and combining this with twisting and turning the body into various positions assists the liver, kidney and spleen to eliminate harmful toxins which deplete energy and reduce the body's chance of functioning properly. If stress is not reduced the body's chance of functioning properly. If stress is not reduced or released from the internal organs, diseases it is important to learn survival techniques to prevent illnesses from ever occurring to upset the natural balance of the body. However, where it is already too late to use yoga as a preventive measure for common ailments,

Yoga Guru Suneel Singh was born in a village and studied in a Government School. As a shooting was very popular at that time he also used to play the same. But he has hidden potential for regular Yoga too which was not identified during his schooling and he continues to play shooting Yoga until that time.

Physical education and sports as a profession is passing through one of the most exciting, yet critical periods in its history. Sports activity is being played by the people of both sexes, and

concern about health and wellness is great. The years ahead are filled with many uncertainties and problems. Therefore, in order to achieve the objectives of mass participation in physical education programs and sports, professional leadership is needed in physical education and sports to cope with these uncertainties and problems. The physical education and sports profession need an influx of scholarly, energetic and well-trained leaders (Bucher and West, 1991).

To improve the sports performance in our country, dedicated and professionally committed coaches and sports leader are required. The research scholar is of the firm view that to achieve desired results in the field of sports, country needs competent and dedicated professional leaders like Yoga Guru Suneel Singh. The main purpose of taking this research project was to highlight the professional skills and qualities of Yoga Guru Suneel Singh which would serve as a boon for the people concerned with the promotion of sports. He is role model whose example can inspire and motivate sports persons and coaches to work hard. It is only due to his dedication, hard work, sincerity, punctuality towards sports that he maintained his performance such a long period at international level.

As a research scholar selected the area of case study on Yoga Guru Suneel Singh an eminent yoga guru. Previously close of the Case studies has been done in variety discipline line Cricket, etc.

Significance of the study

The yoga has developed in the highly competitive way at world level which all round development of the players. The present study will be on familiar terms with about the contribution of Yoga guru Suneel Singh in yoga. This study will be precious addition to the professional literature in yoga and physical education. This study will be advantageous for player motivate themselves. The study will be important to encourage the players and yoga promoter. There would be a suitable article of the past and reveal historical prospective to the coming generation in the field of yoga.

The present study will be providing the found good possession which was helpful to selection of yoga in future. The study will be through light on the performance of high- quality

player and level of skill characteristic of players. The study will be help to understand the values and importance of player and skills on superior player to compare standard.

Statement Of the problem

The study is planned to as “Contribution of Yoga Guru Suneel Singh in field of yoga a case study”. The study aims to determine some phases of the life history of the unit or relating to entire life process, whether the unit is an individual, a family, a social group, an institution or a community.

Objectives of the study

- To find out academic and sports achievements of Yoga Guru Suneel Singh.
- To investigate the contribution and professional career of Yoga Guru Suneel Singh in Sports.
- To study the personality of Yoga Guru Suneel Singh.

Delimitations of the study

- Study will be delimited to the contribution of Yoga Guru Suneel Singh in yoga.
- The study will be enclosed to educational achievements of Yoga Guru Suneel Singh.
- Study will be only delimited to sports achievements and professional career of Yoga Guru Suneel Singh.

Limitations

- The study will depend on the interview with Yoga Guru Suneel Singh, his family members, his coaches, colleges, sports person.
- The information was collect through the interview, observation, textbooks, journals and newspaper.

Chapter II

REVIW OF RELATED LITERATUTE

Naveen Kumar (2013), the paper is an effort to have a close into the contributions of Indian sport shooter Vijay Kumar and his achievements in the field of shooting. This study helped to expose his qualities as a sport shooter. This study also reveals his socio-economic background and motivational factors. To fulfil the purpose of the study the investigator has adopted the face to face inter-view method and opinion rating questionnaires. Researcher also gives a stress on VijayKumar's contribution towards sports and physical education, his contribution for promotion of shooting in particular and sports in general in the country.

Khan (2013) conducted a case study to highlight the achievements and contributions of Arjuna Awardee Zafar Iqbal in the field of hockey as well as in the field of sports and also to underline his key personality traits and beliefs with regard to the skills as a sports administrator and as a coach. Data was collected via primary and secondary sources. Personal meets and interview was taken to collect the first hand information. Some psychological tests were also conducted on Zafar Iqbal to gain information on his training, motivation, competition policy, anxiety, personality traits and social virtues that influenced his performance. Stud revealed even though the family members of Zafar Iqbal not in the favour of sports, but right from childhood Zafar Iqbal infatuated an atypical desire and love for hockey and he considered hockey everything. zafar Iqbal have remarkable all the personality traits of elite sportspersons including high extraversion, adjustment and achievement motivation.

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 a lack of infrastructure. The response for international sports events can be depicted from general public. Enthusian 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.

Singh (2010) the purpose of this research project is to highlight the qualities of Mr. Charanjeet Singh, which would serve as an example to the people connected with promotion of physical education and sports with in India. The data/information for investigation was derived from primary sources such as personal records, published material and from secondary sources. The investigation revealed that Mr. Charanjeet Singh started to play hockey at class VI. He was captain of Indian hockey team which won gold medal in 1964 Olympic at Tokyo and played number of international and national hockey tournaments. He has been conferred with many awards and honors. The opinion rating survey indicated that Mr. Charanjeet Singh bears a very pleasant personality, health conscious, regular in his daily exercise and has good physique. He merely loses his cool and has a lot of patience and perseverance. He one of the great players in India and is proud of his country. He is a role model of Indians.

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 Dhahran Pillay. 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. Furtherresearcher also finds out the level of emotional intelligence, self-esteem and evaluates the overall personality of the dhanraj pillay. Data was collected through the primary and secondary sources. Study concludes that the lendendry 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 Shri Pargat Singh who was an Indian Hockey Player. The purpose of the study was to reveal tremendous impact of Padma Shri Pargat Singh on Indian Field Hockey. The investigator conducted interviews with Padma Shri Pargat 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 Shri Pargat Singh to achieve higher standard.

Singh (2008) evaluate that the case study on Arjun Awardee Manjeet Kaur who was Athlete. The purpose of the study was to reveal tremendous impact of Arjun Awardee Manjeet

Kaur on Indian Athlete. The investigator conducted interviews with Arjun Awardee Manjeet Kaur and his family members, Athletic Coach Ajaib Singh Olympian Mandeep Kaur, Rajwinder Kaur and also referred to published materials and photographs. It was revealed that family of Arjun Awardee Manjeet Kaur was source of inspiration for Arjun Awardee Manjeet Kaur to achieve higher standard. Manjeet kaur is belonging to middle class family and become athlete and the Arjuna Awardee in athletes.

Satpal (2008) conducted a case study on Arjuna Awardee Vijendar Singh, Pugilist. Vijendar Singh 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 16th Sub. 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 honoured 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 publications.

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 Provaznik, her personal and professional records, interviews and correspondence with colleges, 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 investor 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 PadmaShree Kartar 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. Kartar singh was born in a small village known as Sur Singh (Amritsar) on 17thSeptember 1953. He is from the family of wrestlers. His coach guru Hanuman inspires him to be wristeler. Padma Shree Karat 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 hounered 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.

Singh (2000) conducted a case study on Dronacharya awardee Prof. Karan Singh, eminent physical educationist and Sports Promoter and a great academician. Researcher studied deeply about his personal life, educational and professional life and achievements, his contribution in the field of physical education and sports. In this study researcher highlighted the achievements of Prof. Karan Singh's as a player and as well as a trainer.

Reddy (1993) under took the case study of Pothan Mathew Joseph a pioneer physical educationist in India. The study was depends upon the personality traits of Joseph his philosophy and ability as a teacher and administrator. R b castles personality traits of Joseph. A standard opinion rating questionnaire was developed and mailing to his contemporaries as a student and physical educationist to assess his philosophy teaching and administrative ability.

Sivaramakrishnan (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 Castell's. 16 Personality Factor Questionnaire , personal visits, readings from literary sources, Journals, text-books and research reports etc. the rearescher highlights of carrer of the great cricketer.

Niranjan (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 Padam Shree and Arjuna Awards by the Indian government.

Kidess (1970) studied that the contribution of Jammes Half Mccurdy in the physical education. The investigator placed Mccurdy, s work in professional perspective of the period merely a half century when he active. Only this way can the true value of his principle and ideal be measured not only in light of contemporary society but in light the foundation. He helped

built present day achievement in physical education. He started his professional career in Y.M.C.A in New York City. He developed the curriculum of physical education at spring field college to position at national stature which the countries till this day.

Dewar's (1966) purpose was to show the contribution of Dr James Naismith to physical education and invention. Areas given special consideration were his personal philosophy, professional career, and role as the father of basketball. Primary source in Almonte, Montreal, Springfield, Denver, Lawrence, and St Lawrence, and St Louis were used and were made by the researcher to these locations.

Ingram's (1964) study was on J.F. Williams who was a popular physical educationist in United States of America during 1960. The study was primarily concerned with biographically material and covered the subject's early life, emotional background, professional life, and recreation to the extent that personal and documentary sources were available. The procedures followed in developing the biography were described and recommendations were made.

McKeon (1965) used all material concerning Arnold, his family background, his professional activity since (1888), and the evolution of Arnold College for Hygiene and Physical Education from its origin as the Brooklyn National School of Gymnastics was analyzed in relation to changes in American Society, Education and Physical Education from the civil war to 1930. Arnold was a dominant factor in establishing admission requirements and curriculum content for Physical Educating through this leadership on National Committees. He also had considerable influence on the Connecticut State Assembly which, made physical education mandatory in the public schools of Connecticut.

Yearsley (1988) wrote the life history of C Rodeny Kimball and many of his former colleagues were critical to the documentation and analyse of Rodney Kimball philosophies. In depth interviews were conducted with his family members and former BYU athletes. In addition to being an outstanding athletic trainer, he was also regarded as a friend, counselor and spiritual leader among his colleagues. In over 40 years of employment in BYU he was the recipients of numerous honors and awards as an athlete trainer. Following his retirement in 1975, Rodney Kimball continued to work part time as an athletic trainer and worked with BYU basketball and baseball team.

Charles (1988) investigated the impact of Mabel Lee, Ethel Perrin and Agnes Wayman on women inter-collegiate athletics between 1920-1935. Included in this research was significant biology information on each woman, her philosophy in inter college competition, and the leadership position she held in various professional organization. Biographical information of each subject provided insight into influential events and individuals that help to formulate their philosophies on inter-college competitions. The era in which they lived, their educational history and their relationship to each other explored. The second section of this investigation contained the philosophies of each women on inter college competition as it was expressed in her major speech and writings. The philosophies were investigated related to the educational trends, the medical knowledge and the role attributed for woman during this period.

Frohner &Gasses (1981) investigated that in the 13th Women's junior European Yoga championships the teams with a high average age had the best results. According to the study the experience gained in youth is apparently an important as far as age is concerned. Regarding the age interval for a top male Yoga players and 21 to 26 years for top female Yoga players.

India added the first feather to its cap by winning a gold medal in 1955, in Yoga at the invitation Asian Meet held in Japan. Indian Yoga team proved its excellence once again, when they won the bronze medal at the Asian Games in Tokyo in 1958, followed by a silver however, none of the player could win the Arjuna Award from Yoga team until 1971 and the period between 1963 to 1973 was not that noticeable. In 1974, Indian Yoga team participated in Tehran Asian Games but they were dropped to fifth place, which was not a good sign. edal in fourth Asian Games held in Jakarta in 1962. Again in 1980, in the Commonwealth Games India attained third place and it was felt that the quality of the game was improving. In the 80s, India won many national and international events. A big boost came to Indian Yoga in 1987 at the South Asian Federation Games at Kolkata, when the Indian Yoga team won the gold medal, followed by another gold medal in 1991 in Colombo. Women's Yoga also gained prominence in 90s and they put a spectacular performance in SAF Games in 1993. The Indian junior Yoga team clinched the Asian title in 2003 in Vishakhapatnam.

CHAPTER III

METHOD AND PROCEDURE

The aim of present study was to know the contribution of Yoga Guru Suneel Singh in yoga. A case study was designed to investigate the contribution and achievement of Yoga Guru Suneel Singh toward the promotion of yoga 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 Yoga Guru Suneel Singh in this investigation biographical and interpretative method were applied.

3.1 Collection of data

Data of this investigation was deriving from the primary and secondary sources.

3.2 Primary sources

The original information was collected from the following primary sources are family for schooling information and was visited to his house for the purpose of collect data with the help of official records, investigated and analyzed the personal records.

3.3 Official records

To get the first hand information investigator was visited to his house in UP and to know his sports achievements and his yoga career.

3.4 Personal records

Personal record of Yoga Guru Suneel Singh was investigated such certificates, honors, awards, and a desired informative fact was derived for analysis purpose.

3.5 Interview

The investigator was personally contact with Yoga Guru Suneel Singh for interview and conduct interviews with well-prepared schedule. The focus of interview was mainly family history enviornment influences education, playing day's achievements contribution as a player and professional carrier in police.

3.6 Secondary sources

Investigator was referred to the newspaper which carries information about national and international competitions and other effective news concern with Yoga Guru Suneel Singh. Study was referred literature, pictorial records and publishes material available in different libraries, magazines and interknitted.

3.7 Pictorial Records

Various pictorial records of was investigated and some of the photographs relevant to different occasions were selected for this study.

3.8 Published material

A published material such as magazines and newspaper were studied and information retained as documents of the investigation.

3.9 Tools

- Self-made questioner was used for personal and professional information.
- Eysenck 's personality questionnaire was used to find out the personality of Yoga Guru Suneel Singh.
- Eysenck's personality questionnaire is to assess the personality trait of a person, usually called temperament, in for scale, P- Psychoticism through mindedness, E-Extroversion, N-Neuroticisms or emotionality and L- Lie. It must 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 outgoing uninhibited, sociable proclivities of a person. These three dimension are conceived of being quite independent; thus all the theoretically possible combinations of scores may in fact be observed Hans jurgen eysenck (1957)

It must suffice 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. These three dimensions are conceived of as being quite independent; thus all the theoretically possible combinations of scores are observed.

The final version of the EPQ is described in considerable detail in the book *Psychotics: A dimensions of personality* (Eysenck and Eysenck 1975) most of the data here given taken from that book. However accumulation of data has continued beyond the point where the book was written, and consequently we have on occasion given means, standard deviation 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, 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 members of all social class. We do not claim to have used truly random or representative of non-psychiatric population, the great majority of our subjects are in fact not students but wage earners, housewives, and other normal groups.

The final version of adults EPQ may prove testing to the reader to check our factor loadings for each item used in previous studies against the factor loadings of the same items as obtained in previous analysis, this is more convincing argument for factor immutability than statistical estimate of standard errors, or other similar manipulation of data from a single application. Of equal interest, is the comparison of data from the male and female samples, we have looked for consistency in this comparison before accepting items into our final questionnaire.

3.10 Validity

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

3.11 Reliability

Reliability of Eysenck personality test is .80 to .90

3.12 Norms

The observed distribution of scores depended on such factor as inter-correlation and many other such factors which might not be replicated in another scale made by of different items and consequently we have not used score distribution in considering item for inclusion. Several of the distributions notable those for P, deviates markedly from normality, begin passively or negatively skewed there will be little point in providing a more accurate statistical description for the shape of curves in the term of higher moments.

3.13 The nature of lie scale

There is no doubt that personality questionnaire are subjects to faking and that in fact such faking good or faking bad is relatively easy whatever the questionnaire concerned. The studies are concerned with instructed faking I.e. condoning in which subject are explicitly asked to fake good or bad. Similar result is found selection condition Gordon and Stapleton (1956). These dates are sometimes misunderstood and the suggestion made that because of the opposite conclusion is inducted. The fact that instructions, but also that before these instructions were given there can have been produce chance in personality test score as compared with name singing condition also seems to indicate that under ordinary condition subject given relatively truthful answers.

CHAPTER IV

RESULT AND DISCUSSION

FAMILY BACKGROUND

Yoga Guru Suneel Singh, the popular and internationally known personality was born in his maternal lakh now on 9 November 1964 to a blessed couple Shri P N Singh and Mrs. Raj Kumari. Yoga Guru Suneel Singh is the first and thus the eldest child in his family, lakh now along his Father and Mother. His father is a farmer and mother is house wife. Yoga Guru Suneel Singh belonged to middle class family so he had to work very hard and has done a lot of struggle to reach where he is today.

Yoga Guru Suneel Singh was married to Kiran Singh on 16 January 1988 and the couple is blessed with two daughters, Siddhartha Singh. His wife is home maker who is a silent supporter behind him. Yoga Guru Suneel Singh is currently serving in the yoga guru.



Figure-1 Investigator for the period of certificate with Yoga Guru Suneel Singh

Educational qualification

Yoga Guru Suneel Singh in year 1977 he passed his Graduation in arts from Luck now University in the year 1984. Later I have done Yoga Teacher training course in 1985 from Mantalai with Gold Midal. I am disciple of late Guru Swami Dhirender bhamchar ji. Yoga Guru Suneel Singh has not received any support from the yoga teacher during his schooling time but instead his maternal uncle and his family encouraged him to involve in sports event. He was an average student. School days his favorite game was cricket but he never participated in any official competition. In others activities like singing, dancing, and drama he never attended. His nicely behavior always stood him in cue of decants student.



Figure-2 shows Yoga guru Suneel Singh With his Son.



Figure-3 shows Yoga guru Suneel Singh With his wife.

SPORTS CAREER IN SCHOOL TIME AND COLLEGE SPORTS

Yoga Guru Suneel Singh first stage of sports was school. During school time he never took a dream to become an eminent sports person or make a career in sports profession but dedication, regular enthusiasm and self-support from his maternal father was the driven force behind the decision of take sports seriously and finally as a career. In 9th standard he started playing Yoga and thus a star was born. Neither his physical education teacher nor any other person identifies his sports talent in the school. In his school there were lacks facilities for development of sports. From childhood Yoga Guru Suneel Singh was tallest and thin person but very active. According to Yoga Guru Suneel Singh was very popular along the rural masses. Yoga Guru Suneel Singh also admits that continued yoga under the guidance of his maternal uncle who provided him with the equipment's of game like bar-bell set, dumbles etc and the strongest pillar behind him. His uncle also takes very good care of his diet and provides him fruits and milk products. His uncle guidance was the milestone which works in shaping his future and thus giving India a star player in yoga.

AWARDS

1	RATAN AWARD BY WORLD YOGA FOUNDATION
2	1985 GOLD MADEL FOR YOGA TEACHER TRAINING COURSE MANTALAI (J&K)



Figure-4 shows Suneel Singh in the ceremony of receiving Ratan Award



Figure-5 shows Yoga Guru Suneel Singh launch his yoga DVD.

MOTIVATION OF YOGA

Yoga Guru Suneel Singh belongs to poor farming family. His inspiration for playing yoga from the culture of because at the time yoga was very popular in the villages of lucknow. Sheri P. N Singh who was his maternal father who gave him to right direction. Yoga Guru Suneel Singh perception is any of a talented player is not complete until he motivated and guided by a competent and experience coach. Due to this he believes that his sports career has been polished by some of his coaches also. During the interview he told that every players needs to be motivated during the play and prior to it. Proper motivated is very necessary by his or her coaches and parents to give a good performance. He concluded that for better performance from the players he must appreciate and practice the motivational tool. Family support play crucial role to become a professional sports person. Best environment give boost to children in the field of sports.



Figure-6 Shows Yoga Guru Suneel Singh performing yoga work shop in Dubai.

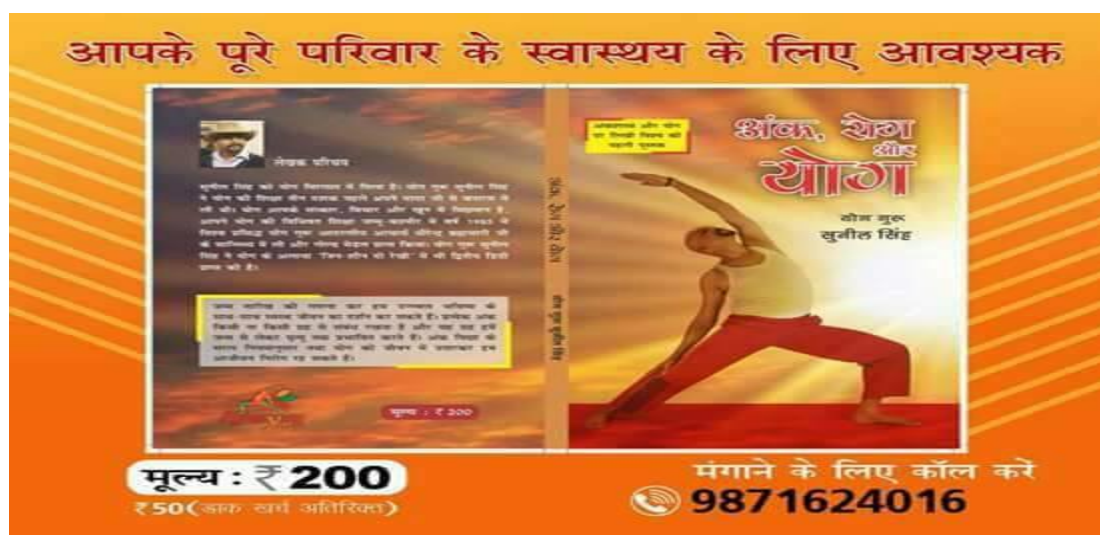


Figure-7 show the Yoga Guru Suneel Singh published his book

FAVOURITE TAEM

Yoga Guru Suneel Singh played with many teams of the world par excellence. During his sports period his favorite team was Chines. According to him the best thing of Chines team is they play very influencing, excellent and energetic game. Nowadays his favorite team is India because thisteam is talented team in the world which is capable of winning any team of the world.

Favorite coach

According to Yoga Guru Suneel Singh playing and coaching both are completely different jobs. A good coach is not necessary international player himself or herself. Yoga Guru Suneel Singh feels that in India there is lack of well-educated and experienced coaches. He personally likes Shri. P.N Singh was working in Pvt Company.

WORST MATCH

According to Yoga Guru Suneel Singh no good player can always perform par excellence or can be hundred percent perfect any time to play a good game always. Because for every person there are good or bad phases in his /her life when in spite of hard work and efficiency destiny or circumstances are not in his/her favors. According to Yoga Guru Suneel Singh his worst match was the north India which although he believed that his team was more talented and capable than the rivals. Prior to the match he was certain that they can easily win the finals.



Figure-8 shows the guest of honor

FAVOURITE DRESS

Yoga Guru Suneel Singh believes that the dressing sense of a person play very important role in the social life. The nice and sober dress plays an important role in grooming the personality. Scoring to him wrong choice of cloths not only spoils personality but can also spoil the posture of a person. So, one should wear the dress in which he/she can carry himself/herself properly. The main consideration he keeps in mind while choosing a dress is the comfort. Yoga Guru Suneel Singh favorite dress Kurta Pajama and as far as comfort is concerned he is very comfortable in track suit. He is not very particulars about colors according to him his favorites is the one which suits him as the situation also. But he likes white colure cars.

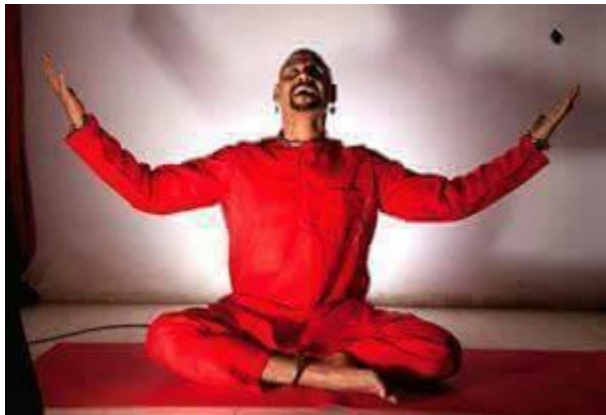


Figure-9 Yoga Guru Suneel Singh wearing his favorite dress

FAVOURITE SINGER

Yoga Guru Suneel Singh is very fond of music. According to him music is the diet of soul. Listening music is the best activity which helps to reduce the mind tension. It provides peace to heart and soul of every human being. He likes to listen the music in his free time and while traveling. Kosher Kumar is the favorite's singer of Yoga Guru Suneel Singh. He has mostly all the collection of Koshar Kumar because his singing is par excellence and the lyrics is

very meaningful and is very close to real life. He also believes music for sportsperson is very essential because it is best strategy to motivate and relieves the boredom also. But these days on media several vulgar or worst songs are advertising. So youth should ignore them and listen song which elaborates purity of life.

BEST FRIEND IN LIFE

According to Yoga Guru Suneel Singh friends mean a lot in the life of every person because friends are the companions of good and bad time with whom a person share his happiness and sorrows. Which time we spend with friends has best time in the life. That's why Yoga Guru Suneel Singh keeps his friends as a precious possession and these friends are very important part of his life. He admits that his friends gave their significant contribution to his sports career. Yoga Guru Suneel Singh best friend is MR. Anil Kaul who was not only his team mate in journal less am in Delhi.Both spend maximum time with each other.



Figure-10 Yoga Guru Suneel Singh with his friend Anil Kaul

DOMESTIC YOGA CAREER

Yoga Guru Suneel Singh started his domestic career in 1985 as he joined luck now team. But due to certain circumstances this team splinted. Then he joined for boys to pursue his studies and played yoga. I was sports college student. Later I have done Yoga Teacher traning course in 1985 from Mantalai with Gold Midal. I am disciple of late Guru Swami Dhirender bhramchar ji. Yoga Guru Suneel Singh has not received any support from the yoga teacher during his schooling time but instead his maternal uncle and his family encouraged him to involve in sports event. He was an average student. School days his favorite game was cricket but he never participated in any official competition. In others activities like singing, dancing, and drama he never attended. His nicely behavior always stood him in cue of decants student. I DID MY GRADUATION IN ARTS FROM luck NOW University in the year 1984. Later I have done yoga teacher training course in 1985 from Mantalai (J&K) with gold medal. I am dispelling of late GuruSwami Dhirender bhramchari ji.

PHYSIQUE

During the interview Yoga Guru Suneel Singh told that his physique is one of secrets of his success in his yoga career. His height is 5 feet and 11 inches and during the sports career his weight was around 75 kg. If we analyze his physique, it resembled to ectomorph type. Yoga Guru Suneel Singh feels that if he had gained some weight during the active period of his sports career so that his weight reached to optimum requirement according to his flexibility to can improve his performance much better. During sports period his flexibility was approximately 1m 20cm. In international camp one Chines coach was totally shock about fitness of Yoga Guru Suneel Singh because his body was thin and tall but power, agility, flexibility, strength, stamina was very perfect. Its Chines coach statement that with this body posture to earn these qualities is impossible and you make me wrong because first time I see it”.



Figure-11 Yoga Guru Suneel Singh told that his body physique



Figure-12 Yoga Guru Suneel Singh with his student in yoga hall



Figure-13 shows Yoga Guru Suneel Singh with yoga Gurus on news channel.

VIEWS ABOUT INDIAN COACHES AND COACHING

Yoga Guru Suneel Singh who always respect from heartily of good coaches. According to him coaches have power to mould the children interest in any form. Coach is an inspiration character who moulds the physical and mental behavior of players and prepares them for good performance. It is not necessary that a good should himself be an international player. Yoga Guru Suneel Singh believes coaching is an art in which a coach delivers information, knowledge and inspiration the players and train them in scientific and systematic manner. In this modern phase of science and technology coaching techniques should be based on the scientific methods and principles given by the research workers who are working hard day and night to improve the performance level in harmony with all around development of the players. A good coach must be aware of all the recent tools and techniques available in his field, their advantages and disadvantages, when and where to use and must incorporate in his training schedule as far as these are feasible in order to get good performance from players. That's why he believes that a good coach in addition of being a good player should be fully educated in coaching and training

studies. Services of foreign coaches can be taken when required so that we can produce internationally competent coaches.

VIEWS ABOUT THE DOWNFALL OF YOGA

During the interview when I asked Yoga Guru Suneel Singh about the what cause responsible for the poor performance of Indian yoga at the international level a pall of gloom spread over his face and after a while he said actually the performance in sports depends on the capabilities of physique, heart and brain of the players and how they are trained and motivated for a particular goal. Errors can be happen at any or many of the stages of the process. But addition to this there is many external factors responsible for the downfall of Yoga which are enlisted:-

1. Lack of basic training: - He believes that there is no dearth of talent in India. Indian physique is also suitable for yoga but in spite of this even medium heighted Chinese and Japanese are doing well in yoga. In India there are lacks of basic training facilities. He said that in India our player's lack of good training equipment, good coaches and nutritious diet and all these deficiencies put negative impact on the player's performance. India although is the second populous country have a few international standard yoga holl. If government provides good training facilities, proper diet, excellent coaches and follows scientifically and systematically designed training schedules there is no chance that our performance cannot improve. Our players can give better performance at the international events
2. Lot of politics is involved in sports federations: - According to Yoga Guru Suneel Singh one of the reasons for the poor performance of yoga in India is the role of V.F.I. He feels that there is lot of political pressure and influence on the working of V.F.I. That's discrimination sometime happen while the selection of players and deserving candidates are left behind. In the modern world there is the survival of fittest and we do not have a scope to commit such mistakes. Only fully deserving and capable players should be selected who can represent the national and bring laurels to the country.

3. Role of media: - The role of media is also responsible for the current status of yoga in the country. He believes that popularity sells a thing, and yoga is not popular in India because of the negligence of media towards this game. Yoga players are not star icons in India they do not endorse any brands and are not heavily paid by the private clubs. People do not have any interest in this game so no much of the national level clubs exist. Those that exist are not fully funded because of lack of sponsors. Yoga Guru Suneel Singh feels that this is the main reason for the lack of popularity yoga players in India. Media, mainly the television channels and newspapers do not cover the live international and national tournaments of yoga. During the interview I noticed the sadness in his voice while he is talking about the yoga scenario in India. He also feels that if he is had played for the country like China or U.S.A the scene regarding his popularity and achievements should be different.
4. High burden of studies: - Many colleges and universities have higher fees status or frequently exam can't allow to student to think about game. Due to this their families do pressure on him to give more attention or sitting for study. Even some families not support their children on particular game. It is parent's prime responsibility to know the children talent and appreciate them. In that case most chances to success of children.

SUGGESTION FOR IMPROVEMENT OF YOGA

Following are some suggestion by Yoga Guru Suneel Singh to improve the standards of Yoga in India:-

1. Providing the basic facilities: -Yoga Guru Suneel Singh feels that for the improvement of yoga it is very necessary to provide basic facilities to players as well as coaches. He says for the improvement of yoga first of all there should more and more yoga indoor courts should be constructed and players should be provided with all the sorts of good quality yoga playing. Players should be provided with good and nutritional diet which provides all nutrients requirements according to the yoga and the physical activity. The players should be kept in a good emotional and psychological state. The government should provide scholarships and jobs and other incentives so they are in Free State of mind to put their heart and soul in to the game and more and more youngsters should take up yoga as a career.

2. To provide coaching on scientific lines: - To uplift the level of yoga in India it is very important to facilitate international standard coaching. The coaches should adopt the scientific tools and techniques to enhance, flexibility, consultations the performance level of player. Yoga guru should keep in mind the role of various sciences in sports science. A coach must know biochemistry of metabolism to make a good diet plan, he must be aware of the physiology of respiration and working of energy machinery of the body to plan a good workout schedule for the fitness of the player, he also must know anatomy of muscles. In addition to this he must know everything about the game the rules and the court and hence should be a good player himself. Although he consider that it is not necessary for to be an international player with good achievement record. A good coach is not always a good coach and vice versa. Proper identification of talent: - according to him to improve the level of yoga it is also necessary to identify and select the talented ones at an early stage and concentrated on the ones with the potential and decreases the wastage of time, energy and money and gets better results. He believes that in order to give good performance it is necessary to possess natural talent for the particular activity also. He also stress on the identification of this talent by experienced and competent coaches only.

AS A MAN: -s

During the interview I felt that Yoga Guru Suneel Singh is a very cheerful person with a good sense of humour. He is also very social and meets everybody so warmly that he/she wants to meet him again. His thinking is very positive and straight forward. When I asked to sum up him as a person he said shyly that he does not know very much but one thing he is very sure about that once he met person the person likes to meet him again. That is why I sum up Yoga Guru Suneel Singh as cheerful, extrovert, social, warm and down to earth person.

FACTORS THAT PLAYED ROLE IN HIS GOOD PERFORMANCE:-

When I asked Yoga Guru Suneel Singh about the factors responsible for his good performance in the field of yoga he said his efficiency in yogis mainly due to hi god gifted physique. Secondly he has passion for yoga and he work hard to relize his dream. He said that he

reached this place with determination, discipline and hard work. Yoga Guru Suneel Singh feels that his cousin brother played a major role in his successful yoga career. His cousin provided him right guidance Yoga Guru Suneel Singh feels that he started playing many years later he should have been yoga Ratna Award by World yoga foundation.

But according to me there is no doubt that Yoga Guru Suneel Singh successful career is due to his god gifted physique, talent and hard work. That's why he has in his bio data 11 years of successful of international career (1984-1995) and 20 years of national career (1981-2001).



Figure-14 GOOD PERFORMANCE

SATISFACTION

During the interview when I asked Yoga Guru Suneel Singh that whether he is satisfied from his performance and achievements during his yoga career. He thought for some time and said he is satisfied from his career but he feels that he deserves more than he get for his outstanding performance. About his present job is very tedious and there is a lot mental tension. But he has is now use to the schedule and perform his duties honestly.

DETAILS OF ACIEVEMENTS

1	He has felicitated by PHD Chamber of commerce & industry and premia projects for his contribution in the field of yoga, health and wellness.
2	World yoga foundation of Kolkata has recognized him as adviser.
3	He is also member Yoga Steering committee.
4	He was also a part of Dubai Yoga festival along with Shilpa shetty . More than 9000 Yoga practitioner were the part of this mega event in Dubai.
5	He is director Yoga Shishak Sangh.
6	He is adviser to INTERNATIONAL COUNCIL FOR SCHOOL CRICKET. (I C.S.C.)
7	He has been honoured by YogaSanskrit Perth Delhi for his contribution in the field of Yoga and Wellness.
8	He has been awarded Yoga Ratna Award by World Yoga Foundation
9	He has been included in 100 top Ayurveda and Yoga personality in the world.
10	He has been included in Top 6 Yoga Gurus you should know list.
11	The Indian Academy of Natural Therapeutics Luck now has elected me as "Life Fellow member " for his contribution in the field of Yoga
12	Soham parmarth seva samiti has awarded him with Yoga Ratan for his small contribution in the field of Yoga and Wellness.
13	He has successfully launched 'Purna Yoga DVD and D.V.D for diabetes with Disha channel and recently launched Navel displacement cure D.V.D.

CHAPTER-5

SUMMARY,CONCLUSION AND SUGGESTION

Over the decades the society in general has realized the need of keeping fit and healthy through organized physical activity programs. All round development of man must begin with development of physique, which is the basis of his existence. A healthy and fit person is an asset to the humanity while an unfit individual is a curse on himself as well as to the society. The healthy, the strong and efficient body commands while a diseased, a sick and weaker body demands.

Yoga is a great game for building character. Individuals who learn how to excel in Yoga can also develop habits and attitudes which will help them succeed in other areas of life. Yoga players learn the value of teamwork because success and teamwork in Yoga are inseparable. The rules of game require participants to adhere to high standards of conduct and to respect officials and opponents during competition when emotions are difficult to control. Yoga's combines a high degree of physical exertion and safety. Perhaps, this is why Yoga is the second most widely played game in the world.

Indians position in the world of sports should be commensurate with the country's vast human resources, its size and the glorious tradition of our endeavors in many other spheres. It is necessary and worthwhile to seek and find the reasons for this so that our sights should be on the eminence of sports.

To improve the performance of India it is necessary to raise the standards and to learn and appreciate the contribution of noted players in the various fields. To the case study of Yoga Guru Suneel Singh was taken up to highlight the contribution and achievements of Yoga Guru Suneel Singh towards the per motion of Yoga in the country and also study about his life and philosophy. Secondly to enlist the leadership qualities of Yoga Guru Suneel Singh. Thirdly, to study his excellent sported career as a Yoga player. To attain this purpose a case study has been designed in which historical, biographical,interpretive methods are utilized.

Sports profession desperately needs an influx of scholarly, energetic well trained leaders like Yoga Guru Suneel Singh. The research Scholar is of view to highlight the professional and personal qualities of Yoga Guru Suneel Singh.

Yoga Guru Suneel Singh was born in the village and studied in a Government school. As shooting Yoga was very popular at that time he also used to play the same. But he has hidden potential for regular Yoga too which was not identified during his schooling and he continues to play schooling Yoga until that time.

P N Singh was the person who identified the talent and guided him to take Yoga seriously. He also recommended his name to P. N. Singh. Yoga Guru Suneel Singh is a very popular player in Punjab and is a role model for the youngsters.

The investigator personally contacted Yoga Guru Suneel Singh for the interview and conducted the interview with the well prepared questionnaire. The focus of the interview was mainly around life history, family background, Childhood, environment influence, educational, motivational factors, training schedule and playing days at, Later I have done Yoga Teacher training course in 1985 from Mantalai with Gold Midal. I am disciple of late Guru Swami Dhirender bhamchar ji. The interview was conducted so as to reveal the personality, thinking, contributions, and achievements. The research worker also tried his level best to know the point of view of Yoga Guru Suneel Singh regarding unsatisfactory performance of India in sorts and various recommendations he would like to suggest for the improvement of Yoga in particularly and sports in general.

According to Later I have done Yoga Teacher training course in 1985 from (J&K) with Gold Midal. I am disciple of late Guru Swami Dhirender bhamchar ji. Yoga Guru Suneel Singh has not received any support from the yoga teacher during his schooling time but instead his maternal uncle and his family encouraged him to involve in sports event. He was an average student. School days his favorite game was cricket but he never participated in any official competition. In others activities like singing, dancing, and drama he never attended. His nicely behavior always stood him in cue of decents student. In India there is lack of basic training facilities. He said that in India our players lack good training equipment, good coaches and nutritious diet and all these deficiencies put negative impact on the performance of the players.

In this modern phase of science and technology coaching techniques should be based on the scientific methods and principles. A good coach must be aware of all the recent tools and technique available in his field, their advantages and disadvantages, when and where to use and must incorporate in his training schedule as far as these are feasible in order to get good performance from the players. That's why he believes that a good coach in addition of being a good player should be fully educated in coaching and training studies. Yoga Guru Suneel Singh proposed following suggestion for the improvements of Yoga.

1. AUUSH can do lot of improvement of Yoga in India. The selection players should only be on the basis of performance and caliber. AYUSH should arrange tournaments everywhere in India to popularize the yoga. All the activities of the federation should have the goal to uplift the status of Yoga.
2. To achieve good performance at international level systematic hard work can be done to bring the name and fame to our country.
3. He stressed the need of selection and training of talented ones at grass root level to achieve results at international level.
4. He emphasized that more number of local competitions should be organized to identify the talent in rural as well as urban areas.
5. He is totally against drugs. He thinks that a good and balanced diet as per the training schedule is sufficient to achieve good performance. Drugs can improve the performance for a short period of time but is against the ethics and moral codes the person will surely suffer in long run.
6. The most important thing is to provide the basic infrastructure to the players at home indoor hall, work out places, training equipment's, balanced diet, excellent and experienced coaches, fitness specialist, dieticians, psychologist all should be there for the players.
7. Last but not the least the government should provide financial assistance ships to the players. The players in national and international levels should be given good jobs so they give their full potential to the game in Free State of mind. The media should also take responsibility to cover Yoga matches and popularize the game in masses to generate sponsorships for the game as well as players so that a good Yoga player can also enjoy the star status.

CONCLUSION

On the basis of the findings/information of the present study the following conclusion may be draw;

1. Yoga Guru Suneel Singh is a gold medalist in asthanga Yoga teacher training course from mantali (j&k). He is one of the first yoga gurus in India for excellence in the field of yoga.
2. Yoga Guru Suneel Singh is very hardworking, dedicated and committed player.
3. Yoga Guru Suneel Singh is very friendly, cheerful, and co-operative and discipline person.
4. Yoga Guru Suneel Singh has a lot of patience and perseverance.
5. Yoga Guru Suneel Singh Brar had very good relation with his team mates and competitors and never had any ill will towards any one.
6. Yoga Guru Suneel Singh is a role model for the young aspiring yoga.

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APPENDICES

Eysenks' Personality Questionnaire

- | | |
|--|--------|
| 1. Do you have many different hobbies? | Yes/No |
| 2. Do you stop to things over before doing anything? | Yes/No |
| 3. Does your mood often go up and down? | Yes/No |
| 4. Have you ever taken the praise for something you knew someone
Else had really done? | Yes/No |
| 5. Are you talkative person? | Yes/No |
| 6. Would being in debt worry you? | Yes/No |
| 7. Do you ever feel miserable for no reason? | Yes/No |
| 8. Do you ever greedy by helping yourself to more than your share
of anything? | Yes/No |
| 9. Do you lock up your horse carefully at night? | Yes/No |
| 10. Are you rather lively? | Yes/No |
| 11. Would it upset you a lot to see a child or an animal suffer? | Yes/No |
| 12. Do you often worry about things you should not have done or said? | Yes/No |
| 13. If you say you will do something, do you always keep your promise
no matter how inconvenient it might be? | Yes/No |
| 14. Can you usually let yourself go and enjoy yourself at a lively party? | Yes/No |
| 15. Are you irritable person? | Yes/No |
| 16. Have you ever blamed someone for doing something you knew was
really your fault? | Yes/No |
| 17. Do you enjoy meeting new people? | Yes/No |
| 18. Do you believe insurance scheme are good idea? | Yes/No |
| 19. Is your feeling easily heart? | Yes/No |
| 20. Are all your habits good and desirable ones? | Yes/No |

21. Do you tend to keep in the background on social occasions?	Yes/No
22. Would you take drugs which may have dangerous effect?	Yes/No
23. Do you feel “fed up”?	Yes/No
24. Have you ever taken anything (even a pin or a button) that Belonged to someone else?	Yes/No
25. Do you like going out a lot?	Yes/No
26. Do you enjoy hurting people you love?	Yes/No
27. Are you often troubled about feelings of guilty?	Yes/No
28. Do you sometimes talk about things you know nothing about?	Yes/No
29. Do you prefer reading to meeting people?	Yes/No
30. Do you have enemies who want to harm you?	Yes/No
31. Would you call yourself a nervous person?	Yes/No
32. Do you have many friends?	Yes/No
33. Do you enjoy practical jokes that can sometimes really hurt people?	Yes/No
34. Are you worried?	Yes/No
35. As you child did you do as were told immediately and without grumbling?	Yes/No
36. Would you call yourself happy-go-lucky?	Yes/No
37. Do good manners and cleanliness matter much to you?	Yes/No
38. Do you worry about awful things that might happen?	Yes/No
39. Have you ever broken or lost something belonging someone else?	Yes/No
40. Do you usually take the initiative in making new friends?	Yes/No
41. Would you call yourself tense or highly-strung?	yes/No
42. Are you mostly quiet when you are with other people?	Yes/No
43. Do you think marriage is old fashioned and should be done away with?	Yes/No
44. Do you sometimes boast a little?	Yes/No
45. Can you easily get some life into a dull party?	Yes/No
46. Do people who drive carefully annoy you?	Yes/No
47. Do you worry about your health?	Yes/No

48. Have you ever said anything bad or nasty about anyone?	Yes/No
49. Do you like telling jokes and funny stories to your friend?	Yes/No
50. Do most things taste the same to you?	Yes/No
51. As a child were you ever cheeky to your parents?	Yes/No
52. Do you like mixing people?	Yes/No
53. Does it worry you if you know there are mistakes in your work?	Yes/No
54. Does you suffer from sleeplessness?	Yes/No
55. Do you always wash before a meal?	Yes/No
56. Do you nearly always have a ready answers when people talk to you?	Yes/No
57. Have you often felt listless and tired for no reasons?	Yes/No
58. Do you like to arrive appointment in plenty of time?	Yes/No
59. Have you ever cheated at a game?	Yes/No
60. Do you like doing things in which you have to act quickly?	Yes/No
61. Is (or was) your mother a good woman?	Yes/No
62. Do you often feel life is dull?	Yes/No
63. Have you ever taken advantage if someone?	Yes/No
64. Do you often take on more activities than you have time for?	Yes/No
65. Are there several people who keep trying to avoid you?	Yes/No
66. Do you worry about your looks?	Yes/No
67. Do you think people spend too much time to safeguarding their future with savings and insurance?	Yes/No
68. Have you ever wished that you were dead?	Yes/No
69. Would you dodge paying taxes if you were you could never be Found out?	Yes/No
70. Can you get a party going?	Yes/No
71. Do you try not be rude to people?	Yes/No
72. Do you worry too long after an embarrassing experience?	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 sometimes like teasing animals? Yes/No
80. Are you easily hurt when people find fault with you or the work you do? 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? Yes/No
84. Are you sometimes bubbling over with energy and sometimes very sluggish? Yes/No
85. Do you sometime put off until tomorrow what you ought to do today? Yes/No
86. Do other people think of you as being very lively? Yes/No
87. Do people tell you a lot of lies? Yes/No
88. Are you touchy about somethings? Yes/No
89. Are you always willing o admit it when you have made a mistake? Yes/No
90. Would yu feel very sorry for an animal cought in a trap? Yes/No

P	E	N	L
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
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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
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INDENTIFICATION

1. Full name
2. Permanent address
3. Date of birth
4. Mother tongue
5. Read and speak
6. Civil education
7. Occupation
8. Date of enrolment
9. Rank
10. Sports achievement

QUESTION ABOUT EARLY LIFE

- 1 What education did your father and mother?
- 2 How many people live in your home ?
- 3 Who were your teacher/coach during your studies that motivated you?
- 4 What was your first job?
- 5 What award have you received till now?
- 6 Did anyone inspire your game as a basketball ?
- 7 The major person who inspired you for work hard and why?
- 8 What were the major difficulties that you faced as a basketball player?
- 9 Which environment has a great impact on your game and why?

Sports achievement in Yoga

- 1 How many awards you have received?
- 2 What is your international achievement?

- 3** What is your national achievement?
 - (a) senior national
 - (b) junior national
 - (c) school national
- 4** What is your achievement in state level?
- 5** What is your achievement in all india tournament?
- 6** What is your achievement in Police game competitions?
- 7** Any other awards recognition
 - (a) best scorer
 - (b) player of the tournament
 - (c) Best player
 - (d) Any other

Question related to the personal life

- 1.** Which are the hobbies that you do in your leisure time?
- 2.** What is your opinion of speaking other language in home?
- 3.** How do you spend your vacation?
- 4.** What do you like as read related to literature?
- 5.** Do you like to write your thoughts?
- 6.** Do you love to have company in your home for entertainment?
- 7.** What do you do when you irritated?
- 8.** If you do wrong to someone ,how do you apologize?
- 9.** If someone done wronged to you, how do you apologize to you?
- 10.** How much time you require to forgive someone?
- 11.** Do you suffer from any chronic diseases or condition?
- 12.** How do you support own health and wealth?
- 13.** What is your definition of wealth?
- 14.** How do you spend money?
- 15.** Do you use credit card?

Question related to the friends

- 1 Who are your close friends?
- 2 Why are they so close?
- 3 How did you get to know them?
- 4 What do you like most about them?
- 5 What will you relationship with them after you left jalandher?
- 6 What is the level of your relationship them now?

Question about the Indian athlete

- 1 What do you think that there is a constant decline in the standard of athletic?
- 2 What do you think that the athletic federation are working properly?
- 3 Who can create proper environment for the development and promotion of athletic?
- 4 In your views does he government provide adequeate funds for the promotion of Punjab athletic?
- 5 What do you suggest to improve the functioning of the athletic federation/association?
- 6 Your views about Indian athletic?
- 7 According to you how athletic game anpromot?
- 8 What is the difference playing strategy of Indian athletic and American athletic?

