

**A CASE STUDY ON ARJUNA AWARDEE
SUKHPAL SINGH BRAR**

A

Research Dissertation

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DECLARATION

I hereby declare that the dissertation entitled “A CASE STUDY ON ARJUNA AWARDEE SUKHPAL SINGH BRAR” submitted in partial fulfillment of the requirement for the award of the degree of M.Phil in physical education is entirely my original work and all ideas and references have been duly acknowledged. It does not contain any work for the award of any other degree or diploma.

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CERTIFICATE

This is to certify that Mehtab Singh has completed M. Phil Dissertation titled “*A Case on Arjuna Awardee Sukhpal Singh Brar: A Case Study*” under my guidance and supervision. To the best of my knowledge, the present work is the result of his 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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ABSTRACT

The purpose of the study was to highlight the contribution and achievement of Sukhpal Singh Arjuna and Maharaja Ranjit Singh Awardee towards the promotion of the Volleyball. Data for the investigation was derived from primary and secondary sources. The focus was mainly around the family background, education qualification, sports achievements, awards and professional career. Through interview a questionnaire was collect valuable data regarding contribution achievements leadership qualities and responsible of S. Sukhpal Singh Brar. The study would be a value able in addition to the Professional literature in sports and physical education. 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 S. Sukhpal Singh Brar and also to study his philosophy with regard to sports as a profession in India and to enlist leadership and administration quality of S. Sukhpal Singh brar. Self made questionnaire was used to personal and professional information. Eysenck's Personality Questionnaire was used to find out personality of S. Sukhpal Singh Brar. The result of Eysenck's Personality Inventory shows that S. Sukhpal Singh Brar is Psychoticish score is normal, Extraversion score is extrovert, neuroticism score is normal, and Lie score is results are not valid. So S. Sukhpal Singh Brar is under the personality of Extrovert. S. Sukhpal Singh Brar is a great sports personality. S. Sukhpal Singh Brar has given great contribution to the State as well as National and International in volleyball. He was Awarded Maharaja Ranjit Singh and Arjuna Awards from Chief Minister of Punjab and President of India in 1989 and 2000, respectively. After joining Punjab Police, he also won many medals in all India Police games and at International level. He was still maintaining his international career. At present S. Sukhpal Singh Brar doing a job in punjab police department as Superintendent of Police and lives at Ludhiana city with his family.

Keywords: Volleyball, Achievements, Punjab Police, India, Medal.

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**S. Sukhpal Singh Brar Arjuna Awardee,
Superintendent in Punjab Police**

CHAPTER I

INTRODUCTION

Through the ancient period, sport has been known to spectacular 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.

Play is a rich social experience. Game and sports are the best means of building a strong foundation for the development of social traits. The Olympics games came to be revived for the achievement of high standards in human relationships. Sports afford opportunities to athletes to be recognized in the society everywhere. A sport is an intrinsic activity. It satisfies the urge for activity and has come sort of cathartic effect on emotions. As a socializing agency, it provide many opportunities for the participants to met others and satisfy the needs of social intermixing and recognition. Sports not only contribute to health and psychological well being of the participants but also provide a vehicle for maintaining the mental health of millions of spectators who get substitute from identifying themselves with individual players and teams. Sports activities are also a means of sublimation and channelization of emotional states.

In the sports many spectator dedicate much time to learning more about their favourite sport and attending sporting competition to give support of their favorite athletes 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, especially when it comes to Olympic.

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. In ancient times emphasis was on physical fitness and martial arts. The games which got top recognition were boxing, horse and elephant riding, hunting, jumping, running, sword fight, wrestling and yoga asana. In the 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 to India.

As of today, sport is not just a part of recreation; it's totally based on competition and competition with competitors. As per the days by days all countries are participating in International Tournaments and the Indian government provides a good sports environment for Indian players. The Indian government policy has a lot of motivation for sports persons as well as opportunity, awards to elite sports persons. That having continuous good performance in international level competitions. Named after Arjun, the Pandava Brother of Mahabharata fame, who defeated a huge army of Kauravas in the battle against evil, Arjuna Awards are conferred to many sports persons from different sports in India. The Indian government and state government give the awards to players those having elite performance. Arjuna Award, Dronacharya Award, Dhyan Chand Award, Rajiv Gandhi Award, Maharaja Ranjit Singh Award and some other also.

The game of volleyball, originally called "mintonette," was invented in 1895 by William G. Morgan after the invention of basketball only four years before. Morgan, a graduate of the Springfield College of the YMCA, designed the game to be a combination of basketball, baseball, tennis, and handball. Volleyball is now one of the big five international sports, and the FIVB with its 218 affiliated national federations, is the largest international sporting federation in the world. The first volleyball net, borrowed from tennis, was only 6'6" high (though you need to remember that the average American was shorter in the nineteenth century). Volleyball 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 offensive style of setting and spiking was first demonstrated in the Philippines in 1916. Over the years that followed, it became clear that standard rules were needed for tournament play, and thus the USVBA (United States Volleyball Association) was formed in 1928. Two years later, the first two-man beach volleyball game was played, though the professional side of the sport did not emerge until much later. Not surprisingly, the first beach volleyball association appeared in California (1965), and the professional players united under the auspices of the AVP (American Volleyball Professionals) in 1983.

Since the revival of Olympic Games, more and more emphasis has been laid on the development of techniques and technologies for training of youths to win at the international level competitions. Today at the Olympics, the nations rub shoulders with one another for the achievement of the highest ideal- the Gold Medal. The researchers are now being geared up to the developing the methods and methodologies which can produce a medallist.

Position of the India in the world of sports should be commensurate with the country's vast human resources, its size and the glorious tradition of our endeavours in many other spheres. It is necessary and worldwide to seek and find the reasons for this so that our sights should be on the eminence of sports. Indian sportspersons have enjoyed their share of laurels at Asian Games, Commonwealth Games and also in other contests. But, apart from the hockey the Gold Medal has eluded India in other Olympic disciplines.

In 2004 Athens Olympics Games R. Rathore became the fourth Indian since independence to win an individual Olympic Medal after weightlifter K. Malleshwari (2000 Sydney), tennis ace Leander Paes (1996 Atlanta), wrestler K. Yadav (1952 Helsinki). India still needs much more in terms of modern methods of training, advanced equipment, synthetic tracks, AstroTurf fields, standard swimming pools, modern indoor courts and gymnasia which are necessary for mass participation of these sports.

During the 1984 Los Angeles Olympics, American men and women took gold and silver medals in indoor volleyball competitions. Four years later at the Olympics in Korea, the men once again scored gold. Starting in 1996, two-man beach volleyball was officially introduced to the Olympics. Today, there are more than 800 million volleyball players.

In 1916, in the Philippines, an offensive style of passing the ball in a high trajectory to be struck by another player (the set and spike) were introduced, 46 million of them in the U.S In 1900, a special ball was designed for the sport. In 1964, volleyball was introduced to the Olympic Games in Tokyo.

Government give incentives in the form of Awards or cash to the players for their motivation and to influence others in the side sports. There are plethoras of renowned awards like Arjun award, Dronacharya award which gives by the ministry of sports to pioneer sports person. Arjun award one of the most major s award from all of awards.

The Arjuna award started in 1961 by the ministry of sports and youth affairs, Government of India for the toappriate outstanding performance /achievement in international sports. The winner of Arjuna award honored with bronze statuette of Arjuna, scroll and carries a cash prize 5,0,0000. Government of India awarded ArjunaAward to 24 players of volleyball and Sukhpal Singh Barar was stood 19th rank in list of Indian arjun awarded volleyball players. In the Indians team there are always two or three players from Punjab. Just like hockey and volleyball players from Punjab dominate in the team. In the national championships, most of the time Punjab,s team was among the first four.

S. Sukhpal Singh Brar 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 volleyball too which was not identified during his schooling and he continues to play shooting volleyball until that time.

S. Gumdhur Singh was the person who identified that talent and guided him to take volleyball seriously. He also recommended his name to S. Niripjit Singh Bedi immediately agreed to take for him in his team thereby S. Sukhpal Singh Brar become a member of Oswal team. In 1981 after playing six months for Oswal he joined Government college for boys Ludhiana to complete his graduation. Therefore he played Inter-Colleges and Inter-Universities and was declared as an outstanding attacker. By that time thousands of people became the fan of the way he used to smash. After watching his game the Punjab Police offered him a post of Sub-inspector which he accepted and ultimately he was one of the star players of Punjab Police. In the view of his unmatched performance the department was pleased to promote him as a Superintendent of Police (SP). S. Sukhpal Singh Brar is a very popular player in Punjab and is a role model for the youngsters.

Physical education and sports as a profession is passing through one of the most exciting, yet critical periods in its history. Sports activity are 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 S. Sukhpal Singh Brar. The main purpose of taking this research project was to highlight the professional skills and qualities of S. Sukhpal Singh Brar 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. After S. Nirpjit Singh and S. Balwant Singh he was the third person who is conferred upon Arjuna Award for his tremendous contribution in the field of volleyball.

As a research scholar selected the area of case study on S. Sukhpal Singh Barar an eminent volleyball player. Previously close of the Case studies has been done in variety discipline line Hockey, Football, Athletics, etc.

Significance of the study

The Volleyball 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 Arjuna Awardees S. Sukhpal Singh Barar in Indian Volleyball. This study will be precious addition to the professional literature in game of Volleyball and physical education. This study will be advantageous for player motivate themselves. The study will be important to encourage the players and Volleyball promoter. There would be a suitable article of the past and reveal historical prospective to the coming generation in the field of Volleyball.

The present study will be providing the found good possession which was helpful to selection of Volleyball players 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 assess the “Contribution of Sukhpal Singh Barar in field of Indian volleyball. 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 so entitle “A CASE STUDY OF ARJUNA AWARDEE SUKHPAL SINGH BRAR”.

Objectives of the study

1. To find out academic and sports achievements of Sukhpal Singh Barar.
2. To investigate the contribution and professional career of Sukhpal Singh Barar in Volleyball.
3. To study the personality of Sukhpal Singh Barar.

Operational definitions of the terms

Arjun Award

Before KhelRatna, Arjuna Awards was the most prestigious award for a sportsperson in India. From the year 1961, this award give to those player who give outstanding performances for previous three year at international tournament. Arjun award give by the honourable president of india. From 2001 the award is conferred on sportsperson who come under any of these three categories:

1. Olympic games / Asian Games/ Comanwealth Games/ World Cup/ World Championship Disciplines and cricket.
2. Indigenous Games
3. Sports for the Physically Challenged.

Volleyball

Team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

Delimitations of the study

1. Study was delimited to the contribution of Sukhpalsingh Barar in volleyball.
2. The study was enclosed to educational achievements of Sukhpal Singh Barar.
3. Study was only delimited to sports achievements and professional career of Sukhpal Singh Barar.

CHAPTER II

REVIEW OF RELATED LITERATURE

Naveen Kumar (2013), the paper is an effort to have an 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 sportshooter. 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 give a stress on Vijay Kumar'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 ZafarIqbal 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 ZafarIqbal to gain information on his training, motivation, competition policy, anxiety, personality traits and social virtues that influenced his performance. Study revealed even though the family members of ZafarIqbal not in the favour of sports, but right from childhood ZafarIqbal infatuated a atypical desire and love for hockey and he considered hockey everything. zafarIqbal 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 an 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 nationalhockey 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 perserverance. 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 anylytical 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 dhanrajpillay's personality and the achievement and contributionby him in the field of hockey. Furthur researcher also find out the level of emotional intelligence,self esteem and evaluate the overall personality of the dhanrajpillay. Data was collected through the primary and secoundary sources. Study concludes that the lendendry have a very great achievements in the field of hockey. He won many awards and honours.

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 matetrials and photographs. It was revealed that Father of S. Pargat Singh was the source of inspiration for Padma ShriPargat Singh to achieve higher standard.

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

ManjeetKaur on Indian Athlete. The investigator conducted interviews with Arjun Awardee ManjeetKaur and his family members, Athletic Coach Ajaib Singh Olympian MandeepKaur, RajwinderKaur and also referred to published materials and photographs. It was revealed that family of Arjun Awardee ManjeetKaur was source of inspiration for Arjun Awardee ManjeetKaur to achieve higher standard. Manjeetkaur 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 was belongs to Haryana. His elder brother is also a boxer He started lerning boxing in SAI hostel, Bhiwani. He adopt 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 hounered 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 very 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 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 inspiratin 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 llympic 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 o conduct the studyt. 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 guru Hanuman inspire him to be wristeler . 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 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 enginner 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 acadmecian . 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 reserchehighlited 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 Cattell'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 PrakashPadukone, the Badminton player. PrakashPadukone 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. PrakashPadukone 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 hounered by Padam Shree and Arjuna Awards by the Indian government .

Kidess (1970) studied that the contribution of James H. 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 Springfield 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 Education 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 honours 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 Volleyball 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 Volleyball players and 21 to 26 years for top female volleyball players.

India added the first feather to its cap by winning a gold medal in 1955, in volleyball at the invitation Asian Meet held in Japan. Indian volleyball team proved its excellence once again, when they won the bronze medal at the Asian Games in Tokyo in 1958, followed by a silver mHowever, none of the player could win the Arjuna Award from volleyball team until 1971 and the period between 1963 to1973 was not that noticeable. In 1974, Indian volleyball team participated in Tehran Asian Games but they were

dropped to fifth place, which was not a good sign. In the 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 volleyball in 1987 at the South Asian Federation Games at Kolkata, when the Indian volleyball team won the gold medal, followed by another gold medal in 1991 in Colombo. Women's volleyball also gained prominence in 90s and they put a spectacular performance in SAF Games in 1993. The Indian junior volleyball team clinched the Asian title in 2003 in Vishakhapatnam.

Sukhpal Singh Bararwas remained a qualitative player in the volleyball history of India. Honored by Arjuna award in the year 2000 and Maharaja Ranjitsingh award in 1989.

Research scholars feel that the present study is an attempt to explore the achievement and contribution of Sukhpal Singh Barar towards sports. And also through this study Volleyball will explore his position in the nations.

CHAPTER III

METHOD AND PROCEDURE

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

Collection of data

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

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.

Official records

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

Personal records

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

Interview

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

Secondary sources

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

Pictorial Records

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

Published material

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

Tools

- Self made questioner was used for personal and professional information.
- Eysenck 's personality questionnaire was used to find out the personality of Sukhpal Singh Palli.
- Eysenck's personality questionnaire is to assess the personality trait of a person, usually called temperament, in for scale, P- Psychotcism 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 Hansjurgeneysenck (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 dimension are conceived of as being quite independent; thus all the theoretically possible combinations of scores be observed.

The final version of the EPQ is described in considerable detail in the book title psychotics: A dimensions of personality (eysenck and eysenck 1975) most of the data her given 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 then 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 a reasonably representatives. Even so, we have always tried to include members of all social class. We do not claim to have use truly random or reparative of non-psychiatric population, the great majority of our subjects are infect not students but wage earns, house wives, and other normal groups.

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

Validity

Validity of eysenckpersonality test is .78 to.89.

Reliability

Reliability of eysenckpersonality test is .80 to .90

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.

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 date 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

Sukhpal Singh Brar, the popular and internationally known personality was born in his maternal village named Deon Dabwali Kheda; district Muktsar sahib in Punjab on 18 December 1962 to a blessed couple S. Joginder Singh Brar and Srdn. Pavitarjit Kaur Brar. S. Sukhpal Singh Brar is the first and thus the eldest child in his family. He has one younger brother who lives in his paternal village named Malan Kheda, district Hanumangarh, Rajasthan along his Father and Mother. His father is a farmer and mother is house wife S. Sukhpal Singh Brar 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.

Sukhpal Singh Brar was married to Srdn. Baljit Kaur on 16 January 1988 and the couple is blessed with two daughters, Arshdeep Kaur Brar and the younger one, Timmons Brar. His wife is home maker who is a silent supporter behind him. S Sukhpal Singh Brar is currently serving in the nation as Superintendent of police (Punjab Police).



Figure-3.1 Investigator for the period of Interview with Sukhpal Singh

Table 3.1 shows the educational information of Sukhpal Singh

Year/Session	Class	School/College
1981	1 th to 12 th	Government Middle School Kheda, Muktsar Sahib
1982	B.A Arts	Government college Ludhiana

Educational qualification

S. Sukhpal Singh Brar in year 1977 he passed his middle school examination from Government Middle School Deon Kheda and in year 1981 he passed 12th class examination. He started his sports career from 9th standard. At that time he started sports merely as a culture heritage. Coach option was not available in school time. S. Sukhpal Singh Brar has not received any support from the physical education 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 favourite game was basketball and football 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 decent student.

Table no 3.2 shows Sukhpal Singh receiving the Maharaja Ranjit Singh Award in Year 1989

Year	Award
1989	Maharaja Ranjit Singh Award



Figure-3.2 Shows Sukhpal Singh in the ceremony of receiving Maharaja Ranjit Singh Award(1989)

Table no 3.3 shows the Sukhpal Singh receiving the Arjuna Award in 2000.

Year	Award
2000	Arjuna Award



Figure-3.3 shows Sukhpal Singh honouring with Arjuna Award by President of India Kocheril Raman Narayan in(2000).

Table no 3.4 shows the list of Sukhpal Singh Asian championship

LIST OF ASIAN ACHIEVEMENTS

Competition	Year	Venue	Medal
Asian youth Volleyball Championship	1984	Soudi Arabia	Participation
10 th Asian Games	1986	South Korea	Gold Medal
Asian Volleyball Championship	1987	Kuwait	Participation
Asian Volleyball Championship	1989	South Korea	Participation
Asian Volleyball Championship	1993	Japan(Team Captain)	Participation

Table no 3.5 shows the International achievements of Sukhpal Singh

LIST OF OTHER INTERNATIONAL ACHIEVEMENTS

1984	Played five test matches against U.S.S.R.
1985	Played four test matches against Soudi Arabia.
1985	Played two test matches against Japan.
11985	Played world Universities Games at Japan.
1986	Played two test matches against japan.

1986	Gold cup International tournament Hyderabad and got Gold medal.
11987	Second SAF Games Calcutta got Gold Medal.
1988	Played two test matches against japan .
1988	Played five test matches against U.S.S.R.
1989	International Tournament in Japan got silver medal.
1989	Third SAF Game Pakistan got silver medal.
1989	China League Tournament in got Silver medal.
1990	Played test Matches against U.S.S.R.
1990	Allwyn International Tournament Hyderabad got silver medal.
1992	Played Test Matches against Indonesia (Team Captain).
1992	Shivanti Gold Cup Tournament Delhi, Gold medal (Team Captain).
1993	Played Test Matches against Japan (Team Captain).
1993	SAF Games Bangladesh Silver Medal (Team Captain).
1994	Sivanti Gold Cup International Tournament, Delhi Bronze Medal.
1995	International Tournament Doha Quarter 1, Gold Medal (Team Captain).

SPORTS CAREER IN SCHOOL TIME

S Sukhpal Singh Brar first stage of sports was school. During school time he never took a dream to become eminent sports person or make a career in sports profession but dedication, regular enthusiasm and self support from his maternal uncle was the driven force behind the decision of take sports seriously and finally as a career. In 9th standard he started playing volleyball 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 Sukhpal Singh was tallest and thin person but very active. According to Sukhpal Singh Brar playing volleyball was very popular among the rural masses. Sukhpal Singh also admits that continued playing volleyball under the guidance of his maternal uncle who provided him with the equipments of game like bar-bell set, dumbbells 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 volleyball.

IN COLLEGE SPORTS AND CAREER

S Sukhpal Singh Brar passed his matric examination from Government High School and he joined D.A.V college Malout. He left the college after passing his 12th class examination in 1981 and joined the Oswal team in the same year and this was when his active participation in volleyball started. Due to his good skill and height he was selected in the team. S. Niripjit Singh Bedi was the coach of Oswal team at that time who was 2nd Arjuna Awardee in volleyball from India and 1st from Punjab. At the time Oswal team consisted of many international players like Jangeer Singh and Chancal Singh. He left the Oswal team in 1982 and joined Government college for boys Ludhiana to carry his studies. Government college had sports wing at that time. D.S Sidhu and G.S Sidhu were his trainers at college. In that platform he got a lot of facilities and exposure as he got more chances to play matches with elite teams and players. One of the coaches was army retired in the wing and due to this indiscipline was not tolerated by coaches. Environment gave a boost to his mental and physical aspects. S. Sukhpal Singh Brar coaches have every brilliant quality which requires for creating international players. Here in the wing he

started regular and systematic coaching and he represented Punjab University with in a year that is in 1982. In 1982 he participated in his first inter-college competition. He also played two inter-university. In his first inter-university competition his team got second position in kurukshetra in both level i.e in all india and north-zone. The second Inter-university that was held in Punjab University Chandigarh his team got first position and got second position in All India University and north zone inter university respectively. S Sukhpal Singh Brar also played world University in 1988 in Japan. According to S. Sukhpal Singh Brar, S. Dharampal Singh Bawa who is short heighted player was his famous player during that time. In the beginning of international sports career he was much engaged his professional sports career and left his study career for the future in sports prospective of the nation.

Table 3.6 shows the Indian team won SAF games championship in 1987

Competition	Year	Venue	Medal
SAF Games	1987	Calcutta	Gold



Figure-3.4 SukhpalSingh(2) in 3rd SAF Games at Calcutta (1987) Gold Medal.

Table 3.7 shows the Indian team won Gold Cup in 1986

Competition	Year	Venue	Medal
India Gold Cup	1986	Hyderabad	Gold

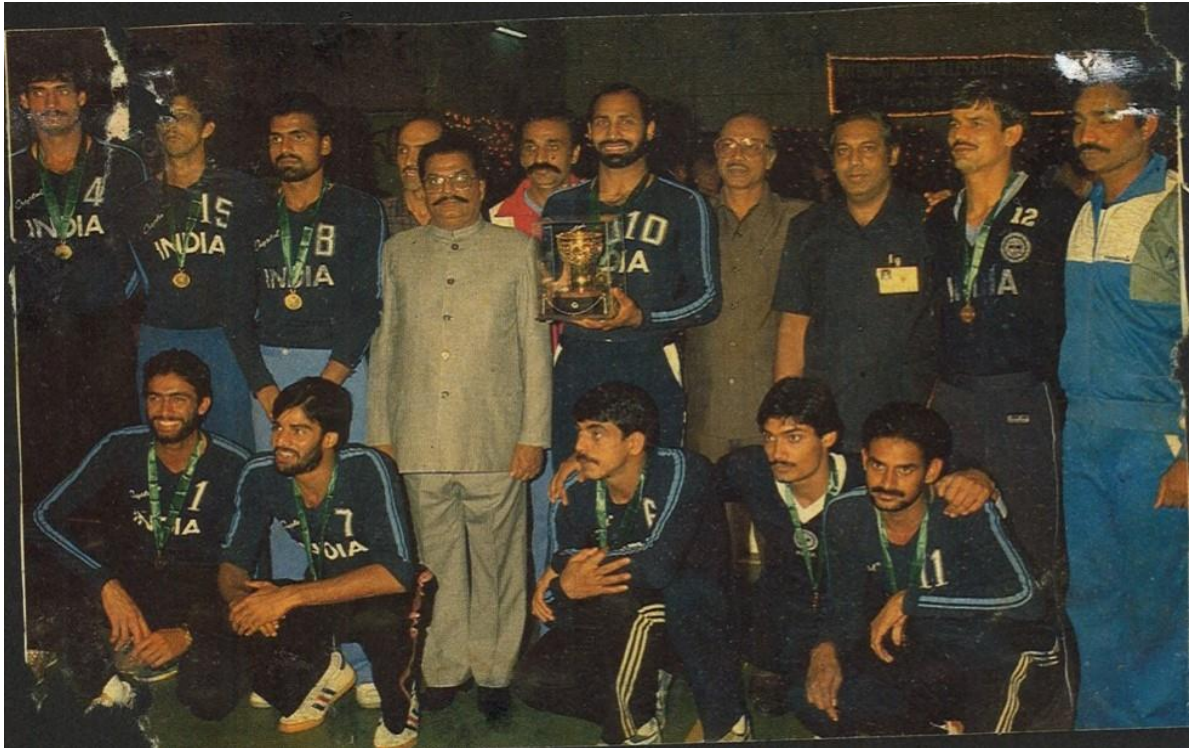


Figure 3.5 shows India gold cup international tournament held at Hyderabad(1986) Gold Medal

MOTIVATION OF VOLLEYBALL

S. Sukhpalsinghbrar belong to agricultur farming family. His inspiration for playing volleyball from the culture of Punjab because at the time shooting volleyball was very popular in the villages of Punjab. Gujjar Singh Mann who was his maternal uncle who gave him to right direction. S. Sukhpal Singh Brar 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. Among those the important ones are S. Nirpjit Singh Bedi (Coach of Oswal

team), S Gurdev Singh (Coach of Government college for boys Ludhiana), S. D.S Sidhu (District Coach, Ludhiana)

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

FAVOURITE PLAYGROUND/STADIUM

S. Sukhpalsingh Brar has played many famous stadium nt world. One of most favourites atadium of his is Nagoya, Japan where his team won China for the first time in 1989. Tripura playground his famous ground in India which situated in Tamil Nadu. According to him competition held in Tripura are one of the best tournaments held in India. Spectators seats are paid over there and best player selected by polling by spectators which is unique. S. Sukhpal Singh Brar feels that volleyball is more popular in states of Kerala, Tamil Nadu, Andhra Pradesh and Karnatka.

FAVOURITE TEAM

S, Sukhpal Singh Brar played with many teams of the world par excellence. During his sports period his favourite team was American. According to him the best thing of American team is they play very influencing, excellent and energaetic game. Nowadays his favourite team is Brazil because this team is talented team in the world which is capable of winning any team of the world.

FAVOURITE PLAYERS

In the team of U.S.A his favourite player is Timmons. In the Indian team his favourite is Uday Kumar from Kerala who is an Arjuna Awardee and serving as a supredentdent of police (S.P). he likes him both personally and professionally as he is a good man and a good player.

MEMORABLE MOMENTS DURING SPORTS CAREER

During interview time when I asked him about memorable moments in his life S.Sukhpal Singh Brar smiled and said every moment is memorable when he was part of the Indian team. But he always loves to cherish thw moments of Asian Games held at Seoul, Korea. We beatedJapapn after the gap of 24 years and won a bronze medal.While replying this question there were smiles all over his face and it seems as he is remembering the beautiful moments of the medal ceremony held during these Asian games. As far as playing for Punjab police is concerned his memorable match was of the Federation Cup during which his team beat Kerala Police.

FAVOURITE COACH

According to S. Sukhpal Singh Brar playing and coaching both are completely different jobs. A good coach is not necessary a international player himself or herself. S.Sukhpal Singh Brar feel that in India there is lack of well educated and experienced coaches. He personally likes Shri. BudhiRaaaya from Andhra Pradesh, chief coach of N.I.S.

WORST MATCH

According to S.Sukhpal Singh Brar no good player can always perform par excellence or can be haundred 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 hardwork and efficiency destiny or circumstances are not in his/her favour. According to S. Sukhpal Singh Brar his worst match was the final match of the federation cup in which Punjab police lost final match to Southern Railways although he believed that his team was mretailented and capable than the rivals. Prior to the match he was certain that they can easily win the finlas.

FAVOURITE DRESS

S.Sukhpal Singh Brar 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. Scording 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. S. Sukhpal Singh Brar's favourite dress shirt and trouser and as far as comfort is concerned he is very comfortable in track suit. He is not very particular about colours..according to him his favourite is the one which suits him and the situation also. But he like white coloured cars.

FAVOURITE SINGER

S. Sukhpal Singh Brar is very fond of music. According to him music is the diet of soul. Listening music is the best activity which help 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. Gurdas Mann is the favourite singer of S Sukhpal Singh Brar. He have mostly all the collection of Gurdas Mann because his singing is par excellence and the lyrics are very meaningful and are 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 thesedays on media several vulgar or worst songs are advertising. So youth should ignore them and listen song which ellaborate purity of life.

BEST FRIEND IN LIFE

According to S. Sukhpal Singh Brar friends mean a lot in the life of every person because friends are the companions of good and bad time with whome a person share his happiness and sorrows. Which time we spend with friends has best time in the life. That's why S Sukhpal Singh Brar 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. S. Sukhpal Singh Brar best friend is S. Devinder Singh Tina who was not only his team mate in Punjab police team but was also a coach of his team and now he is doing a job in district Mansa on S.H.O rank. Both spend maximum sports time with each other.

DOMESTIC VOLLEYBALL CAREER

S. Sukhpal Singh Brar started his domestic career in 1981 as he joined Oswal team. But due to certain circumstances this team splited. Then he joined Government College for boys to pursue his studies and played volleyball during inter college and inter university tournaments. Then he joined Punjab Police Department in the 1985 as a Sub Inspector. S. Sukhpal Singh Brar Played continuously for Punjab Police from 1985 to 2001. While playing Punjab Police he has played many tournaments at national level like Fedration cup, Senior National and Indai Police Games and provide valuable contribution in the success of the team. During the he used to play for Punjab Police his Favourite player is Shri. Pardeep Kumar from Jalandhar. He shared a good understanding with Shri. Pardeep Kumar.

Table no 3.8 shows the Senior National Tournaments of Sukhpal Singh

SENIOR NATIONAL TOURNAMENTS

1	1982- BHOPAL	PARTICIPATION
2	1983-GANTOOR	PARTICIPATION
3	1984-KANPUR	SILVER MEDAL
4	1985-DELHI	PARTICIPATION
5	1986-BANGLURU	PARTICIPATION
6	1989-HISSAR	PARTICIPATION
7	1990-BOMBAY	PARTICIPATION
8	1991-CALCUTTA	PARTICIPATION

9	1992-CALCUTTA	PARTICIPATION
10	1994-HYDERABAD	PARTICIPATION
11	1995-CHENNAI	PARTICIPATION
12	1996-JAMMU	PARTICIPATION
13	1997-CALCUTTA	PARTICIPATION
14	1998-VISHAKAPATNAM	SILVER MEDAL

Table 3.9 shows the National games of Sukhpal Singh

NATIONALS GAMES

1	1994-PUNE	BRONZE MEDAL
2	1997-BANGLURU	SILVER MEDAL

Table 3.10 shows the Federation cup tournaments of Sukhpal Singh

FEDERATION CUP

1	1991-CUDDALORE	BRONZE MEDAL
2	1992-SIVAKASI	GOLD MEDAL
3	1993-KOTADUDAM	BRONZE MEDAL
4	1994-LUDHIANA	SILVER MEDAL

5	1995-GOKAK	GOLD MEDAL
6	1996-CALICUT	GOLD MEDAL
7	1997-CALICUT	GOLD MEDAL

Table 3.11 shows the National Super League tournament of Sukhpal Singh

NATIONAL SUPER LEAGUE

1	1997-TRIPURA	GOLD MEDAL
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Table 3.12 shows the Departmental Games of Sukhpal Singh

DEPARTMENTAL GAME

1	1992-KOHALPUR	PARTICIPATION
2	1995-NAGAREOIL	GOLD MEDAL
3	1997-BHILWARA	GOLD MEDAL

Table 3.13 shows the ALL INDIA INTER UNIVERSITY tournament of Sukhpal Singh

ALL INDIA INTER UNIVERSITY

1	1982-JODHPUR	SILVER MEDAL
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Table 3.14 shows the ALL INDIA POLICE GAMES MEDALS of Sukhpal singh

ALL INDIA POLICE GAMES

1	1987-MADHUBAN	BRONZE MEDAL
2	1988-TRIBANDRUM	BRONZE MEDAL
3	1989-DELHI	SILVER MEDAL
4	1990-DELHI	SILVER MEDAL
5	1991-PATNA	SILVER MEDAL
6	1992-BHOPAL	GOLD MEDAL
7	1993-LUCKNOW	GOLD MEDAL
8	1994-JAIPUR	GOLD MEDAL
9	1995-BANGLURU	GOLD MEDAL
10	1996-JODHPUR	GOLD MEDAL
11	1997-JALANDHAR	GOLD MEDAL
12	1998-HYDERBAD	GOLD MEDAL
13	1999-PUNE	GOLD MEDAL
14	2000-DHARMSHALA	GOLD MEDAL

VIEWS ABOUT INDIAN COACHES AND COACHING

S. Sukhpal Singh Brar is a player who always respects and admires the qualities of good coaches. According to him coaches have power to mould the children's interest in any form. Coach is an inspirational character who moulds the physical and mental behavior of players and prepares them for good performance. It is not necessary that a good player should himself be an international player. S. Sukhpal Singh Brar believes coaching is an art in which a coach delivers information, knowledge and inspiration to the players and trains them in a 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 to being a good player should be fully educated in coaching and training studies. When asked about the relevance of a diploma in coaching given by N.I.S he said in full confidence that this diploma is of course necessary for a good coach. In addition to this he feels that excellent and experienced coaches should be appointed in N.I.S as they are further training the future coaches in whose hands lie the future of sports in India. Services of foreign coaches can be taken when required so that we can produce internationally competent coaches.

VIEWS ABOUT THE DOWNFALL OF VOLLEYBALL

During the interview when I asked S. Sukhpal Brar about the what cause is responsible for the poor performance of Indian Volleyball 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 happen at any or many of the stages of the process. In addition to this there are many external factors responsible for the downfall of volleyball 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 volleyball but in spite of this even medium heighted Chinese and Japanese are doing well in volleyball. In India there are lack of basic training facilities. He said that in India our players lack of good training equipment, good coaches and nutritious diet and all these deficiencies put negative impact on the players performance. India although is the second populous country have a few international standard volleyball courts. If government provide good training facilities, proper diet, excellent coaches and follows scientifically and systematically designed trainingschedules 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 S. Sukhpal Singh Brar one of the reasons for the poor performance of volleyball 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 nation and bring laurels to the country.
3. Role of media:- The role of media is also responsible for the current status of volleyball in the country. He believes that popularity sells a thing, and volleyball is not popular in India because of the negligence of media towards this game. Volleyball 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 not much of the national level clubs exist. Those that exist are not fully funded because of lack of sponsors. S. Sukhpal Singh Brar feel that this is the main reason for the lack of popularity of volleyball players in India. Media, mainly the television channels and newspapers do not cover the live international and national tournaments of volleyball. During the interview I noticed the sadness in his voice while he is talking about the volleyball 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 cant 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 parents prime responsibility to know the children talent and appreciate them. In that case most chances to success of children.

SUGGESTION FOR IMPROVEMENT OF VOLLEYBALL

Following are some suggestion by S. Sukhpal Singh Brar to improve the standards of volleyball in India:-

1. Providing the basic facilities:-S.Sukhpal Singh Brarfeel that for the improvement of volleyball it is very necessary to provide basic facilities to players as well as coaches. He says for the improvement of volleyball first of all there should more and more volleyball indoor courts should be constructed and players should be provided with all the sorts of good quality playing materials. Players should be provided with good and nutritional diet which provides all nutrients requirements according to the game 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 volleyball as a career and volleyball should become popular in the masses.
2. To provide coaching on scientific lines:- To uplift the level of volleyball in India it is very important to facilitate international standard coaching. The coaches should adopt the scientific tools and techniques to enhance the performance level of player. Coaches 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 work out 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 considers 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. But the government should recruit well educated and N.I.S diploma holder coaches in the country and should appoint a much experienced and educated coaches to train the future coaches in various N.I.S institutions in the country.

3. Proper identification of talent:- according to him to improve the level of volleyball it is also necessary to identify and select the talented ones at an early stage and concentrate on the ones with the potential and decrease the wastage of time, energy and money and get 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 stresses on the identification of this talent by experienced and competent coaches only.

AS A MAN:-

During the interview I felt that S. Sukhpal Singh Brar 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 straightforward. 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 a person the person likes to meet him again. That is why I sum up S. Sukhpal Singh Brar as cheerful, extrovert, social, warm and down to earth person.

FACTORS THAT PLAYED ROLE IN HIS GOOD PERFORMANCE:-

When I asked S. Sukhpal Singh Brar about the factors responsible for his good performance in the field of volleyball he said his efficiency in volleyball is mainly due to his god-gifted physique. Secondly he has passion for volleyball and he works hard to realize his dream. He said that he reached this place with determination, discipline and hard work. S. Sukhpal Singh Brar feels that his cousin brother played a major role in his successful sports career. His cousin provided him right guidance. S. Sukhpal Singh Brar

feels that he started playing two years later he should have been participated in 1982 Asian Games.

But according to me there is no doubt that S. Shukhpal Singh Brar,s 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).

TABLE-3.15 shows the Ensencks personality test of Sukhpal Singh

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

Table Shows the personality of Sukhpal Singh.Ensenck,s personality test shows the Extroversion resul is extrovertl, Neurotic result is normal, Psychotisis result is normal and Lie score is not valid. So overall Sukhpal Singh is under the personality of Extrovert.

PHYSIQUE

During the interview S.Sukhpal Singh Brar told that his physique is one of secrets of his success in his volleyball career. His height is 6 feet and 5 inches and during the sports career his weight was around 72-73 kg. If we analyze his physique, it resembled to ectomorphic type. S. Sukhpal Singh Brar feels that if he had gained some weight during the active oeriod of his sports career so that his weight reached to optimum requirement according to his height to can improve his performance much better. During sports period his vertical jump approach was approximately 3m 59cm. In international camp one Russian coach was toally shock about fitness of S. SukhpalSinghBrar because his body was thin and tall but power, agility, jump reach, stamina was very perfect. Its Russian coach statement that with this body posture to earn these qualities is imposible and you make me wrong because first time I see it”.

SATISFACTION

During the interview when I asked S. Sukhpal Singh Brar that whether he is satisfied from his performance and achievements during his sports career. He thought for sometime 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.



Figure-3.6 shows Research Scholar with Mrs Baljit Kaur w/of Sukhpal Singh.



Figure-3.7 shows Mrs Baljit Kaur in North Inter-University team won Gold Medal.

Published Materials

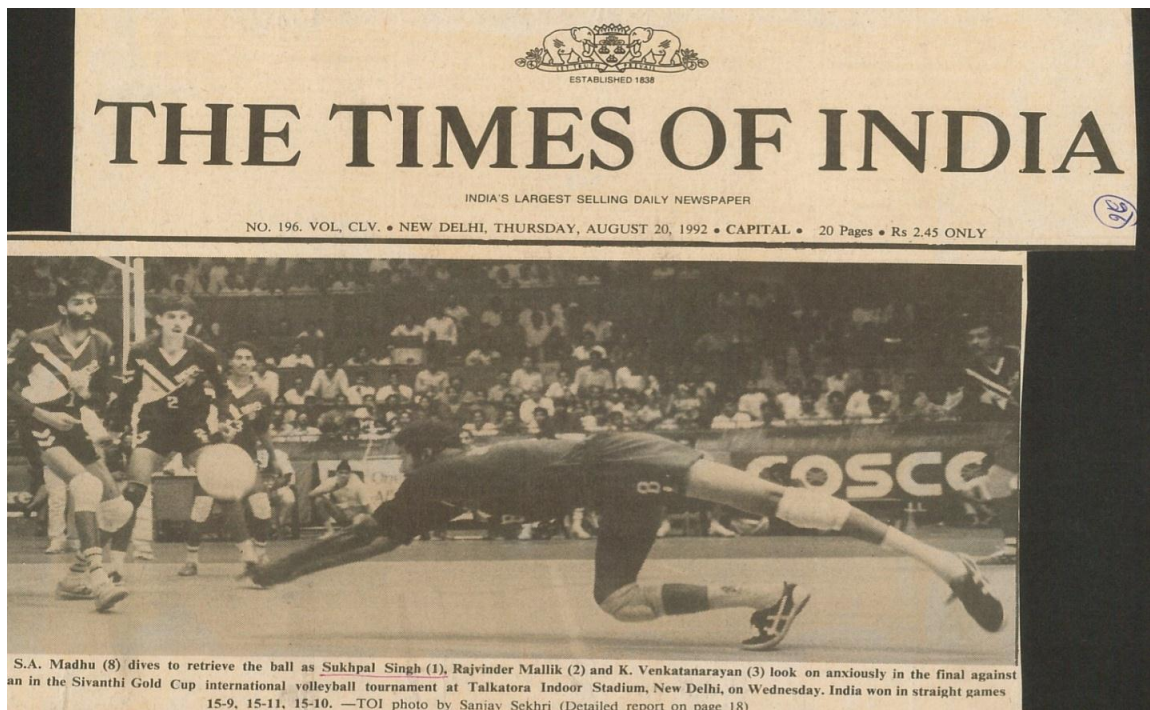
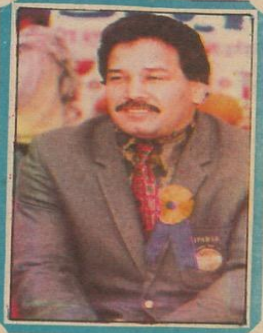


Figure-3.8 shows S.A. Madhu(8) dives to retrieve the ball as Sukhpal Singh(1) in the Sivanthi Gold Cup International tournament at Talkatora Indoor Stadium, New Delhi.



Figure-3.9 shows Pakistan News paper give cognates to Indian team for won the Gold Cup.

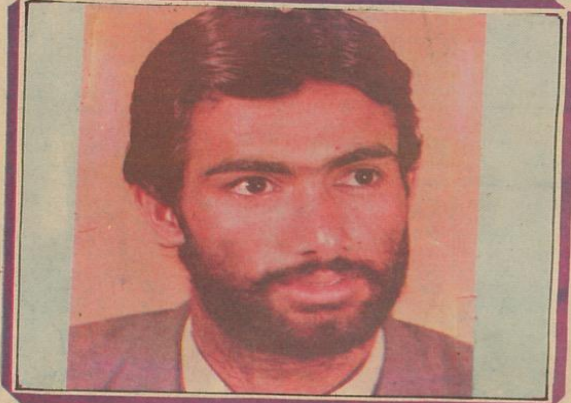
ਚੋਟੀ ਦੇ ਖਿਡਾਰੀ ਪੈਦਾ ਕੀਤੇ ਹਨ ਪੰਜਾਬ ਪੁਲਿਸ ਨੇ



ਭਾਰਤ ਦਾ ਮਾਣ-ਕਰਤਾਰ ਸਿੰਘ

ਪੰਜਾਬ ਪੁਲਿਸ ਮਹਿਕਮੇ ਦੀ ਖੇਡਾਂ ਦੇ ਖੇਤਰ ਵਿਚ ਭਾਰਤ ਨੂੰ ਖਰੂਬ ਵੱਡੀ ਦੇਵ ਹੈ। ਆਜ਼ਾਦੀ ਤੋਂ ਲੈ ਕੇ ਕਈ ਦਹਾਕਿਆਂ ਤੱਕ ਪੰਜਾਬ ਪੁਲਿਸ ਹੀ ਪੰਜਾਬ ਦਾ ਇਕੋ ਇਕ ਅਜਿਹਾ ਮਹਿਕਮਾ ਸੀ ਜਿਹੜਾ ਉੱਘੇ ਖਿਡਾਰੀਆਂ ਨੂੰ ਨੌਕਰੀ ਦਿੰਦਾ ਸੀ। 1960 ਵਿਆਂ ਦੇ ਅਖੀਰ ਤੱਕ ਸਿੱਖੀ ਇਹ ਸੀ ਕਿ ਪੰਜਾਬ ਵਿਚ ਪੈਦਾ ਹੋਣ ਵਾਲੇ ਹਰ ਇਕ ਖਿਡਾਰੀ ਦੀਆਂ ਅੱਖਾਂ ਵਿਚ ਪੰਜਾਬ ਪੁਲਿਸ ਵਿਚ ਬਾਣੇਦਾਰੀ ਹਾਲਤ ਕਰਨ ਦੇ ਸੁਨਹਿਰੀ ਸੁਪਨੇ ਉਲਥਾਏ ਲੈਣ ਲਗਦੇ ਸਨ। ਇਸ ਦਾ ਇਕ ਕਾਰਨ ਇਹ ਸੀ ਕਿ ਉਦੋਂ ਹਰ ਕੋਈ ਮਹਿਕਮਾ ਖਿਡਾਰੀਆਂ ਨੂੰ ਸਾਂਝਾ ਨਹੀਂ ਸੀ। ਜੇਕੋ ਖਿਡਾਰੀ ਨੂੰ ਕਿਸੇ ਦੂਜੇ ਮਹਿਕਮੇ ਵਿਚ ਨੌਕਰੀ ਮਿਲ ਵੀ ਜਾਂਦੀ ਤਾਂ ਉਸ ਨੂੰ ਖੇਡਣ ਲਈ ਨਾ ਤਾਂ ਸਮਾਂ ਹੀ ਦਿੱਤਾ ਜਾਂਦਾ ਸੀ ਅਤੇ ਨਾ ਹੀ ਮਿਲੇ ਅਜਿਹਾ ਮਿਲਦਾ ਸੀ ਕਿ ਸਬੰਧ ਖਿਡਾਰੀ ਆਪਣੀ ਖੇਡ ਵਿਚ ਹੋਰ ਨਿਪਾਰ ਲਿਆ ਅੱਗੇ ਵਲ ਪੁਲਾੜਾਂ ਪੁੱਟ ਸਕੇ। ਇਹੀ ਕਾਰਨ ਹੈ ਕਿ ਆਜ਼ਾਦੀ ਤੋਂ ਬਾਅਦ 1960-ਵਿਆਂ-70 ਵਿਆਂ ਤੱਕ ਪੰਜਾਬ ਨੇ ਲਗਪਗ ਜਿੰਨੇ ਵੀ ਕੌਮਾਂਤਰੀ ਅਤੇ ਕੌਮੀ ਪ੍ਰਸਿੱਧੀ ਵਾਲੇ ਖਿਡਾਰੀ ਪੈਦਾ ਕੀਤੇ, ਉਹ ਕਿਸੇ ਨਾ ਕਿਸੇ ਸਮੇਂ ਕਿਸੇ ਨਾ ਕਿਸੇ ਰੂਪ ਵਿਚ ਪੰਜਾਬ ਪੁਲਿਸ ਨਾਲ ਜੁੜੇ ਰਹੇ ਅਤੇ ਉਨ੍ਹਾਂ ਵੱਲੋਂ ਕੌਮਾਂਤਰੀ ਖੇਡ ਪ੍ਰਾਪਤੀਆਂ ਦਾ ਸਿਹਰਾ ਵੀ ਪੰਜਾਬ ਪੁਲਿਸ ਦੇ ਸਿਰ ਹੀ ਚੱਲਦਾ ਹੈ। ਉਦੋਂ ਪੰਜਾਬ ਪੁਲਿਸ ਦੇ ਅਧਿਕਾਰੀ ਗੁਮਾਰ ਵਰਗੇ ਖੇਡ ਪ੍ਰੇਮੀ ਅਧਿਕਾਰੀ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀ ਖੇਡ ਪਟਾਲੀ ਨੂੰ ਤਕੜੇ ਤੋਂ ਤਕੜੇ ਖਿਡਾਰੀ ਨਾਲ ਸਰਫਾਰ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਨੂੰ ਜਿਥੇ ਕਿਰਤੀ ਵੀ ਕੋਈ ਹੋਰਦਾਰ ਖਿਡਾਰੀ ਨਜ਼ਰੀ ਪੈਂਦਾ, ਉਹ ਉਸ ਨੂੰ ਖੇਡ ਪੰਜਾਬ ਪੁਲਿਸ 'ਚ ਭਰਤੀ ਕਰ ਲੈਂਦੇ। ਹਾਕੀ ਵਿਚ ਪੰਜਾਬ ਪੁਲਿਸ ਨੇ ਬਲਬੀਰ ਸਿੰਘ, ਸੀਨੀਅਰ ਸ਼ਾਰਟ ਕਾਰਨਰ ਦਾ ਸ਼ਹਿਨਸ਼ਾਹ ਕਰਾਉਣ ਵਾਲਾ ਪਿਥੀਪਾਲ ਸਿੰਘ, ਸ਼ਿਸ਼ਰ ਦਾ ਨੌਬਰ ਇਕ ਡੁਲਬੈਕ ਸ਼ਰਜੀਤ ਸਿੰਘ, ਧਰਮ ਸਿੰਘ ਸੀਨੀਅਰ, ਧਰਮ ਸਿੰਘ ਜੂਨੀਅਰ, ਸੁਰਿੰਦਰ ਸਿੰਘ ਸਿੱਧੀ ਵਰਗੇ ਸ਼ਿਸ਼ਰ ਪ੍ਰਸਿੱਧ ਖਿਡਾਰੀ ਭਾਰਤ ਦੀ ਭੇਲੀ ਪਾਏ। ਹਾਕੀ ਵਿਚ ਚਲੰਪਿਕ ਦੀ ਖੁਸ਼ੀ ਸਰਦਾਰੀ ਦੀ ਪੰਜਾ ਭਾਰਤ ਦੇ ਮੁਖ ਸਿਰ ਕੇਂਦਰ ਵਾਲੀ ਭਾਰਤੀ ਹਾਕੀ ਟੀਮ ਦਾ ਕਪਤਾਨ ਚਰਨਜੀਤ ਸਿੰਘ ਵੀ ਕਦੇ ਪੰਜਾਬ ਪੁਲਿਸ ਵਿਚ ਨੌਕਰ ਸੀ।

ਫੁਟਬਾਲ ਵਿਚ ਭਾਰਤ ਦੀ ਕਈ ਵਾਰੀ ਆਜ਼ਾਦੀ ਤੱਕ ਭਾਰਤ ਬਾਬੰਦੇਵ ਸਿੰਘ ਉਰਫ ਦੇਵ ਕੋਚ ਵੀ ਪੰਜਾਬ ਪੁਲਿਸ ਦੇ ਖੇਡ ਮੈਦਾਨਾਂ ਵਿਚ ਆਪਣੇ ਖਸ਼ੀਨੇ ਦੀਆਂ ਭੁੰਦਾਂ ਨੂੰ ਸੁਨਹਿਰੀ ਰੰਗ ਦਿੰਦਾ ਰਿਹਾ ਅਤੇ ਉਸ ਨੇ ਅਰਜਨ ਔਵਾਰਡ ਵੀ ਹਾਸਲ ਕੀਤਾ। ਕੁਸ਼ਤੀ ਵਿਚ ਪਦਮਸ਼੍ਰੀ ਅਤੇ ਅਰਜਨ ਔਵਾਰਡ ਜੇਤੂ ਕਰਤਾਰ ਸਿੰਘ ਸੁਰਸਿੰਘੀਆ ਵੀ ਪੰਜਾਬ ਪੁਲਿਸ ਵਿਚ ਆਏ ਪੀ. ਏ ਅਹੁਦੇ ਉੱਤੇ ਬਿਰਾਜਮਾਨ ਹੋ। ਕਬੱਡੀ ਵਿਚ ਬਲਵਿੰਦਰ ਸਿੰਘ ਤੇ ਸਿਵਦੇਵ ਅਤੇ ਵਾਲੀਬਾਲ ਵਿਚ ਸੁਖਪਾਲ ਪਾਲੀ ਵਰਗੇ ਖਿਡਾਰੀ ਹਾਲੇ ਵੀ ਪੰਜਾਬ ਪੁਲਿਸ ਨੂੰ ਕੌਮੀ ਅਤੇ ਕੌਮਾਂਤਰੀ ਪੱਧਰ ਉੱਤੇ ਮਾਣ ਦੱਸਾ ਰਹੇ ਹਨ। ਬੁਸ਼ਕਟਬਾਲ ਵਿਚ ਸੰਜਟ ਸਿੰਘ ਅਤੇ ਪਰਮਦੀਪ ਸਿੰਘ ਨੇ ਭਾਰਤ ਵਲੋਂ ਖੇਡ ਦਿੱਤਾ ਆਪਣਾ ਜੱਸ ਦੱਸ ਦਿੱਤਾ ਹੁੰਦਾ ਤਾਂ ਭਾਰਤ ਵੀ ਖੇਡੇਗਿਆ। ਅਥਲੈਟਿਕਸ ਵਿਚ ਪੁਰਾਣੇ ਸਮਿਆਂ ਵਿਚ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀ ਨੌਕਰੀ ਕਰਦਿਆਂ ਜਗਦੇਵ ਸਿੰਘ, ਏਸ਼ਰ ਸਿੰਘ, ਜਗਜੀਤ ਸਿੰਘ ਅਤੇ ਨਵਾਬ ਸਿੰਘ ਚਲੰਪਿਕ ਪੱਧਰ ਤਰ ਆਪਣੇ ਜੋਹ ਦਿਖਾਉਂਦੇ ਰਹੇ ਹਨ ਪਰ 1965 ਵਿਚ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀ ਖੇਡ ਖਗੀਰੀ ਨੂੰ ਉਦੋਂ ਭਾਰੀ ਧੱਕਾ ਲਗਿਆ ਜਦੋਂ ਬੀ ਐਸ ਐਫ (ਸੀਐ



ਸੁਖਪਾਲ ਸਿੰਘ ਪਾਲੀ-ਵਾਲੀਬਾਲ ਦਾ ਧਰੂ ਤਾਰਾ

ਸੁਰੱਖਿਆ ਖਲ) ਹੋਂਦ ਵਿਚ ਆ ਗਈ। ਹੋਇਆ ਇਉਂ ਕਿ ਸੁੱ ਅਥਲੈਟਿਕ ਗੁਮਾਰ ਜੋ ਕਿ ਖਿਡਾਰੀਆਂ ਨੂੰ ਆਪਣੇ ਬੱਚਿਆਂ ਵਾਂਗ ਪਿਆਰ ਕਰਦੇ ਸਨ, ਬੀ ਐਸ ਐਫ ਵਿਚ ਅਥਲੈਟਿਕ ਨਿਯੁਕਤ ਹੋ ਗਏ। ਖਿਡਾਰੀਆਂ ਨਾਲ ਉਨ੍ਹਾਂ ਦਾ ਮੋਹ ਇਨ੍ਹਾਂ ਸੀ ਕਿ ਉਨ੍ਹਾਂ ਦੇ ਨਾਲ ਹੀ ਖੇਡਾਂ ਖਿਡਾਰੀ ਬੀ ਐਸ ਐਫ ਵਿਚ ਚਲੇ ਗਏ। ਪਰ ਜਲਦੀ ਪੰਜਾਬ ਪੁਲਿਸ ਇਸ ਖੇਡ ਵਿਚੋਂ ਨਿਕਲ ਗਈ ਅਤੇ ਇਸ ਦੀ ਬਗੀਚੀ ਵਿਚ ਕਈ ਖੁਸ਼ਹੁਰਤ ਫੁੱਲਾਂ ਵਰਗੇ ਖਿਡਾਰੀ ਟਹਿਲਣ ਲੱਗੇ।

ਪੰਜਾਬ ਪੁਲਿਸ ਕੋਲ ਇਕ ਸ਼ਾਨਦਾਰ ਖੇਡ ਫਿਰਮਾ ਹੈ। ਹੁਣ ਵੀ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀਆਂ ਟੀਮਾਂ ਸਫਲ

ਸਫਲ ਸਤਬੀਰ ਸਿੰਘ ਰਿਹਾ। ਸਤਬੀਰ ਸਿੰਘ ਨੇ ਕੁਲ ਹਿੰਦ ਪੁਲਿਸ ਖੇਡਾਂ ਵਿਚ ਨੌਜਾ ਸ਼ੇਰਟ ਦਾ ਨਵਾਂ ਰਿਕਾਰਡ ਵੀ ਕਾਇਮ ਕਰਨ ਤੋਂ ਇਲਾਵਾ ਦੋ ਵਾਰੀ ਕੌਮੀ ਰਿਕਾਰਡ ਵੀ ਕਾਇਮ ਕੀਤਾ। ਉਸ ਨੇ ਬੇਬੀ ਵਿਚ ਹੋਏ ਕੌਮੀ ਅਥਲੈਟਿਕਸ ਮੁਕਾਬਲਿਆਂ ਵਿਚ 73.62 ਮੀਟਰ ਦੂਰੀ ਉੱਤੇ ਨੌਜਾ ਸ਼ੇਰਟ ਕੇ ਨਵਾਂ ਕੌਮੀ ਰਿਕਾਰਡ ਬਣਾਇਆ। ਇਸ ਤੋਂ ਬੜੇ ਦਿਨ ਬਾਅਦ ਹੀ ਉਸ ਨੇ ਇਕ ਵਾਰੀ ਵਿਚ ਉਦੋਂ ਸਨਸਨੀ ਪੈਦਾ ਕਰ ਦਿਤੀ ਜਦੋਂ ਉਸ ਨੇ ਤੀਵੀਂਦਰਮ ਵਿਚ ਹੋਏ ਅੰਤਰਰਾਜੀ ਅਥਲੈਟਿਕਸ ਮੁਕਾਬਲਿਆਂ ਦੌਰਾਨ 75.22 ਮੀਟਰ ਵਾਸਲੇ ਉੱਤੇ ਨੌਜਾ ਸ਼ੇਰਟਿਆ। ਸਤਬੀਰ ਦੀ ਇਸ ਸ਼ੇਰ



ਸੰਜਟ ਸਿੰਘ ਦੀਆਂ-ਬਾਸਕਟਬਾਲ ਦਾ ਬਾਬਾ ਬੰਦੂਕ

ਇਸ ਸਾਲ ਦੀ ਸਭ ਤੋਂ ਸਫਲ ਟੀਮ ਦੀ ਚੋਣ ਕਰਨੀ ਹੋਵੇਗੀ ਤਾਂ ਨਿਸਚੈ ਹੀ ਫੈਸਲਾ ਵਾਲੀਬਾਲ ਟੀਮ ਦੇ ਹੱਕ ਵਿਚ ਜਾਵੇਗਾ। ਪਹਿਲਾ ਭਾਗ ਵਿਚ ਵਾਲੀਬਾਲ ਟੀਮ ਮਹਿਕਮੇ ਦੀਆਂ ਕੁਲ ਹਿੰਦ ਖੇਡਾਂ ਵਿਚ ਵਾਲੀਬਾਲ ਟੀਮ ਕਪਤਾਨ ਸੁਖਪਾਲ ਸਿੰਘ ਬਰਾੜ (ਪਾਲੀ) ਦੀ ਅਗਵਾਈ ਵਿਚ 1966 ਤੋਂ ਬਾਅਦ ਪਹਿਲੀ ਵਾਰੀ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀ ਟੀਮ ਜੇਤੂ ਰਹੀ। ਸੁਖਪਾਲ ਜੋ ਕਿ ਸੋਨੀਆਈ ਖੇਡ (ਸਿਫਿਲ) ਵਿਚ ਕੌਮੀ ਦਾ ਤਗਮਾ ਜਿੱਤਣ ਵਾਲੀ ਭਾਰਤੀ ਟੀਮ ਦਾ ਸਿਰਕੇਵ ਮੈਂਬਰ ਸੀ ਅਤੇ ਕਈ ਸਾਲਾਂ ਤੋਂ ਭਾਰਤੀ ਵਾਲੀਬਾਲ ਟੀਮ ਦਾ ਸਥਾਈ ਮੈਂਬਰ ਹੈ, ਨੂੰ ਪੁਲਿਸ ਖੇਡਾਂ ਦਾ ਸਰਵ ਉੱਤਮ ਵਾਲੀਬਾਲ ਖਿਡਾਰੀ ਕਰਾਰ ਦਿਤਾ ਗਿਆ। ਵਾਲੀਬਾਲ ਟੀਮ ਦੀ ਪ੍ਰਾਪਤੀ ਉੱਤੇ ਹੀ ਸ਼ੀਰਜ ਨਹੀਂ ਹੋ ਜਾਂਦੀ, ਵਾਲੀਬਾਲ ਵਿਚ ਦੋਹੇ ਦੇ ਸਭ ਤੋਂ ਸਿਖਲੇ ਮੁਕਾਬਲੇ ਫੈਡਰੇਸ਼ਨ ਕੱਪ ਵਿਚ ਵੀ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀ ਟੀਮ ਨੇ ਸੁਖਪਾਲ ਨਿਰਲੇਪ ਕਪ ਸੁਖਦੇਵ ਦੀ ਸ਼ਾਨਦਾਰ ਖੇਡ ਸਦਕਾ ਦੱਸ ਦਿੱਤਾ ਸ਼ਰੀਆਂ ਚੋਟੀ ਦੀਆਂ ਵਾਲੀਬਾਲ ਟੀਮਾਂ ਨੂੰ ਠੇਲ ਕੇ ਜਿੱਤ ਹਾਸਲ ਕੀਤੀ। ਫੈਡਰੇਸ਼ਨ ਕੱਪ ਵਿਚ ਸੁਖਪਾਲ ਨੂੰ ਸਰਵੋਤਮ ਖਿਡਾਰੀ ਮੈਨੇਜਮੈਂਟ ਗਿਆ। ਪੰਜਾਬ ਪੁਲਿਸ ਨੇ ਫੈਡਰੇਸ਼ਨ ਕੱਪ ਅਤੇ ਪੁਲਿਸ ਖੇਡਾਂ ਵਿਚ ਕੇਰਲਾ ਪੁਲਿਸ ਦੀ ਸਕਰੀਮਾਨੀ ਟੀਮ ਨੂੰ ਸਿਕਸਰ ਦਿਤੀ। ਇਸ ਤੋਂ ਪਹਿਲਾਂ ਪੰਜਾਬ ਪੁਲਿਸ ਨੇ ਉਤਰੀ ਸੰਨ ਪੁਲਿਸ ਖੇਡਾਂ ਅਤੇ ਉਤਰੀ ਸੰਨ ਫੈਡਰੇਸ਼ਨ ਕੱਪ ਵਿਚ ਵੀ ਪਹਿਲਾ ਸਥਾਨ ਹਾਸਲ ਕੀਤਾ ਸੀ। ਇਸ ਵਾਰੀ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀ ਬਾਸਕਟਬਾਲ ਟੀਮ ਕੁਲ ਹਿੰਦ ਪੁਲਿਸ ਖੇਡਾਂ ਵਿਚ ਤੀਜੇ ਸਥਾਨ ਉੱਤੇ ਰਹੀ।

ਇਥੇ ਇਹ ਵਰਨਣ ਪੇਸ਼ ਹੈ ਕਿ ਪੰਜਾਬ ਪੁਲਿਸ ਦੇ ਸਾਰੇ ਤਕੜੇ ਖਿਡਾਰੀਆਂ ਨੂੰ ਜਲੰਧਰ ਦੇ ਪੀ ਏ ਪੀ ਖੇਡ ਕੇਂਦਰ ਵਿਚ ਰੱਖ ਕੇ ਸਾਰਾ ਸਾਲ ਖੇਡਾਂ ਦੀ ਤਿਆਰੀ ਕਰਵਾਈ ਜਾਂਦੀ ਹੈ। ਪੀ ਏ ਪੀ ਦੇ ਹਰ ਖੇਡ ਮੈਦਾਨ ਸਵੈ-ਸੇਵਾ ਅਲਮੀਰੇ ਦੇ ਫੁੱਲਾਂ ਵਰਗੇ ਖਿਡਾਰੀਆਂ ਨਾਲ ਟਹਿਕਦੇ ਰਹਿੰਦੇ ਹਨ।

ਪਿਛਲੇ ਦਿਨੀਂ ਪੀ ਏ ਪੀ ਕੇਪਲੈਕਸ ਵਿਚ ਮੁੱਖ ਮੰਤਰੀ ਸ. ਐਚਰ ਸਿੰਘ ਵਲੋਂ ਇਸ ਵਾਰੀ ਕੁਲ ਹਿੰਦ ਪੁਲਿਸ ਖੇਡਾਂ ਵਿਚੋਂ ਜਿੱਥੇ ਜਿੱਥੇ ਖੇਡ ਖਿਡਾਰੀਆਂ ਦਾ ਸਨਮਾਨ ਕੀਤਾ ਗਿਆ। ਸਨਮਾਨ ਹਾਲ ਕਰਨ ਵਾਲਿਆਂ ਵਿਚੋਂ ਫੁੱਟਬਾਲ ਵਾਲੀਬਾਲ ਕਬੱਡੀ ਅਤੇ ਬਾਸਕਟਬਾਲ ਦੀਆਂ ਟੀਮਾਂ ਦੇ ਕਪਤਾਨਾਂ ਤੋਂ ਇਲਾਵਾ ਵਿਅਕਤੀਗਤ ਮੁਕਾਬਲਿਆਂ ਵਿਚ ਜਿੱਤਣ ਵਾਲੇ ਹੋਠ ਲਿਖੇ ਸਨ ਸਰਵਟ ਸਿੰਘ, ਸਿਰਾਰ ਸਿੰਘ (ਕੁਸ਼ਤੀ), ਦਵਿੰਦਰ ਸਿੰਘ, ਸੋਹਨ ਲਾਲ (ਜਿਮਨਾਸਟਿਕ), ਸਤਪਾਲ ਸਿੰਘ (ਬੱਡ ਸਵਾਰੀ) ਅਤੇ ਸਤਬੀਰ ਸਿੰਘ, ਮਨਜੀਤ ਸਿੰਘ, ਹਲਕੀ ਸਿੰਘ, ਜਸਵਿੰਦਰ ਸਿੰਘ, ਦਲਜੀਤ ਸਿੰਘ, ਪਰਮਜੀਤ ਸਿੰਘ, ਸੁਖਜਿੰਦਰ ਸਿੰਘ, ਅਮਨਦੀਪ ਕੌਰ, ਬਲਵਿੰਦਰ ਕੌਰ ਅਤੇ ਜਸਦੇਵ ਕੌਰ।

ਪੰਜਾਬ ਪੁਲਿਸ ਦੀਆਂ ਇਨ੍ਹਾਂ ਪ੍ਰਾਪਤੀਆਂ ਦਾ ਮਹੱਤਵ ਇਸ ਕਰਕੇ ਵੀ ਵੱਧ ਹੈ ਕਿਉਂਕਿ ਖੇਡ ਸ਼ਹੂਰਤਾਂ ਦੀ ਘਾਟ ਦੇ ਬਾਵਜੂਦ ਵੀ ਇਹ ਮਿੱਠਾ ਮਾਰੀਆ ਰਾਈਆ ਹਨ। ਜੇ ਪੀ ਏ ਪੀ ਕੇਪਲੈਕਸ ਵਿਚ ਅਥਲੈਟਿਕਸ ਲਈ ਸਿੱਥੈਟਿਕ (ਫੁੱਡ ਦਾ) ਹਾਕੀ ਲਈ ਆਸਟਰੇਲੀਆ ਅਤੇ ਆਧੁਨਿਕ ਕਿਸਮ ਦੀ ਤਰਨ ਤਲਾਅ ਅਤੇ ਤੇ ਸੁਭਾਤਾ ਮੁਹੰਮੀਆ ਕੀਰੀਆ ਜਾਣ ਤਾਂ ਪੰਜਾਬ ਪੁਲਿਸ ਦੇ ਖਿਡਾਰੀ ਨਿਰਲੇਪ ਹੋਰ ਖੇਡ ਪ੍ਰਾਪਤੀਆਂ ਕਰ ਸਕਦੇ ਹਨ।

-ਜਸਪਾਲ ਸ਼ੇਰਤਾ



ਭਾਰਤੀ ਪੁਲਿਸ ਖੇਡਾਂ ਅਤੇ ਹੋਰ ਕੌਮੀ ਪੱਧਰ ਦੇ ਮੁਕਾਬਲਿਆਂ ਵਿਚ ਜਿੱਤਾਂ ਦਰਜ ਕਰ ਰਹੀਆਂ ਹਨ। ਸਾਲ 1990-91 ਦੀਆਂ ਸਫਲ ਭਾਰਤੀ ਪੁਲਿਸ ਖੇਡਾਂ ਵਿਚ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀ ਟੀਮ ਨੇ ਸੁਮੁੱਚੀ ਚੈਂਪੀਅਨਸ਼ਿਪ ਵਿਚ ਦੂਜਾ ਸਥਾਨ ਹਾਸਲ ਕੀਤਾ। ਇਸ ਸਾਲ ਵੀ ਪੰਜਾਬ ਪੁਲਿਸ ਦੇ ਖਿਡਾਰੀਆਂ ਨੇ ਕੁਲ ਹਿੰਦ ਪੁਲਿਸ ਖੇਡਾਂ ਵਿਚ ਆਪਣੀ ਪਹਿਲੀ ਵਾਰੀ ਸ਼ਾਨ ਸ਼ਰਕਾਰ ਰਖਦੇਹੋਏ ਫੁੱਟਬਾਲ, ਕਬੱਡੀ ਅਤੇ ਵਾਲੀਬਾਲ ਵਿਚ ਸੰਨ ਤਮਗੇ ਜਿੱਤੇ। ਇਸ ਤਰ੍ਹਾਂ ਪੰਜਾਬ ਪੁਲਿਸ ਦੇ ਅਥਲੈਟਿਕ ਵੱਖ-ਵੱਖ ਅਥਲੈਟਿਕਸ ਮੁਕਾਬਲਿਆਂ ਵਿਚੋਂ 9 ਸੋਨੇ ਦੇ, 8 ਚਾਂਦੀ ਦੇ ਅਤੇ 8 ਕਾਂਸੀ ਦੇ ਤਮਗੇ ਜਿੱਤੇ। ਇਸ ਸਾਲ ਅਥਲੈਟਿਕ ਵਿਚੋਂ ਸਭ ਤੋਂ

ਫੁੱਟਬਾਲ ਦਾ ਸਿਰਾਰ ਸੁਜੀਤ ਸਿੰਘ



ਕੌਮੀ ਅਥਲੈਟਿਕ ਚੈਂਪੀਅਨ ਸੁਜੀਤ ਸਿੰਘ

ਨਾਲ ਕਈਆਂ ਦੇ ਮੁੱਠ ਅੱਡੇ ਰਹਿ ਗਏ। ਪੰਜਾਬ ਪੁਲਿਸ ਦੀਆਂ ਅਥਲੈਟਿਕ ਕੌਮਾਂਤਰੀ ਵਿਚੋਂ ਸਭ ਤੋਂ ਸਫਲ ਗੋਲਾ ਸੁਟਾਵੀ ਅਮਨਦੀਪ ਕੌਰੀ ਜਾ ਸਕਦੀ ਹੈ। ਉਸ ਨੇ ਕੋਲੰਬੇ ਵਿਚ ਹੋਈਆਂ ਸੈਫ ਖੇਡਾਂ ਵਿਚ ਭਾਰਤ ਲਈ ਸੰਨ ਤਮਗਾ ਜਿੱਤਣ ਤੋਂ ਇਲਾਵਾ ਕੁਲ ਹਿੰਦ ਪੁਲਿਸ ਖੇਡਾਂ ਵਿਚ ਵੀ ਸੋਨੇ ਦਾ ਤਮਗਾ ਆਪਣੀ ਭੈਲੀ ਆਇਆ। ਇਥੇ ਇਹ ਵੀ ਜ਼ਿਕਰਯੋਗ ਹੈ ਕਿ ਪੰਜਾਬ ਪੁਲਿਸ ਦੀ ਕਬੱਡੀ ਟੀਮ ਮਗਰਲੇ 16 ਸਾਲਾਂ ਤੋਂ ਕੁਲ ਹਿੰਦ ਪੁਲਿਸ ਖੇਡਾਂ ਦੀ ਲਗਾਤਾਰ ਜੇਤੂ ਚਲੀ ਆ ਰਹੀ ਹੈ। ਇਸ ਤਰ੍ਹਾਂ ਫੁੱਟਬਾਲ ਵਿਚ ਮਗਰਲੇ ਤਿੰਨ ਸਾਲਾਂ ਤੋਂ ਜੇਤੂ ਚਲੀ ਆ ਰਹੀ ਹੈ।

ਪੰਜਾਬ ਪੁਲਿਸ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਟੀਮਾਂ ਵਿਚ ਜੇ



ਕੌਮਾਂਤਰੀ ਕਬੱਡੀ ਖਿਡਾਰੀ-ਬਲਵਿੰਦਰ (ਫਿਊ)



ਸਿਵਦੇਵ ਸਿੰਘ ਕੌਮਾਂਤਰੀ-ਕਬੱਡੀ ਖਿਡਾਰੀ

Figure-3.10 Punjabi news paper write phrase or write word about SukhpalSinghpersonali

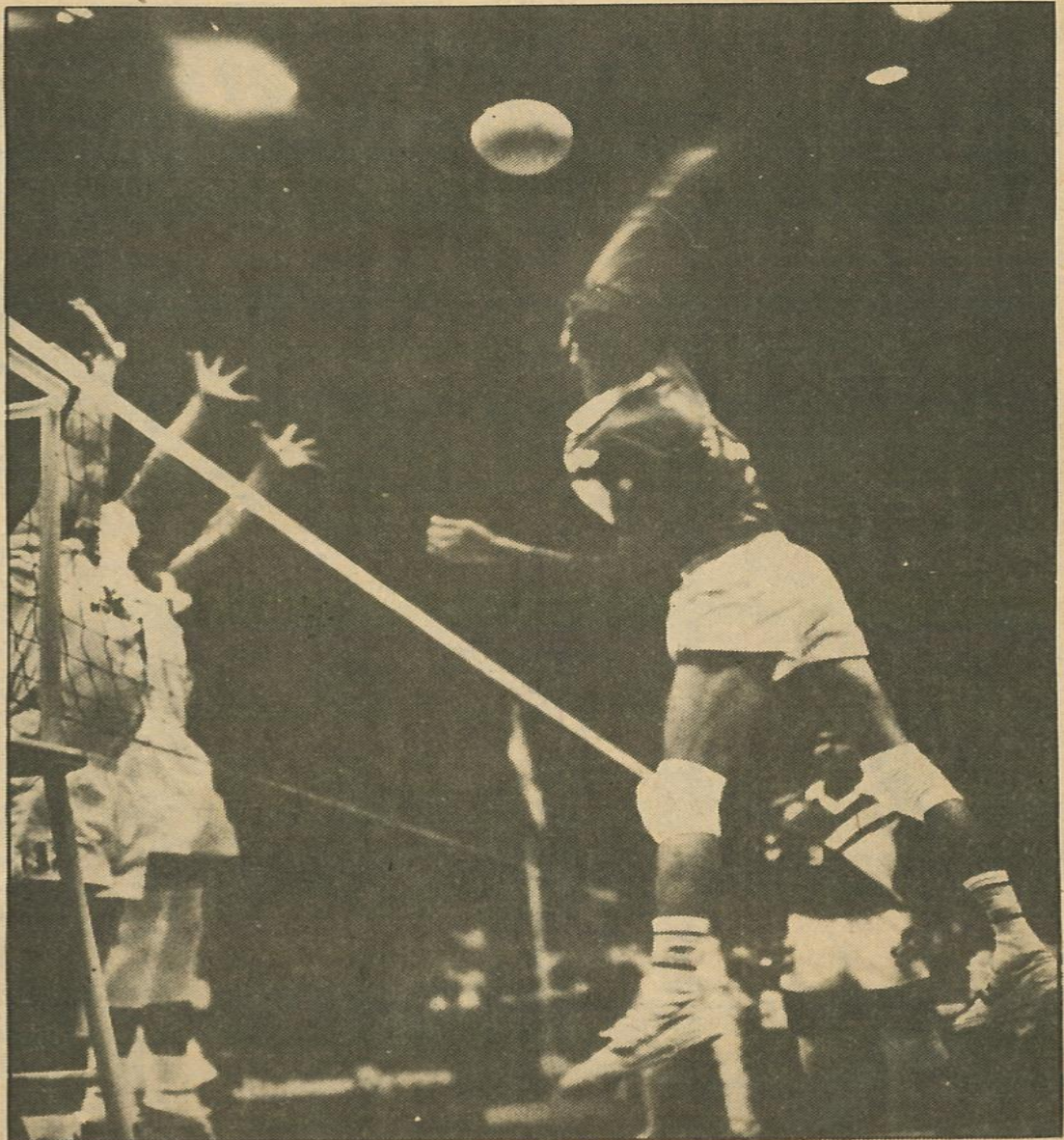


Figure-3.11 Shows Sukhpal Singh try to stop the Pakistan player smash in International tournament

India overcome Kuwait

Indian Express

Sport



GURINDER OSAN/Express

Three Kuwaitis block an Indian spiker in their match in the International Volleyball Tournament for Sivanti Cup at the NDMC Stadium in New Delhi on Sunday.

Figure-3.12 shows Sukhpal Singh smashed opposite to three Kuwaitis player in Sivani Cup at the NDMC stadium in New Delhi.

1990 GOLD-CUP



Kuznetsov with their imaginative net play

The Indians, on the other hand, came up with disappointing show in the first two 'Test' matches (Bangalore and Mandya) where they could take a set in each encounter. All of them, in various combinations, could shine only in patches.

Came Hassan and India's triumphant hour. Daleel Singh, Sandeep Sharma, Sukhpal Singh, Kirtesh Kumar, Sivaraman, Dinesh Kumar, skipper Sreedharan, and Sharad Kaushik, exhibited their class in no uncertain terms. The Russians were stunned. Encouraged by the success at Hassan, marked by pulsating rallies, India performed brilliantly at Shimoga, to level the series. Except for the second set, which the Russians took without much ado, the other three gave the crowd its money's worth.

It is certainly uncharitable to single out an Indian player for special accolade. But then, mention must be made about Sharad Kaushik, and Sivaraman and of course, the highly emotional skipper, Sreedharan.

The results:

Bangalore: Russia beat India 15-10, 15-10, 9-15, 15-12; Mandya: Russia bt India 15-6, 13-15, 15-10, 15-5; Hassan: India bt Russia 15-11, 9-15, 15-13, 15-7; Shimoga: India bt Russia 16-14, 8-15, 15-13, 15-13

P. R. Viswanathan

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The Indian team that rallied to square the series. Below: Southpaw Gordeev (7) gets the better of Kiritesh Kumar (2) and Sivaraman(5).



Figure-3.13 shows Sukhpal Singh try to stop the smash of USSR player.



Figure-3.14 shows India Gold Cup International Tournament won Silver Medal(1990)



Figure-3.15Seoul asian games 1986 Bronze meda

भारत को शिंवती गोल्ड कप वालीबाल खिताब

जनसत्ता संवाददाता

नई दिल्ली, १९ अगस्त। पाकिस्तानी वालीबाल टीम को आसानी से तीन गेमों में धोकर भारत ने शिंवती गोल्ड कप अंतरराष्ट्रीय वालीबाल टूर्नामेंट जीत लिया। दरर्कों से खचाखच भरें तालकटोरा इंद्रा स्टेडियम पर भारत ने ६८ मिनट में फाइनल १५-९, १५-११, १५-१० से जीत लिया।

जहां भारतीय टीम को दरर्कों से जबर्दस्त समर्थन मिला, वहीं पाक टीम दरर्कों के शोर में इतनी दब गई कि अपना वास्तविक खेल नहीं खेल पाई। उनके खिलाड़ी सर्विस सही नहीं कर सके, स्मेशों में पैनापन और नेट ब्लाक सफलता से नहीं कर सके। डिफेंस में जरूर उन्होंने थोड़ा प्रतिरोध कर भारतीय टीम से लड़ने का मादा दिखाया पर

भारतीय खिलाड़ियों की रगत में वे फीकी बनकर रह गए। अगर कौशिक और सुखपाल ने नेप-तूले स्मेश लगाए तो जोतिष को सर्विस ने पाकिस्तानी रक्षण को चरमपरा दिया। यों जोतिष ने कुछ दमदार स्मेश दिखाए। नेट पर मलिक ने बदलते जोड़दारों के साथ सफलतापूर्वक ब्लाकिंग की। टीम के रूप में भी भारतीय खिलाड़ियों में जीत के प्रति प्रयास दिखाया। उनका तालमेल भी बेहतर बना। कैसे अंतिम गेम में दो मौकों पर रफरी सैयद (तमिलनाडु) के फैसलों पर भारतीय टीम के खिलाड़ियों ने नाखुरी जाहिर की। इस वजह से दो खिलाड़ियों को पीला कार्ड भी दिखाया गया।

खेर, पाकिस्तानी टीम को लय नहीं बनने से भारतीय टीम का काम और आसान बन गया। २२ मिनट चले

पहले गेम में भारतीय सीनियर्स टीम ने ११-४ की शानदार लीड ली। पाक टीम ने तब तीन अंक बढ़ाकर स्कोर ७-११ किया। भारत ने फिर दूसरे गेम घ्राईट पर अंक बनाकर १५-९ से बाजी मार ली। मधु के सफलतापूर्वक ब्लाक से यह अंक बनाया।

दूसरे गेम में भारतीय टीम ने पहला अंक बनाने के बाद ३-२ की लीड ली। पर पाक खिलाड़ियों ने लगातार चार अंक बनाकर स्कोर ६-३ से पक्ष में कर लिया। तब जोतिष सर्विस बदलने पर आए। हवा में उछलकर सर्विस करते हुए उन्होंने तीन अंक बनाकर ६-६ की बराबरी कर ली। पाक टीम ८-६, १०-८, १२-९ से आगे चली पर जोतिष ने अपनी सर्विस पर खेल का रुख बदल दिया। लगातार चार अंक बनाकर वे भारत को ११-११ की बराबरी पर लाए और फिर दो अंक बनाकर लीड १४-११ कर ली। मलिक और सुंदरम के सफल ब्लाक से भारत ने २४ मिनट में दूसरा गेम १५-११ से हथिया लिया।

तीसरे और निर्णायक रहे गेम में पाकिस्तान ने ४-१, ५-१ की लीड ली। लेकिन जोतिष की सर्विस पर तीन अंक बनाकर भारत ५-५ की बराबरी पर आ गया। इसके बाद सुखपाल ने एक ही सर्विस पर छह अंक बनाकर टीम को ११-५ से आगे कर दिया। अंक बंटने के बीच में भारतीय टीम १४-८ पर पहुंच गई। चार मैच घ्राईट बेकार करने के बाद बैकट नारायण की सर्विस को पाक खिलाड़ी मोहम्मद नवाज सही ढंग से नहीं उठा सके। इससे भारत ने २२ मिनट में १५-१० से गेम पक्ष कर मैच जीत लिया।

इस जीत से भारतीय टीम ने पाकिस्तान पर एक बार फिर श्रेष्ठता सिद्ध कर दी। भारतीय टीम ने कोलंबो में पिछले साल हुए सेफ खेलों में भी पाक टीम को हरया था। कुवैत टीम टूर्नामेंट में तीसरे स्थान पर रही। उन्होंने ईरान को १५-६, १२-१५, १५-१३, १६-१४ से हरया। अंतिम गेम में कुवैती टीम ८-१४ से पिछड़ गई थी।

० जनसत्ता, दिल्ली, २० अगस्त, १९९२



भारतीय वालीबाल टीम के कप्तान सुखपाल और टूर्नामेंट में अपने कराटे स्मेशों का प्रदर्शन करने वाले शारद कौशिक शिंवती गोल्ड कप के साथ। दोनों खिलाड़ियों के साथ-साथ दायीं ओर हैं टीम के प्रशिक्षक विद्यासागर और बायीं ओर सहायक प्रशिक्षक श्रीधरन। भारत ने पाकिस्तान को सीधे गेमों में हराकर यह टूर्नामेंट जीता। इस जीत पर भारतीय टीम को ५० हजार रुपए भी मिले। जीतने पर परस्कार देने की घोषणा दिल्ली वालीबाल संघ के अध्यक्ष कुलदीप वत्स ने की थी। जनसत्ता फोटो: रवि बत्रा

Figure-3.16 Sukhpal Singh holding the winner trophy.

CHAPTER V

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.

Volleyball was created in 1895 by William Morgan. Volleyball has come a long way from the dusty old YMCA gymnasium of Holyoke, Massachusetts, USA. It has seen the starts of two centuries and the dawn of the new millennium. Volleyball is now one of the big five international sports, and the FIVB with its 218 affiliated national federations, is the largest international sporting federation in the world. Over the last decade particularly, volleyball has witnessed unprecedented growth. With the success of its world competition such as world championship, Olympic Games, US world League, Grand Prix, World Grand Championship cup, and the level of participation at all level internationally continues to grow exponentially.

Volleyball is a great game for building character. Individuals who learn how to excel in volleyball can also develop habits and attitudes which will help them succeed in other areas of life. Volleyball players learn the value of teamwork because success and teamwork in volleyball 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. Volleyball combines a high degree of physical exertion and safety. Perhaps, this is why Volleyball is the second most widely played game in the world.

India's position in the world of sports should be commensurate with the country's vast human resources, its size and the glorious tradition of our endeavours 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. Indian sportsmen and sportswomen have

enjoyed their share of laurels in Asian Games, Commonwealth Games and also in other contests. But, apart from the Hockey the Gold Medal has sluded India in other Olympic disciplines.

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 field. To the case study of S. Sukhpal Singh Brar was taken up to highlight the contribution and achievements of S. Sukhpal Singh Brar towards the permotion of volleyball in the country and also study about his life and philosophy. Secondly to enlist the leadership qualities of S. Sukhpal Singh Brar.Thirdly, to study his excellent sporte career as a volleyball 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 S. Sukhpal Singh Brar. The research Scholar is of view to highlight the professional and personal qualities of S. Sukhpal Singh Brar.

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

S. Gumdhursingh was the person who identified the tailent and guided him to take volleyball seriously. He also recommended his name to S. Nirpjit Singh Bedi an international player who was the coach of Oswal at that time. S. Nirpjit Singh Bedi immediately agreed to take him in his team thereby S. Sukhpal Singh Brar become a member of Oswal team. In 1981 after playing six months for oswal he jined the government college for boys, Ludhiana to complete his graduation. Therefore he played in inter-colleges and inter-universities and was declared as an outstanding attacker. By that time thousands of people became the fan of the way he used to smash. After watching his game Punjab police offered him a post of Sub-inspector which he accepted and ultimately he was one of the stars players of Punjab police. In the view of his unmatched performance the department was pleased to promote him as a

Superintendent of police(SP). S. Sukhpal Singh Brar is a very popular player in Punjab and is a role model for the youngsters.

The investigator personally contacted S. SukhpalSinghBrar 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, Government High School AbulKhurana, D.A.V College Malout, Oswal and at Governament college for Boys Ludhiana. 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 S. Sukhpal Singh Brar regarding unsatisfactory performance of India in sorts and various recommendations he would like to suggest for the improvement of volleyball in particularly and sports in general.

According to Sukhpal Singh Brar 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 defeciencies 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 believe that a good coach in addition of being a good player should be fully educated in coaching and training studies. When asked about relevance of diploma in coaching given by N.I.S he said in full confidence that this diploma is off course necessary for a good coach. In addition to this he feels that excellent and experienced coaches should be appointed in N.I.S as they are further training the future coaches in whose hands lies the future of sprts in India. Services of foriegen coaches can be taken when required so that we can produce internationally competent coaches. S. Sukhpal Singh Brar proposed following suggestion for the improvements of volleyball.

1. V.F.I can do lot of improvement of volleyball in India. The selection players should only be on the basis of performance and caliber. V.F.I should arrange

tournaments every where in India to popularize the game. All the activities of the federatin should have the goal to uplift the status of volleyball.

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 ling run.
6. He suggested that as we take the services of foriegen coaches to train our national teams likewise we must call the foriegen experts of high caliber to train the future coaches st N.I.S and generate the coaches par excellence at home and benefited in long run.
7. The most important thing is to provide the basic infrastructure to the players at home indoor courts, work out places, training equipments, balanced diet, excellent and experienced coaches, fitness specialist, dieticians, psychologist all should be there for the players.
8. 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 volleyball matches and popularize the game in masses to generate sponsorships for the game as well as players so that a good volleyball player can also enjoy the star status.

CONCLUSION

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

1. S. Sukhpal Singh Brar is the eminent sportsperson in India who got two prestigious honours namely Arjuna Award, Maharaja Ranjit Singh Award for excellence in the field of volleyball.
2. S. Sukhpal Singh Brar is very hard working, dedicated and committed player.
3. S. Sukhpal Singh Brar is very friendly, cheerful, co-operative and discipline person.
4. S. Sukhpal Singh Brar has a lot of patience and perseverance.
5. S. Sukhpal Singh Brar had very good relation with his team mates and competitors and never had any ill will towards any one.
6. S. Sukhpal Singh Brar is a role model for the young aspiring volleyball players.

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<http://www.wikipediavolleyball.com>

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 tent 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 "feed 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 trouble about feelings of guilty?	Yes/No
28. Do you something talks about thing 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 rally hurt people?	Yes/No
34. Are you worrie?	Yes/No
35. As you child did you do as were old 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 quite when you are with other people?	Yes/No
43. Do you thing 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 healt?	Yes/No
48. Have you ever said anything bad or nasty about anyone?	Yes/No
49. Do yu 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 actives 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 to 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.	RESPOSE	CATE.	S. NO.	RESPOSE	CATE.	S. NO.	RESPOSE	CATE.	S. NO.	RESPONSE	CATE.
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		

IDENTIFICATION

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 volleyball

- 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 your relationship with them be after you leave Jalandhar?
- 6 What is the level of your relationship with them now?

Question about the Indian volleyball

- 1 What do you think that there is a constant decline in the standard of volleyball?
- 2 What do you think that the volleyball federation are working properly?
- 3 Who can create proper environment for the development and promotion of volleyball?
- 4 Do you feel that growing popularity of cricket is responsible for the down fall of Indian volleyball?
- 5 In your views does the government provide adequate funds for the promotion of Punjab volleyball?
- 6 What do you suggest to improve the functioning of the volleyball federation/association?
- 7 Your views about Indian volleyball?
- 8 According to you how volleyball game is promoted?
- 9 What is the difference playing strategy of Indian volleyball and American volleyball?