Chapter II  
**REVIEW OF RELATED LITERATURE**

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CHAPTER - II

REVIEW OF RELATED LITERATURE

A critical and exhaustive study of literature related to the problem area is an important one in any research. So knowledge of relevant literature is an essential step to take picture of what has been done and said with regard to the problem under study.

2.1 REVIEW IN GENERAL

About case study Portified\textsuperscript{12} says, “Only some of man’s experiences can be learned by observing him in action. To understand his behaviour fully and intimately, he must supply a detailed and penetrating account of what he does and has been done, what he expects to do and ought to do”

Garratty\textsuperscript{13} says, “The biographer, however, must not deal only with the fact of subject career, with what he did, why he did and how he influenced his times and was in turn affected by them, he must also describe the man himself, his personality, his character and his individuality”.

Though the influence of the family on the achievement of an individual is profound, the role of race, according to Cratty\textsuperscript{14}, cannot be undermined.

The family has the earliest influence and a most vital influence upon the child’s attitudes towards the opportunities for physical activity. The parents continually evaluate the efforts of the child, and as a result, his relative need for subsequent achievement is moulded factors like Socio-economic status and race also influence the child’s opportunity for proficiency in physical activity.

Family background, environment, heredity, socio-economic status are the factors that generally influence a person’s optimum level performance.

Heredity is the sum of inborn traits whether they are exactly similar to those of the parents or not. Environment stands for all the external forces physical, social, economic, geographical, political etc., which are potential enough to change or modify the behaviour of an individual in his life time. Environment offers opportunities to develop to the maximum possible extent, but is incapable of altering the patterns set by the hereditary forces.

Brightbill\textsuperscript{15} is of the view that ecological factors, environmental conditions and the hereditary characteristics including their personality traits

such as physical features, intelligence and mental capacities, emotional make up and dispositions, social drives, philosophy of life, social expression and self conceptualization, influence the family and physical activity.

Kamalesh and Sangral quoted that, Wood Worth and Morrquis were of the view that “The individual was a product of heredity and environment which has been presented in the form of a formula”. The formula given was H+E=O. Where ‘H’ stands for heredity, ‘E’ stands for environment and ‘O’ stands for organism.

Kamalesh and Sangral stated that - Environment means all the external forces physical, social, economic, political etc., which influence the individual and his development. All the different forces of the surroundings mould the behaviour of a person. As we grow in years, much of our inborn behaviour is learnt. Environmental force may not completely change the inherited traits yet they do modify them to some extent”.

The family background, environment, heredity and socio-economic factors generally influence a person’s performance. Environment stands for external forces, such as physical, social, economic, geographical and political are potential enough to change or modify the behaviour of an individual in his life time with the patterns set by the hereditary forces.

Kamalesh, M.L. and Sangral, M.S. Principles and History of Physical Education. Lultiana: Ramaprakash Tandon, 1981, pp.46-47
Naturalists and scientists like Rousseau, Francis, Galton, Kari Pearson, Dugdale, Goddard, etc. think that heredity is more important while people like Candole of France, Heward, John, Locke etc., emphasize more upon the environmental forces which mould the behaviour of an individual.

The notion put forth by these two classes / categories of the people has equal weightage and no notion of either side can be undermined and under estimated.

Similarly, the physical education teacher should know the potentialities of a child and should provide a congenial environment for the unfolding and development of his total personality, ability, aptitude inclination, etc. This information about the child must be known to a teacher.

Just like environment, physical heredity also plays an important role in the formation of a sportsman.

Sports has been considered by a number of social scientists to be of major importance in socialization and personality formation, as the various forms of plays reflect the particular traits, values, expectations and the degree of social control in given culture\textsuperscript{17}.

If parents are enthusiastic about a given physical activity, especially if they are skilled in it, the chances of their child becoming interested in sports are more.

Society has the social obligation of making available the facilities for sports teaching and participation in schools, colleges and other institutions. Chandrasekaran Nair\(^\text{18}\) opines that games shall constitute a major portion of child’s education.

Sachedeva\(^\text{19}\) quotes Maciver and states that economic phenomenon is constantly determined by all kinds of social need and activity and in turn they are constantly undermining, creating, shaping and transporting social need and activity of every kind.

Dennis watts\(^\text{20}\) says that “there is no magic food, which if taken on the day or several days before the race will transform the athlete to a world-beater. Indeed, if there were such foods every one would be taking them and the results would be very interesting. However, the omission of certain foods and the indulgence in certain others can and does affect dramatically”.


The amount of the calorie intake depends upon sex, body height, and weight, age, state of training and the physical work in the day in question. The sportsman can reach his maximal efficiency with a normal, complete, mixed diet, which indeed supplies him with all necessary substances. It would not rely objectively to achieve better results but only make him addicted and divert his attention\textsuperscript{21}.

Govindarajulu\textsuperscript{22} says, Food is necessary for the growth and development of the body, for its work as a tool of striving and living, and for the repair and replacement of its myiods of cells many of which die from day to day in the process of living. Food also help to ‘maintain’ body function and it contributes to the ‘expectations’ of life.

Sandi Ford\textsuperscript{23} says heredity to some is a mysterious force which moulds off spring in the likeness of the parent to others, it is the antithesis of variation, that is, heredity consists in the resemblance and variation in the dissimilarities between progenitors and descendants. Heredity is not a force, neither is it merely the likeness between offspring and parents; it includes all traits both like and unlike.

\textsuperscript{21} Schelussel, Hans. 


\textsuperscript{23} Sandiford Peter, \textit{Educational Psychology}. London : Longmans green and Company, 1923, p.36.
Brightbill\textsuperscript{24} points out “if a parent enthusiastic about a given physical activity, especially if he / she is skilled in it and serves as an example, the chances of child becoming interested are large”

Further the child will follow the lead and encouragement of the parent in physical activity and that often the activity will assume a form identical to the parent’s choice.

The responsibility of developing a good personality lies with the society and the social organizations. In this direction the future citizen should enjoy sports and recreation to utmost in his adult life, it is necessary that society should encourage the teaching of sports in schools and it should constitute a major part of child’s education”.

Najimain\textsuperscript{25} says about drugs, “So many of today’s super stars use steroids regularly. We can’t just know why that these guys can obtain that size and maintain it during the last few weeks before a contest with their crucial diet and all without drug assistance. But I have not used drugs and I do not intend to do. There is not enough knowledge about drugs and after treating my body carefully as I have, I hate to ruin it with improper drugs usage. With the


light training routine, correct diet, a natural body builder could be extremely successful. I have seen no need for drugs in my life, at this point”.

Frank Horwill\textsuperscript{26} says that, “A physically active man needs increased requirements of certain vitamins particularly C, B\textsubscript{1} and B\textsubscript{2}, so that food rich in these vitamins in pure forms may be added to the diet”.

Jean Bogert\textsuperscript{27} defined Nutrition as, “Science of nourishing the body properly that is providing adequately for its growth, maintenance and repair”.

According to Luck\textsuperscript{28}, Nutrition may be defined as, “The sum process concerned with growth maintenance and repair of the living body as whole or of its constructive parts”.

Drug abuse has become the order of the day at the international level sports competitions.

Almost all the sportsmen have their habits whether good or bad. The use of drugs especially muscle building drugs are rampant in sports. For a player, drugs have an aura of ergogenic magic, though in truth their danger out

\textsuperscript{26} Frank Horwill. \textit{Nutrition and individual performance}. Nutrition and Review, 1933, p.69.
weighs the benefit. The dilemma of drugs is further complicated by psychological factors.

According to Vattam\textsuperscript{29} the basic characteristics of the sporting competitions are the strength and skill based on the natural capabilities of the participants. Not only do drugs upset the balance between contestants, but they also bring the hazards of laxity, addiction and death due to over suppression of normal body working system. There is no gain saying the fact that the doctors, governments and coaches have a special responsibility to discourage and prevent people consuming dangerous substances.

Muscular activity plays a major role in the development of organic systems of the body. The term organic refers to the digestive, circulatory, excretory, heat regulatory, respiratory and other systems of the human body. These are stimulated through activities like hanging, climbing, running, throwing, leaping, and carrying, jumping etc. Through vigorous muscular activity several beneficial operations take place\textsuperscript{30}.

According to Thorndyke\textsuperscript{31} “Physical fitness is the development of the body to a state of condition. So that a given amount of physical work can be produced when desired with minimum of physical efforts”.

\textsuperscript{29} Krishna Vattam. \textit{Drugs in Sports. Souvenir South Zone Inter University Hockey Tournaments for Men}, Mysore: Mysore University, 1972, p.36.

\textsuperscript{30} Kamlesh, M.L. and Sangal, M.S. \textit{op.cit.}, p.10.

Motivation acts as a catalytic agent. It drives a person to turn out extraordinary performance in sports. The best from a sports person can be drawn by approximately using extrinsic and intrinsic motivating factors.

### 2.2 CASE STUDIES ON INDIVIDUAL ELITE PLAYERS AND ATHLETES

Dennis\(^{32}\) conducted a case study on Mony DP the Olympian weight lifter. He was born in Putukudi Eruppu, Nagercoil, Kanyakumari District on 12\(^{th}\) August 1921. He has two elder sisters and two younger sisters. He studied only upto fifth standard. In his childhood, even though he was lazy in his mind, he had an ambition of becoming a reputed weight lifter. Sri Arunachalam Iyer encouraged his ambition. At the age of 23, to the surprise of all, he came out as best feather weight champion of India by lifting 856lbs. In 1943, he represented India at London Olympic Games, in the Finland Olympic Games, he secured 3\(^{rd}\) place in press and won world reputation for himself and for India. In the end of the year 1952 he fell ill and had to take rest for nearly seven years. He worked sometime in the gymnasium as an instructor. He won the championships in weight lifting in all their fair championships and reached the 6\(^{th}\) rank in weight lifting in the world. He had the opinion that India could win enviable position in weight lifting, if the youth in India undergo proper training and take interest in weight training.

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Sellen conducted a case study on K.C. Elemma, Arjuna Awardee in volleyball. He found the following facts through the study. K.C. Elemma was born on 19\textsuperscript{th} January 1952. The environment of the school helped her to exhibit the ability in her. The year 1966 was a turning point in her life. She represented Kerala school team in that year. In 1968 she was selected in senior women’s team and also selected to represent the nation for the test matches against the visiting Paris teams. For her contribution to Indian Volleyball, she was given Arjuna Award in 1973.

Smt. Mulini Reddy has carried out her efforts with special intransigence and the same has come a long way in elevating her to the present stature as one of the most imaginative trainers in the country. She possesses the capacity to understand the latest techniques and principles enunciated and applied by International Researchers.

The present stature and standard of the women volleyball game in Andhra Pradesh owes much to our Mulini Reddy and she played an immense part in the sophistication of the game by introducing latest techniques and atmospheres. A humble woman by nature, she never was glamorous and most of her work has been done in obscurity and without fanfare. As a coach, she is giving coaching to the State team and Osmania University team. She trained a

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number of girls to the international standards. They are Radhika and Prashanthi Reddy. In 1981-82 she was appointed as a Manager of the Indian Women Volleyball team for Delhi Asiad. She was a delegate to Seoul Asiad.

The government of Andhra Pradesh has awarded gold medal to her. The medal was given by then Chief Minister Sri N.T Rama Rao. Smt. Mulini Reddy is Vice President of Andhra Pradesh State Volleyball Association. She is a selection committee member for Indian Women Volleyball Team. She was the referee at the Delhi Nationals in the year 1985 and in the year 1988 at Faridabad. Smt. Milini Reddy is the first women Arjuna Award winner in Volleyball.

A test conducted by Mira, an Olympic figure skater, who performed at the highest level clearly stated that she was an introvert, she would generally not speak unless she was spoken to. She was aggressive and much happier when the competition was difficult. She could not find an outlet for her aggression in the controlled way permitted in the sport. Her frustration tolerance was generally low. She was intelligent and her intellect was applied to her training and sport in several ways.  

Alex conducted a case study on Pathros P. Mathai, Physical Director of Kerala University.

34 Ibid. pp. 189-190.
He was born on 19th May 1936. Naturally from his early childhood he was brimming with energy and would be seen playing most of the time. He had represented University in Basketball and Volleyball. He was very brilliant in his studies also. After completing Bachelor Degree in Physical Education, he took the Master of Arts Degree in 1964. He took the Master’s Degree in Sports Science from German Democratic Republic. He has done valuable service in Physical Education in Punjab University, Lakshmibai National College of Physical Education in Gwalior, Young Man’s Christian Association College of Physical Education, Madras, Kerala Agricultural University, Kerala University and is now serving in Sports Authority of India.

Zakir Ahmed\textsuperscript{36} conducted a case study of Victor Mijila, the National Soccer Player. Victor Mijila represented district team at the age of 17 years and played for the University from 1969 to 1972. From 1971, he represented Kerala state team. During the year 1972 he played for India for the 10th Asian Youth Soccer tournament. He donned the Indian colour for the 7th “Presidents” cup at Seoul in 1977 and also the “Kings” cup tournament at Bankok. As a coach he is doing valuable service to the players of Kerala. He is of the firm opinion that in fast attacking football, total character, is a must to bring out desirable improvements.

Paul Joseph\(^{37}\) conducted a case study on T.D. Joseph volleyball player and through the study he revealed the following factors. T.D. Joseph was born on 12\(^{th}\) March 1939. While as a student he was an all round sportsman, taking part actively in basketball, football and athletics. While studying in the school, he represented Kerala State School team in volleyball. In 1960 he was selected to the Indian team and was the youngest member of the team. In 1962 he got a job in “FACT” won nearly 100 All Karnataka Tournaments and 210 All India Level Tournaments. He played an excellent game in the Jakartha, Asian Games in 1962. In the world championship held at Moscow, he was selected as one of the best six players in the world. After retirement from first class volleyball, he took up the job as a coach in FACT school. Through his dedicated work many players rose to state level and national level. T.D Joseph was the first winner of the Manorama award in 1962. This award was instituted by the first and foremost newspaper in Kerala. This award stands as a great credit in the career of the great player, Joseph, because the vast majority of the voters were eminent persons from foreign countries.

Rajkumar\(^{38}\) conducted a case study of the contribution of the Honourable Chief Minister of Tamil Nadu, Jayalalitha to the field of Sports


and Games in Tamil Nadu and he reveals that Jayalalitha was born on 24th February 1948 at Mysore.

Then the child went to Bishop Cotton Girl’s High School, Bangalore and from 1958 onwards the young girl continued her studies at Presentation Convent, Church Park, Madras.

Hailing from a family which traditionally valued Indian Art, Culture, Jayalalitha was trained in classical dance and Karnatic music from the early age of four. In 1960 at the age of twelve, her Bharathanatyam Arangetram took place at Rasika Rajani Sabha, Mylapore. She is an accomplished Bharathanatyam artist, also proficient in Kuchipudi, Kathak, Mohini Attam and Manipuri. She has given hundreds of performances all over India and abroad and has sung several songs in her own voice in films.

Once she got wounded on her nose while playing cricket in her school. She was doing physical exercises continuously for keeping slim physique. She was attracted to cricket, and she was a fan of Pataudi Nawab and Nasi Contractor. She stood first in the school in the Matriculation examination of 1964 and won scholarship from the Government of India. She was an able swimmer in the youth and also proficient in sports and horse riding.

Jayalalitha is multi lingual with proficiency in English, Tamil, Telugu, Kannada and Hindi and has a fair knowledge of Malayalam. In 1965, her
acting in “Vennira Aadai” brought her accolades. Since then, she never looked back and displayed a versatile flair for acting in more than 135 films produced in the languages of Tamil, Telugu, Kannada, Hindi and English.

Jayalalitha decided to become a diligent and devoted social and party worker of AIADMK. Despite several odds, she discharged her responsibilities with vigour and fortitude as Propaganda Secretary of Party (1983-86), as Chief Electoral Campaigner (1984) and as a member of Rajya Sabha (1984-89) and as the first woman opposition leader of the Tamil Nadu Assembly in 1989. She gained a historic and unparalleled victory in the assembly elections in June 1991 and became the Chief Minister of Tamil Nadu.

She formed “Sports Development Authority Council of Tamil Nadu”. She has taken full responsibility of conducting 10th Nehru World Cup International Invitation football match and international Invitation Athletic meet and has installed synthetic track in Nehru Stadium. She has introduced many schemes and plans for promotion of sports in Tamil Nadu. She has motivated Amutha (Triothola), Kottaleeswaran (long distance sea swimmer), Anjupthy (Tennis), Vishwanathan (Skidding) and Edwin (Squad world record holder). She also conducted 7th South Asian Games in Madras in the year 1995.

She was the first woman to become an independent member of Tamil Nadu Cricket Association as early as 1975. She is the President of Sports
Development Authority of Tamil Nadu. She was the President of Organizing Committee of Athletic meet in Madras, 1994. She was the president of the superintending committee of the SAF games at Madras in 1995.

She was honoured with honorary doctorates by Annamalai University, Madras University and Madurai Kamaraj University respectively.

Thomas\textsuperscript{39} conducted a case study on Shiny Abraham, international athlete. She was born in Kerala. Her brother and sisters were also athletes. She learned her first lessons in athletics from her Chanchan. She enrolled as a member of the Idukki district athletic team in the year 1977 and in the same year she was selected for the Kerala state Athletic team. In 1984 she made a record in 800 meters with best time of 2 minutes and 9 seconds at Delhi Nationals. With the attention of Indian coaches and selectors at the age of 19, she won the distinction of Indian colours and toured number of countries.

In 1984, she was appointed in the Food Corporation of India, Trivandrum, in the same year she attained distinction as the first woman athlete of India who entered the semi finals in Olympics. Shiny Abraham is of the opinion that the state athletic associations must take necessary steps to attract more spectators for witnessing even the local meets.

\textsuperscript{39} Thomas, J. A Case study on Shiny Abraham - International Athlete. Unpublished Master’s Thesis. Alagappa University, Karaikudi, April 1989.
Sports activities should be introduced to an individual at childhood itself, even when they are eleven years old. The teams must reach the venue where the competitions takes place at least fifteen days before the competition for acclimatization with the environment. This will influence the performance of the competitions positively. This study will be an inspiration and serves as a guiding factor in the upcoming athletes of the country.

“Shajji⁴⁰ conducted a case study on P.T. Usha, athlete and his study reveals that Usha was born on 27th June 1964. O.M. Nambiar, coach moulded her career for 12 years when Usha left her village to join the Kannur Sports Division. The facilities that the school had at that time were to put it mildly primitive. But, Usha had in her the urge to excel and transcend her own limitations. Soon she proved that she could run just above anybody of her age. She represented the country 56 times including 1980 Moscow, 1984 Los Angeles and 1988 Seoul Olympics and 1982 New Delhi, 1986 Seoul, 1990 Beijing Asian Games.

She also represented India in 1983 Kuwait, 1985 Jakarta, 1987 Singapore and 1989 New Delhi Asian Track and field meets. Her remarkable show was at the 1984 Los Angeles Olympics where she emerged as a truly world class serious medal contender in 400 meters hurdles.

She still holds the national record in the 100m, 200m, 400m and the 400m in hurdles. She was honoured with Arjuna award – the highest award given to a sportsman in India in 1983. She retired from athletics in 1990. She is honoured as the golden girl of India.

Sivaramakrishnan\textsuperscript{41} conducted a case study on Sunil Gavaskar, cricketer, and his study reveals that Gavaskar was born on 10\textsuperscript{th} July 1949 in Bombay. He learned the basics of the game from his father and from his maternal uncle Narayan Musurekar. His father used to take him to watch not only club matches but also Ranji Trophy matches and test matches, which aroused his interest to become a great player. Sunil represented St. Xavier’s High School in the ‘Ciles’ and ‘Harries’ shield Inter-School Tournament at Bombay in 1961. In 1965, he proved to be the best when he scored four hundred runs in the senior inter school match. In 1966-67 he was selected for Bombay University.

In early 1970 he was chosen to represent the state of Bombay to play Ranaji Trophy tournament.

In 1971, he was selected to represent the nation for the test matches against West Indies.

Between 1971-1987, he played 125 test matches as an opener and he scored 10,122 runs, 34 centuries, 45 half centuries at an average of over 50 runs.

He also has captained India in 47 tests, winning nine, losing eight and draws the remaining thirty. He led India to victory successively in 1978-79 and 1979-80 against West Indies, Australia and Pakistan.

He was honoured with Arjuna award given for a sportsman in India in 1977. He was also awarded ‘Padma Bhushan’ in 1979. He performed many wonders at cricket and left indelible imprint on the cricket world. In 1987 he retired from test cricket.

Narasimha Murthy\(^ {42} \) conducted a case study on Kapil Dev and his study reveals that Kapil Dev was born on 06\(^ {th} \) January 1959 at Chandigarh. Kapil started his primary education in the year 1964 in a small local school at Chandigarh. In the year 1969, he joined the Dayanand Anglo Vedic School and College. At the age of fourteen he played for his school. When he was fifteen, he was invited along with 24 others talented young boys to attend a

\(^ {42} \text{Narasimha Murthy, K. A Case Study on Kapil Dev - Cricketer. Unpublished M.Phil. Thesis. Bharathiyar University, December 1993.}\)
live-in-coaching camp in Bombay, conducted by Indian Cricket Control Board.

In 1976 when he was just short of seventeen years he went to play for his state Haryana in Ranaji Trophy against Punjab. In 1978 at the age of 19 years, he was selected for Indian Test Team against Pakistan.

Rajan\textsuperscript{43} conducted a case study on Late Jimmy George, Volleyball player and his study reveals that Jimmy George was born on 08\textsuperscript{th} March 1955. He was born in a family of volleyball players. Jimmy George got the primary lessons of volleyball from his hometown. Seeing the interest of Jimmy, his father made a volleyball court in his own compound, purchased a net and balls and taught him the fundamentals of the game. From 1970 to 1972 he represented Calicut University. In 1973 he was selected to the Kerala State Team. At the age of 19, he was chosen to represent Indian team for the Tehran Asian games in 1974. In 1979 he left for Abudabi and there he played up to 1982 for a government-sponsored club. In 1984 he went to Italy where he played for Italian ‘A’ division club. He died in the year 1987 November 30\textsuperscript{th} in a tragic car accident in Italy. The Government of India honoured him with Arjuna award. He was perhaps the most outstanding volleyball player our country has produced so far.

Venkata Niranjan\textsuperscript{44} conducted a case study on Prakash Padukone, Badminton player. His study reveals that, Prakash Padukone was born on 10-06-1955.

He learned the basics of the game from his father. Prakash Padukone had opportunities to watch many international matches, which aroused his interest to become a great player.

He is the only Indian who could win nationals singles nine times consecutively in Badminton. He represented India in Thomas cup and Asian games. There he got a chance to play with top class Badminton players. In 1978 he won at the commonwealth games. The greatest achievement in his career was when he won the All England Championship.

Thulaseedas\textsuperscript{45} conducted a case study on Suresh Babu, Olympian in the year 1988. He was a gold medallist in Long Jump in Bangkok Asian Games. Suresh was born on 10\textsuperscript{th} February 1953, as the 4\textsuperscript{th} son of Sri N. Bhaskaran and Smt. Nalinibai at Pathatharam, in Quilon district of Kerala. He had three brothers and one sister. Being an experienced athlete and an athletic coach, the subject has his own opinion to reduce the intensity and interval of injuries. He


believes that, if the organizers of the competition provide standard facilities within the limits for race and jumps; injuries can be minimized to a maximum extent.

The coaches should be very careful in sending their trainees to competition. To bring an athlete to international level, he should be trained from 14 or 15 years. In these years, he develops his physical and mental fitness, skills and techniques.

The subject also realizes that in India even the most enthusiastic parents will not be able to carry out the expenses of an athlete for such a long period. The subject suggests some remedial measures for this.

He has the opinion that if the Government is opening training centres for talented young athletes, like sports schools and hostels, they will get opportunities to develop their talents through proper coaching and training. The government should also be keen in providing job opportunities for outstanding sportsmen. The subject believes that if things keep happening like this, within ten years, Indian athletes will succeed in the international and Olympic levels.
A case study conducted by Vanek and Cratty\textsuperscript{46} on Robert, who was engaged in a combative sports for his country showed that he was an introvert, selfish and generally unsociable even though he was outgoing with people in a superficial way. His frustration, tolerance and emotional stability were low. He showed high level of anxiety. The scores on personality tests showed that he was patient.

Manthri\textsuperscript{47} conducted a case study of R. Gnanasekharan, the Arjuna Award holder in Athletics in the year 1982. Gnanasekharan was born on 05-01-1954. He has three brothers and a sister. His father was a great sportsman; his mother a typical Indian wife.

He was born at Palayur, a small village in Ramanathapuram district. It was a memorable event in the history of athletics in India. Every Indian and higher authorities had their fingers on their nose to see this ever best timing clocked by Gnanasekharan in 100 meters. Though Gnanasekharan won many laurels and victories in the International athletic arena, he was calm and quiet. He never welcomed self-boasting. He was very keen in graphing the coaching points at the time of training in the grounds.

\textsuperscript{47}Manthri, M. \textit{A Case Study of R. Gnanasekharan - The Arjuna Award Holder in Athletics}. Unpublished Master’s Degree Thesis. Madurai Kamaraj University, April 1988.
After one or two demonstrations, he would apply the technique without fail. This type of studies must be taken up by athletics, players, teachers, trainers and coaches who contribute to the fields in the real sense of it.

Chinmay Sarma\textsuperscript{48} conducted a case study on Bhogeswar Baruah, the Arjuna Award winner in athletics. He was born on 29\textsuperscript{th} November 1940. He has two brothers. He was the youngest. His family members were ardent supporters of sports and games. It is notable that Bhogeswar has contributed much towards giving a scientific and objective orientation to sports training in the state of Assam. His identity was total which is amply reflected in conducting various coaching camps with his own resources, in spite of his economic constraints.

This study will help others to make similar studies about some of the prominent sports figures in our country. Similar studies may also be conducted on some of the outstanding athletes or players who have contributed a lot for the cause of sports and games in our country. And this study tells that how our subject was able to lead Assam state for getting many achievements and brought about many young men up to national level.

\footnote{Chinmay Sarma. \textit{A Case Study of Bhogeswar Baruah - The Arjuna Award holder in Athletics. Unpublished Master’s Thesis. Madurai Kamaraj University, April 1985.}}
Daniel Perinbaraj\textsuperscript{49} conducted a case study on P.A. Sulaiman, international volleyball player and found the intransigence at the game has come along way in elevating him to the present state as one of the most imaginative trainers in the country. He possesses the capacity to understand the latest techniques and principles enunciated and applied by international researchers. He never was glamorous and most of his work has been done in obscurity and without fanfare.

As a coach, he imparts coaching to the state level players. He has trained a number of boys to the national standards. In his period, he coached a lot of young boys in the Anna stadium at Palayamcottai. He is indeed very hard working for the cause of this volleyball game.