Chapter V

SUMMARY, CONCLUSIONS AND SUGGESTIONS

Summary

Today almost every nation in the world attaches more importance to the development of sports in order to improve the nation's health and for the well being of the future generations. Hence a large number of governmental and Para governmental organisations, in close collaboration with private agencies, administer and supervise the development of physical education and sports. Certain nations like Germany, Russia, USA, China and Japan even try to project the superiority of their political and social systems through achievements in the field of sports. The increased number of athletes participating in Olympic and other International events from all over the world, is also an indication of the popularity and development of sports. The acquisition of new standards may be attributed to the better understanding of human organism in relation to physical fitness.

Sportsmen are the product of a culture promoted by a particular society in a particular era of the history. No society can produce soldiers without the impact of sports on defense culture. If Indian solders are rated as one of 'the best, if not the best in the world, it is only because of their sportsman like dedication to the duties and sportsman like devotion to defense culture. There is a befitting quotation that "the battle of Waterloo was won in the play fields of Eton and Harrow." It can thus be stated that sports have had tremendous impact on Indian society.
Sportsmen are the pillars of success in a particular society, when they are recognised by the society. It is an established fact that society has influenced them in the pursuit of excellence in sports and in turn they have contributed their bit towards creating a conducive culture and atmosphere for sports promotion.

The purpose of the study was to highlight the contributions and achievements of Professor Karan Singh towards the promotion of Physical Education and Sports in the country. Secondly, to study his philosophy with regard to physical education as a profession in India. Thirdly, to enlist professional leadership qualities of Professor Karan Singh. The problem was stated as “Dronacharya Professor Karan Singh Eminent Physical Educationist and Sports Promoter”, a case study.

To investigate the contributions and achievements of Prof. Karan Singh towards the promotion of Physical Education and Sports in the country and also to study his philosophy with regard to Physical Education as a profession in India and to enlist professional leadership qualities of Prof. Karan Singh. A case study has been designed in which historical, biographical, analytical and interpretive methods were utilized.

Data/information for this investigation were derived from the primary and secondary sources. To get the first hand information investigator visited institutions where Prof.Karan Singh has worked for a long period, and gone through the official records like reports of committees and meetings, annual reports, published material. Personal record of Prof.Karan Singh was also investigated and desired
information/facts were derived. The investigator personally contacted Prof. Karan Singh and conducted the interview. Various pictorial records of Prof. Karan Singh were investigated. Some of the photographs relevant to different occasions were chosen as documents for this study. Published materials of Prof. Karan Singh such as books, pamphlets, newspapers accounts were studied and information retained as documents for the investigation.

Interviews with daughter of Prof. Karan Singh were conducted to ascertained more personal information on Prof. Karan Singh. Padam Shree Prof. P.M. Joseph, and some of his former associates namely; Dr. Ajmer Singh, Arjuna Awardee; Brg. Labh Singh, Olympian; Sh. A.V.S. Prasad,; Dr. B.R. Ready; Prof. Gurbaksh Singh Sandhu; Dr. M.L. Kamlesh; Sh. K.O. Bosen, were also interviewed through questionnaire and valuable data regarding contributions and achievements, professions career, philosophy, leadership, qualities and personality of Prof. Karan Singh were collected.

Survey technique was also used to obtain responses and reactions from selected eminent physical educationist and sports persons from all over the country who could not be interviewed personally. Opinion Rating Questionnaire on Prof. Karan Singh which was constructed with the help of experts has been used for this purpose.

Data/Information collected through primary and secondary sources were analysed qualitatively through external and internal criticism. Quantitative analysis
was also employed to the Data collected by using opinion rating questionnaire for statistical inferences.

Prof. Karan Singh born on 15th November, 1927 at Jodhpur in the royal family of Maharaja Man Singh. His father Rao Raja Udai Singh was ruler of Suraita and mother Shrimati Anand Raj Kanwar belonged to the Bundi royal family. His wife’s name is Shrimati Arati Singh. Prof. Karan Singh has only daughter Kumari Kirti Singh.

Prof. Karan Singh, got his school education at Rajput School Chopasni. He passed intermediate from Mayo College, Ajmer in 1947, Bachelor of Arts from Maharja’s College Jaipur in 1949 and Masters of Arts in Political Science from the same college in 1952.


Prof. Karan Singh joined the Lakshmibai College of Physical Education, Gwalior on 15th July, 1957 as Lecturer in Athletics and served this institution with dedication, devotion and discipline till February, 1970. Then he joined Banaras Hindu University as Reader where he also acted as Director of Physical Education and Secretary, University Sports Board from 1970 to 1980. He was also Incharge
National Service Scheme (NSS) from 1970 to 1977. He had been working as a Professor in the Department of Physical Education, Banaras Hindu University, Varanasi since 24th January, 1977 to 31st October, 1986.

Prof. Karan Singh's sporting life was shaped during his school days where he excelled in Athletics, Basketball, Volleyball, Tennikoit and Football. He also competed in swimming and gymnastics.

He not only continued his sporting activities in college but developed into a good long jumper, Hop Step jumper and sprinter. He represented Rajputana University in All India Inter University championship in Athletics and Tennis. He captained the University Athletic Team for Three years and created new university records in 100 meters (10.6 Sec.), 200 meters, 400 meters, long jump and triple jump.

Prof. Singh secured first place in 4x100 meter relay and second place in 400 meter in 12th and 13th All India Inter University Athletic Meets held at Bangalore and Madras respectively.

Prof. Singh participated in the Rajasthan State Athletic Championship from 1949 to 1952 and for the first three years won the individual Championship. He created new State Meet Records in the 100 m (11.0 sec.), 200 meters (23.0 sec.), 400 meters (52.0 sec.) and the long Jump (22 ft. 21/4 in). He has distinction to won 100 meters, 200 meters and 400 meters five times in Rajputana Olympic Association Athletic Championships held at Ajmer, successively. He was also declared Hero of
Rajasthan for two years in succession (1949 Feb. & 1950 Dec.). He captained the State Athletic Teams in the All India Athletic Meets in 1949, 1950 and 1951.

Prof. Karan Singh secured third position in the long jump and triple jump in the fourteenth Inter State Meet held at Delhi in 1949. In 1951, at Ludhiana, Prof. Singh was selected to represent India in the 4x400 meter relay in the first Asian Games.

In the First Asian Games Prof. Karan Singh won the Gold Medal in the 4x400 meter relay and became first University student in India to win a Asian Games Gold Medal. Till now no University Athlete has won Asian Games Gold Medal in Athletics (men section).

Prof. Karan Singh has many awards and distinctions to his credit like College and University Colours during study days. He was declared Hero of Rajasthan for two successive years 1949 and 1950 at State Athletic meets. State colour in Athletics had also been awarded to him. At Kandivili, Bombay he was voted the Best Student, the best leader and the best sportsman of the year and Rotary Prize of the year 1955-56 for “Best All Round Students” was given to him. Prof. Karan Singh topped all the three professional courses. In 1995 President of India awarded Dronacharya Award in Athletics to Prof. Karan Singh in recognition of his excellent services in coaching and promoting Athletics in the country.

Prof. Karan Singh developed some knowledge and expertise in coaching athletics since 1949 when he was studying at Maharajas College Jaipur. Later on he became qualified coach after passing various official test and certificates in coaching
of AAFI and certificate in coaching from NS NIS Patiala. Athletic coaching became a part of his job after joining Lakshmibai College of Physical Education, Gwalior in July, 1957. At Banaras Hindu University, Varanasi too he continued coaching athletes and organising athletic meets. He always extending help to other institutions in coaching their students and athletes at Gwalior as well at Varanasi. He was Coach of the combined University Athletic Teams that Participated in the All India Open Athletic Meets held At Sangroor, Bangalore and Lucknow. He also coached Madhya Pradesh and Uttar Pradesh Police Teams beside University athletes at coaching camps At NIS, Patiala. Prof. Karan Singh Coached the Indian Universities Team that participated in The World Students Games held at Moscow in 1973 and Accompanied the team to Moscow as a Coach-cum-Manager.

Prof. Karan Singh produced many national/All India Inter University and the following prominent international sportspersons:-

- Brig. Labh Singh
- Dr. Ajmer Singh “Arjuna Awarde”
- Mr. A.S.V Prasad
- Sh. V.S. Chauhan “Arjuna Awarde”
- Ms. Kamlesh Chatwal
- Baby Thomas
- Mr S.P. Pillai
- Ms Kusum Chatwal

Prof. Karan Singh was very successful teacher at LCPE Gwalior and BHU Varanasi. He always try to inculcate good qualities in his students as he was a symbol
of punctuality, fairness, affection, honesty. He was dedicated to his institutions and his students. He was a friend, philosopher and guide to his students.

Prof. Karan Singh is an excellent organiser which is evident from many All India Inter University Athletic Meets which he organised at Gwalior and Varanasi. He used to prepare a detailed check list in which each and everything was carefully listed under heading of advance preparation, six months before, one moth before, during the competition, after the competition is one and so on. Nothing was left to check.

Prof. Karan Singh has been an able administrator throughout his career as he always acted according to rules laid down and never tried to found loopholes in the rules to suit his conveniences. He developed confidence in his fellow workers and subordinates and always tried to help them in their professional upliftment. Prof. Singh was consistent in his administrative approach and absolutely honest, fair and frank but strict.

His contribution in developing sports infrastructure at various places such as Gwalior, Varanasi and Chopasni is significant and laudable.

In spite of his disliking, he was associated with many professional Associations/Federations besides various academic bodies, research and expert committees. He was Secretary, Indian Association of Teacher of Health, Physical Education and Recreation and member of various bodies/committees of Sports Authority of India and many universities and organisations.
Prof. Karan Singh is a scholar of high repute who published several articles and books which are widely read by the professionals. One of his book titled 'A History of Inter University Athletic Meets (Men) in India 1940-41 to 1983-84' was awarded first prize of Rs.5000/- by the Govt. of India.

Prof. Karan Singh viewed physical education as an integral part of total education. According to him sports is certainly a part of physical education in educational institutions it can not be separated. Physical Education programme is for all health and physically able students may be compulsory and sports is for few highly skilled boys/girls. Inter-school and inter-university sports competitions are part of educational system and is being looked after (planned, organised and supervised) by physical education staff of the Institution. Hence, sports has to be a important part of physical education programme of the institution. Like USSR they are and should be two inter-related and mutually supplementing programmes (one dealing with physical education and other intramural and extramural sports programme. He states that:

1. The sports programme is Apex of the pyramid and physical education programme is the base.

2. Coaches or games/sport experts if engaged in educational institutions should entirely be under the charge of physical education personnel. They should work as per physical education department rules and norms.

3. It would be very nice if institutions training coaches will also impart training to physical education personnel and vice-versa.

Prof. Karan Singh has critical view on the functioning of Sports Authority of India. He is not in favour of many schemes of Sports Authority of India as their
Planning implementation, coordination and even evaluation is manipulative in nature
"Almost all the SAI schemes with very lofty and high sounding aims and objective
have totally failed to produce desired results", said Prof. Karan Singh.

Prof. Karan Singh considered the following reasons for India's poor standard in
sports.
1. Government, Parents, Teachers, Public, Students do not consider sports as
important and accord very, very low priority.
2. Each country developed systems based on Geographical conditions (climate, food
habits, people's interests etc. etc.) In India we should have also developed
indigenous technology to develop our sports systems but we have only copied the
outdated technologies of the other countries and thus are left behind and have not
matched the progress made by countries that are leaders today. All this happened
because sports in our country is in the wrong hands who know nothing about it. If
shooters who win medals are given the charge of our army what will happen. The
same is the case of Indian sports. No policy on sports and every government
prepares sports policy which is worse than the previous one because wrong people
are entrusted with the task. Square pegs in round holes and vice-versa.
3. Poor quality of teachers will produce poor students. Poor mechanics will spoil the
machine rather than correct the faults, kitchen garden expert will ruin the
agriculture. Similarly our poor quality of coaches are playing havoc with our
sportspersons. We need institutions like I.I.T's to train coaches and we need
intelligent people to come for coaching.
4. Programme of physical education and sports has to be introduced compulsorily in educational institution. In the absence of it we are suffering. Present conditions are due to this.

5. We do not have funds to tackle sports at all levels from school university and from State to National level.

6. Highly corrupt people are controlling sports in our country at all levels.

7. Indian sportspersons do not have high ambitions.

8. Compared to foreign sportspersons Indians do not work that hard and diligently.

9. There is no programme on mass scale to find talented sportspersons and to groom them systematically.

10. We have not reached to the villages. Village youths are a neglected lot.

11. Women sports is even more neglected.

Prof. P.M. Josaph observed that his (Prof. Karan Singh) interest in athletic and its development in India is so dear to his heart and it must be this deep and genuine interest which has inspired him to write many books articles and coach many national and international athletics.

According to Brig. Labh Singh, Prof. Karan Singh developed into perfectly rounded-off personality of an ideal Rajput lad of his time and possessed all what a Rajput could be proved of. He has combined academics and sports in an ideal way and also lived all his life as a real specimen of sportsmanship. Sports has been his love and he has cherished this passion throughout his life. He has given his all towards his passion of sports and never taken even a list of it from this.
Prof. Ajmer Singh viewed that personality, qualities and commitments to his assignments of Prof. Karan Singh can be understood but can not be written in words. He has always remained higher than any distinction of caste, creed or religion etc. but preached the religion of humanism, love, sportsmanship and equality. As in the field of Sports India is yet to produce another Milk Singh, in the field of physical education India is yet to produce another Karan Singh. He is a light house for the profession.

In one word of Prof. S. Srivatson, Prof. Karan Singh is an “Ambivert”, Always out spoken. Personation of integrity and morally very correct. Very diligent and persevering. He was all out to uphold sincerity and seriousness in work. He was a sticklerfast ‘Discipline’ and ‘Hardwork’. He helped poor students financially and promoted their skills in ‘Athletics performance’. As a human being he is ‘par-excellent’. He is ‘living legend’ in track and field coaching. He strongly advocated physical education for all and coaching as an ‘off shoot’ of physical education.

According to Dr. B.R. Reddy, Prof. Karan Singh was an ideal administrator. He had an eye on all things, happenings and individual under his preview. He personally involved himself to keep up the standards and induced others to do so. He was a strict disciplinarian and yet very friendly with faculty members and students.

Prof. Gurbax Singh Sandhu considered Prof. Karan Singh both a man of ‘action’ and a man of ‘wisdom’ combined with one and an endearing person and an affectionable personality.
Dr. M. L. Kamlesh reveres Prof. Karan Singh as a luminary of the horizons of physical education in India.

Mr. K. O. Bosen regret that the country has not used valuable services of Prof. Karan Singh to the fullest and considered him a philosopher of his own rights, but practical to the very end.

According to Sh. A. S. V. Prasad, the simplicity, sincerity, devotion to duty, desire and determination to bring the best of his athletes in a friendly atmosphere are the qualities one has to learn from Prof. Karan Singh. These inherent qualities of Guru made his wards the worthy citizens of the country.

Results of opinion rating survey indicated that Prof. Karan Singh was very friendly cooperative, regular in his daily exercises, health conscious, religious man and a source of support and strength to everybody. He possesses a very pleasant personality and his attitude towards others is always human. He has lot of patience and perservance.

As a teacher Prof. Karan Singh was very popular among students and has all qualities of an excellent teacher like punctuality, fairness, up to date knowledge, skill of inspiring and motivating the students. He maintained warm and friendly relationship with his colleagues.

Prof. Karan Singh's coaching abilities have been well recognised for which Dronacharya Award has been conferred to him by the Govt. of India. His daily
schedules for athletes were always on scientific lines. He was always receptive to new ideas and committed professional. He always gave recognition and status to his athletes. Because of these qualities and hard work he has produced many national and international level athletes.

Being a good administrator his approach was always democratic but he did not compromise with his principles and his plannings were meticulous. He has the rare quality of handling complex problems with competency and clarity. He never hesitate to bear the responsibility if his decision creates any adverse atmosphere. He always encouraged responsible and efficient workers and honored all good suggestions.

Prof. Karan Singh is very knowledgeable, well read, honest person and sincere to his assignments. He was found of books and latest sports magazines. He was believing learning by doing. Because of scholarly approach he has written many books on athletics beside articles and research papers.

Conclusions

On the basis of the findings/information of the present study the following conclusions may be drawn :-

1. Professor Karan Singh was the first eminent Physical Educationist in India who was also a sportsman of International standard.

2. Professor Karan Singh was very knowledgeable and committed teacher.

3. Professor Karan Singh was a Coach – par excellent.

4. Professor Karan Singh was an efficient administrator and a strict disciplinarian.
5. Professor Karan Singh contributed a lot for the development of physical education and promotion of sports in India.

Suggestions

1. It is suggested that similar case study may be conducted on other eminent personalities of physical education & sports.

2. Similar study may be carried out on the institutions who have contributed significantly for developing physical education & sports in the country.

3. Findings of this study may be incorporated in the syllabus of physical education courses.

4. Studies may be conducted to compare the contribution and personalities of eminent professionals in physical education & sports.