Chapter IV

PRESENTATION AND INTERPRETATION

4.1 BIOGRAPHY OF ANTHONY COUTINHO

4.1.1 FAMILY BACKGROUND:

According to the data collected with the help of interviews with Anthony Coutinho the following information regarding Anthony Coutinho's family background were known, that is as follows;

The native place of Anthony Coutinho was Ahmednagar, Maharashtra. A history of Anthony's father and fore fathers being in the police department was one of the reasons that Anthony wished to be a policeman from his very childhood.

His father was a good hockey player, who represented the police department. An atmosphere where his father and uncles served the police department and all being good sportsmen, Anthony also developed a liking towards sports.

Anthony’s mother, Estyl, was a housewife who took uttermost care to see her children get educated and be successful in life. Having six children to look after and her husband being the only earning member in the family, she had to face a lot of difficulties to satisfy her children’s basic needs.

Anthony was the eldest son in the family, having two brothers and three sisters. His two brothers, Augustine and Rommel were good sportsmen, one was a good bodybuilder and the other was good basketball player and athlete. His sisters didn’t take any sports.

Anthony got married to Baijula in the year 1975, who still has been an influential person in the life of Anthony and his children. He had two children, daughter Donita and son Evred whom they educated to their level best.

His son following his fathers footsteps took up athletics. He coached his son in athletics, who went to represent University of Pune in 100meters and 200meters. His daughter didn't develop a liking towards sports and is married and having a daughter, Trisha.

Today, Anthony is retired person and happily spending his time with his family.
Seeing to his family background it is learnt that Anthony was influenced and supported by his family members. The financial condition was good as his family was big family. They were a united family. His family encouraged their children to take up sports. Anthony also encouraged his son to take up sports and who went on to represent university of pune in 100m and 200m.

4.1.2 CHILDHOOD:

With the help of Opinionnaires and Interviews with Anthony Coutinho, his family, friends coaches, fellow athletes and students the following information regarding his childhood was known as follows,

It was his early childhood days that made Anthony experience many difficulties that made him a mentally strong, hardworking and understanding person.

From his very childhood, Anthony was a keen observer of the things that were happening around him that made him an understanding person.

His mother was the one responsible of making him aware of the different problems the family was facing and showed him what needed to be done.

As a child, he balanced his studies and household work very well. He saw that he studied well and not have anybody complain about him at home or at school.

He had seen his mother struggle to manage the house financially and do the household work at home. He felt her helplessness, when she couldn’t satisfy the family basic needs.

Being the eldest in the family and seeing the difficulties his family was going through, he started to shoulder the family responsibilities at a very early age.

During his leisure time he used to help in getting firewood, filling water, cleaning the house etc. He was a family person from the very beginning and always thought in what way he could contribute to help his family. He was always happy in seeing and making others happy.

During his childhood he seen the difficulties his mother was going through when she was unable to give proper meals to her children. He never
made any fuss regarding food that was served to him and shared whatever he had with his brothers and sisters.

He played a lot of *Attya Pattya* at which he was very good. Every team wished he represent their team. He was amazingly skillful that attracted people to come to watch him play.

He played with his friends at school and near his house. He used to go with his friends in the morning for running and talim workout.

As a child he wanted to follow his father’s footsteps and become a policeman. He knew that if he wanted to be a policeman he needed to be physically fit and pass the physical test. He used to go for running in the morning so that he would be fit to qualify the physical test to be a policeman.

Having being influenced by his father’s sporting skills he wished to be a sportsman, like his father. He used to accompany his father to the police head quarter grounds to watch his father play hockey. He developed a liking towards hockey and later developed into a good right out forward player. At hockey, speed was his specialty. It was during his childhood period that molded him into a successful, responsible and a balanced human being.

During his childhood there were many impacts that had a telling effect on Anthony Coutinho. He became a loving and understanding child as he seen the difficulties his parents faced. His parents made him realize what they were going through and what he needed to do. As things were not sufficient, he learnt to share and live for his family members. He was influenced by his father, mother and his uncles.

### 4.1.3 ADULTHOOD:

With the help of interviews with Anthony Coutinho, his family members and friends the following information regarding his adulthood was known as follows,

The experience that Anthony received during his childhood days made him an understanding and responsible person. He always felt that he could be of some help to family and started to shoulder the family responsibilities at an early age. As he knew that his family was facing a lot of financial problems as his father retired when he was very young and having merger pension to manage the house, he started to work at an early age. He worked at a dairy
farm, where he segregated the cream from the milk with help of a hand machine and distributed the milk to the different hotels in the city on a bicycle. It was here because of his honest, hardworking and co-operative nature that his dairy owner granted him permission to have any diary products free of cost. Whatever money he earned daily was straight away given to his mother, who was always very proud of him. He working at the dairy farm not only gave a proper diet but also proper exercise. He got proper upper body work out working on the hand machine and lower body work out by distributing milk to all the hotels in Ahmednagar. He always got satisfaction in seeing his family members happy and would do anything to see them happy.

During this phase of his life he used to go for regular running practice and to the Talim with his friends. He gave his much awaited police recruitment physical test, where there were around 500 aspirants. As there was no standard athletic track available in those days, the superintendent of Police had asked the police aspirants to touch a particular tree that was at a far distance and come back. Anthony finished his race when the other had hardly reached the half way mark. On seeing the physical ability of Anthony, the superintendent of Police instantly selected him and gave him special permission only to practice. It was only after joining the police department that he got a platform to display his ability at the state and national level in athletics. He won first place at the state and national level police meets.

It was Mr. Suresh Gujrathi, a sports officer at the Tata sports academy, who was in search of upcoming athletes, spotted Anthony. After a lot of persuasion Mr. Suresh Gujrathi convinced him to leave the police department and join Tata sports academy that changed his whole world. Here it was Ex Indian Olympic medalist, Khashaba Jadhav who then was a sports officer in the police department, helped to relieve him from the police department. After joining Tata sports academy he represented Bihar State. It was his sheer hard work and determination that he achieved whatever he desired to achieve.

He was an obedient person and followed the instructions of his coaches. He was family man and always thought in what way he could help to improve the family condition. He became more mentally and physically strong person.
It was during his adulthood that he got the maturity that made him a successful person. He got proper coaching from Mr. Suresh Gujrathi at the Tata sports academy that made a big difference in his athletic career. It was the police department that also gave him a platform to demonstrate his abilities.

It was in his adulthood period that there was a major development in his life.

4.1.4 EDUCATIONAL BACKGROUND:

With the help of interviews with Anthony Coutinho, the following information regarding his educational background was known as follows,

His mother made sure that Anthony went regularly to school and complete his formal education. She made him aware that, if they had to come out of the financial problems, he needed to be educated.

Anthony completed his schooling (STD VII) from Number 10 Municipal School, Ahmednagar. He used to accompany his brothers and sisters to school as it was not close by. They used to walk their way to school. During his school days there were never any complains against him. The financial condition of his family forced him to work as soon as he completed his class VII. He became a support his family at a very young age. Circumstances made Anthony stop his education and start working at an early age. His father retired when he was very small and with his pension tried to meet both ends meet. Anthony decided to start working and support his family. He was sensitive enough to feel and understand the problems his parents were going through.

His coach Mr. Suresh Gujrathi always had an opinion that if Anthony Coutinho would have been more educated he would have performed better and would been in the administration field after active athletics.

4.1.5 ECONOMIC BACKGROUND:

With the help of an interview with Anthony Coutinho, his family members, friends and fellow athletes the following information regarding his economic background was known as follows,

Anthony did not get anything easily, he had to strive hard for everything. His father was the only earning member in the family and had his
wife and six children to take care of, Anthony parents found it very difficult to meet both ends. There were times when his parents found it difficult to give one time meal to their children. He had seen the difficulties they were going through and this was the reason Anthony started to sell ice cream, paint houses, Majids and work at a dairy farm to support his family.

He knew that if had an opportunity to earn some money was by getting a job in the police department and was influenced by his father and uncles who were policemen. This was the reason he was supported by his parents’ to go on the ground for running.

It was only after he got a job in the police department that the economical status of the family began to improve. They got regular meals and a proper house to stay. After joining the police department he got good food at home and also at the police mess. By him joining the police department, made a big difference to him and the whole family.

After leaving the police department and joining the Tata Sports Academy, he got a lot of incentives whenever he bettered his performance that made Anthony work more hard. He was given a lot of incentives like diet allowance that gave him an opportunity to save money and send back home.

After the 1964, Tokyo Olympics Games, not only did his economical status improve but he also seen that he improved the condition of his family members. He made sure that his family members were also financially stable. On his recommendation, his two brothers got a job at the Tata Company.

As it said that necessity is the mother of all inventions, the circumstances that Anthony Coutinho was going through made him strive hard to overcome the difficulties his family was facing. He knew that if he had to come out of all problems he had to make use of the resources he had.

The incentives set by Tata sports academy always encouraged his to do better to get the incentives. The incentives that he received were always used for his family. It was because he got more money by working at the company he preferred to work at the factory then coaching after active athletics.

He is displeased as he has never been rewarded and appreciated for his contributions, that he sold all his cup and medals that he received for his
sports performance in scrap to get some money. He felt that it was of no use keep having them.

Today after a long period he is getting a pension of Rs 3000/- for being an international sportsman.

4.1.6 SOCIAL BACKGROUND:

With the help of interviews with Anthony Coutinho, his family members, friends and fellow athletes the following information regarding his social background was known that's as follows,

Coming from a family where his father and uncles were sportsmen, Anthony’s family was a social family from the very beginning. During his childhood he was well known for his skills at Attya Pattya game that made people come to see him play. Being a noted athlete gave him and his family a different identity in society. As Anthony performed well in the athletics, he became a known personality far and wide. He made his city proud by his performance. His family and friends were proud to be associated with him.

After becoming an Olympian and attaining a lot of fame he was the same to all his family and friends. He was never a proud person that made him a more loveable person. Anthony was not only good in sports but also was a good human being that made him a lovable person. Anthony being a co-operative and hard working person won his owner's heart, who in turn permitted him to have all dairy products unlimited, free of cost.

Today, also after his retirement he remains a social person. He has friends who he spends time in morning walks and yoga. All his friends are proud of their friend being an Olympian, which is a great motivation to all of them.

Social influence played an important role in shaping him into a successful athlete. During his childhood he went with his friends for regular practice.

He was the first choice around for being a chief guest at any school or any sports function. Till today he is remembered and appreciated for his contributions towards the field of athletics.
4.1.7 INSPIRATION:

With the help of an interview with Anthony Coutinho the source of inspiration in his athletic career was known that’s as follows,

There were many who encouraged him and inspired him in his life. But the one who has been a great source of inspiration right from the beginning was his mother, Estyl. Like every mother she also was a loving, hardworking person. She always tried to give her best to her children.

When the family went through difficulties, it was she who showed him how to face difficulty and search for solutions. She made him understanding and sensitive person at a very early age. She taught him to live not only for himself but for others.

She made him a resourceful person. Working at an early age made him value things. She was the one to guide in becoming a successful person. The love for his family made him strive hard to perform well so that the financial condition of the family would improve.

She played an important role in making him a successful human being.

4.1.8 SUPPORT:

With the help of an interviews with Anthony Coutinho, his family members, friends and fellow athletes the following information regarding the support he had received from his family, friends, coaches, government, association, media etc in his athletic career was known and is as follows,

- FATHER:

Like every son Anthony was influence by his father, Francis in many ways. His father being a sportsman always encouraged his son to play and developed a habit of going for regular running in the morning. Anthony was a keen observer and observing his father, he developed a liking towards sports.

Whenever possible his father used to take him to the ground to play. When his father had departmental hockey matches he used to accompany him. It was watching his father play hockey that he also developed a liking to play hockey and became a good right out hockey player. His father never forced him to be outstanding in studies.

He followed footsteps of his father who was a loving co-operative and hard working person. His father tried to give him the best as he could, in every
possible way e.g. food, guidance, discipline etc and this is one of the reasons that he shares an important role in his success.

His father was a great source support to him whenever he went for competitions. On his departure for the 1964, Tokyo Olympics Games he accompanied him to the airport and was in tears to know that his son was representing India at the 1964, Tokyo Olympics Games.

- **MOTHER**:

  His mother, Estyl was responsible for developing him into hardworking and responsible person. She took utter most care to see that all her children were educated and be the best.

  Anthony being the eldest in the family, he seen and understood the difficulties his family was going through that made him a matured child at a very early age. The financial background of the family was not sound and she could hardly fulfill the basic needs of the family. This made him shoulder the household responsibilities at an early age. She was the one to make him aware of the situations and helped him in searching for solutions. When Anthony brought home money after selling ice-cream or painting houses there was no end to his mother’s joy. She was very proud of having a son like him.

  She always encouraged him to play and go for daily running and exercise. As a mother she tried to give the best nourishment to her children’s as she could.

  She made Anthony aware that if their family needed to come out for all difficulties he had to be educated and work hard. She was responsible in developing the bonding in the family that is why whenever he had an opportunity to help his family, he would.

  Whenever he performed well she was proud of him as any mother would be. The impact she had on Anthony played a major role in he being a successful person. She was his guide, mentor and friend.

- **RELATIVES**:

  Anthony’s family being loving and united family, their support and encouragement played a vital role in his success.

  From the very beginning his uncle’s were fond of him, they used to play with him hockey. Once when he was down with typhoid and having high fever,
in his deep sleep he was shouting Hockey! Hockey! Seeing his love for hockey his uncle brought him a hockey stick. Later Anthony went on to be a good right out hockey player.

His relatives were always proud of him for not only being a good sportsman but also a good human being. They always wished him the best for every competition he participated. They used to be with him in his good and bad times. They were always proud to acquaint themselves with him whenever they spoke to others.

Till today, bonding with his relatives has had a great influence on Anthony.

- FRIENDS:
  As it is rightly said that a man is known by the friendship he keeps. The same applies to Anthony, he had good friends from his very childhood to the very end. His friends were very dear to him from his very childhood. He used to play, study and spend his leisure time with them.

  It was during his childhood that his friends played and practiced together. Even his fellow athletes were his friends off the field. He always said that his only enemy was the stopwatch. Wherever he went he made friends. When he used to be away from home he never felt home sick because of his friends. Today, Anthony has friends with whom he spends time and exercises regularly.

  The impact Anthony’s friends had on him as a player and as a person played a vital role in his life.

- SOCIETY:
  As it rightly said that man is social animal and the success of every human being depends on the social influences on him. Anthony came from a social family and was liked by everyone. They were a non interfering family. People around Anthony were very fond of him and his family as they were very co-operative in nature. Anthony being jovial and easy going person was very famous wherever he went.

  When ever he performed well and gave a good performance everyone around were proud of him. He was called “Olympian” and not by name after representing the Olympics. Everyone always wished him the very best and
prayed that he performed well and makes everyone proud. Anthony got a lot of appreciation and encouragement from everyone around that always made him try to give the best.

Even today, he is called as a chief guest for various sport functions as a mark of appreciation and to encourage the upcoming sportsmen and coaches.

- **MEDIA:**
  Media played an important role in developing, highlighting and encouraging every sportsman.

  Compared to today, media had not been that advance but played vital role in every sportsman. It was through the media that his family and friends came to know about his achievement instantly. The whole city use to rejoice and boast of his Anthony achievement. The attention and encouragement received from the media made a huge impact on his game. Media played an important role during and after his athletic career.

- **FEDERATION:**
  Every federation plays a vital role in the development of every athlete and the game.

  It was the support and role of the federation that played an important in Anthony becoming an Olympian. The federation gave him a platform to show his potential.

  The federation organized camps that helped Anthony to improve and encourage him. The federation sent the Olympic probable’s team in which he was a part of the team that went to Germany as Olympic preparation.

  When selected for the 1964, Tokyo Olympics Games, the federation help in issuing Anthony passport and visa in short period of time. The athletic federation gave him blazers, athletic kits, spikes, tracksuits etc after being selected for the 1964, Tokyo Olympics Games. He was appreciated by the federation on creating a new Asian record in 4 x 400m relay at the 1964, Tokyo Olympics Games.
• **GOVERNMENT:**

The support that every sportsman gets in different ways improves the level of the game and the athlete. Anthony participated at many State, National and International levels but did not receive any financial help during his athletic career.

It was only from the year 2010, that he started to receive a pension of Rs 3000/- per month for being an international sportsman. Being an Olympian, Asian record holder was never given any award by the state government or central government towards his contribution toward sports.

Anthony feels that government could have appreciated him in a better way. He also feels that today’s player need to be encouraged in best possible way to get better results and encourage youngster taking up sports.

• **COACHES:**

The experience and knowledge of coaches play an important role in development of every sportsman.

Anthony was lucky to have good coaches, who played an important role in his athletic career. He got good coaches whose valuable observations, guidance and personal touch made a world of difference in his performance at every level.

It was Mr. Nizam Master who taught him to take a proper start. Later Mr. Suresh Gujrathi was the one to spot him and train him. He played a major role in Anthony’s success. He not only was his coach but also a friend. Mr. Suresh Gujrathi was a coach who had a desire to develop top class athletes.

Cobax was a relaxed coach who concentrated on the basic. He being a jovial person always relaxed the whole camp. He was particular of the diet and life style of the athletes. He had a major contribution in Anthony and his team mates making a new Asian record in 4x100m relay.

All his coaches played an influential role in Anthony being a successful athlete and making him understand the game better.
TATA SPORTS ACADEMY:
The unconditional service rendered by Tata sports academy made a world of change in numerous sportsmen but in different games also. Their service not only made everyone proud but also the whole nation proud.

Tata Sport’s Academy played an important role not only in Anthony’s athletic career but also in the life of many other sportsmen. Tata Sports Academy gave the best training, sports facilities and encouragement to sportsmen. It was late JRD Tata who was instrumental in starting the sport academy and encouraging sportsmen.

Tata Sport’s Academy was always in search of talented sportsmen and Mr. Suresh Gujrathi was instrumental in spotting good sportsmen and training them. It was Mr. Suresh Gujrathi, who spotted Anthony’s potential as an athlete at the state and national police meet. After a lot of perseverance Anthony left the police department and joined the Tata Sport’s Academy.

The support, encouragement and incentives that he received from the Tata Sports Academy brought out the best out of him. The incentives were so attractive that every athlete gave their best every time. He was given free accommodation and food.

His job was to work only for two hours in the morning as a floor supervisor and rest of the time practice sports. His job was not at all tough that would affect his sport performance.

Anthony had a dedicated Coach Mr. Suresh Gujrathi, who trained him taking every aspect of the game into consideration. His training consisted of weight training, sand running, repetitions etc that made him a good athletic.

Every achievement that Anthony received, the company would increase his diet allowance and give financial increment to him. The company not only concentrated on his athletic performance development but also secured his further by giving him a job in the company after his athletic career. Tata Company not only shaped Anthony’s life but also got his two brothers a job in the company on his recommendation.

To be successful it is very important to have the right support that what Tata sports academy has been doing for the years.
**POLICE DEPARTMENT:**

The police department had been instrumental encouraging sportsmen and supporting them in different ways. Anthony from his very childhood dreamt of being a policeman and later became a policeman at Ahmednagar. To pass a physical test to become a police he practiced hard to develop his physical abilities. On seeing his physical abilities the police department supported him in many possible ways to develop him in sports. He was not given heavy duty when his competitions were near.

Anthony was given proper diet and rest while he was working with the police department. To encourage and develop his performance he was sent to Mumbai for training camp. It was all India Police meet that brought him to lime light when he stood 1st at the State and the National Police Meets.

Suresh Gujrathi, a Tata sports officer saw him at the police meets and requested him to join the Tata Sports Academy. It was here in the police department that former Olympic medalist Khashaba Jadhav, a sports officer in the police department helped him to get relieved from the police department and join the Tata Sports Academy.

The police department gave Anthony a platform, from where his whole athletic career began.

**4.1.9 ANTHONY’S TRAINING METHOD AND SCHEDULE:**

Training method and schedule plays an important role in the success of every athlete. Every athlete train differently, there are many things to learn to develop the game. The study of Anthony’s training method and schedule adopted by him would be a guide line to the aspiring athletes.

With the help of interviews with Anthony Coutinho, fellow athletes and his coaches the information regarding his training methods and schedule adopted by Anthony Coutinho was known that’s as follows,

**COACHES**

1. Nizam Master     Maharashtra Police
2. Lazarus     Maharashtra Police
3. Suresh Gujrathi    Tata Sports Academy
4. JRD Pardiwala     Bangalore Camp
5. Ranvir Singh     German Tour
6. Cobax     1964, Tokyo Olympic
- **NIZAM MASTER:**
  He was a trained coach and gave him basic knowledge. He taught him how to take a running start with the help of the starting blocks.
  He was the first person to give him technical training at the Police department. He was a good and polite person by nature who also was a good hockey player.

  ➤ **SCHEDULE AND TRAINING METHOD UNDER NIZAM MASTER:**
  - Morning session: Cross country everyday at 6 am.
  - Evening session: 3 pm repetition of 120 meters, 150 meters, 200 meters.
  - Starting practice with the help of starting blocks.

- **MR. LAZARUS:**
  He was a Sports Officer in the Police department. When Anthony was selected for state police meet his valuable contributions made a difference in Anthony's performance. He was strict and was very particular of time.

  ➤ **SCHEDULE AND TRAINING METHOD UNDER LAZARUZ:**
  - Morning Session: Everyday Cross country to King's Circle, Bombay, he used to accompany them on a scooter and back, general exercise. e.g. running, stretching.
  - Evening Session: Regular practice 2 pm, repetitions of 100 meters, 120 meters and 150 meters.
  - Practice Running start.
  - Sunday was day of rest.

- **SURESH GUJRATHI:**
  He was a head coach at Tata Sports Academy. Always in search of athletes who had the potential of performing at the National level and International level. It was he who spotted Anthony at the State and National Police Meet.
  It was after a lot of persuasion that Anthony resigned from the police department and joined Tata Sports Academy. Mr. Suresh Gujrathi was the
one to convince him and made join the Tata sports academy. When any new sportsmen came to the academy, they didn’t get quarters to stay immediately he used keep the sportsmen at his home till they got their quarters.

He was a good person by nature and was never seen angry. He was very particular of his training.

SCHEDULE AND TRAINING METHOD UNDER SURESH GUJRATHI:

- Morning Session: At 6 am, general exercise stretching etc.
- Cross Country twice a week, he used to accompany him on a bicycle.
- Weight training alternative days thrice a week.
- Sand running twice a week.
- Evening Session: 2 pm.
- Repetitions of 100 meters, 150 meters and 200 meters.
- Speed Training.
- Starting practice with the help of the starting blocks.
- Sunday was day of rest.

JAL PARDIWALA:

He was well known athletic official, who was a starter. He always accompanied the Bihar Team, as a team manager for the State and National Meets.

He was well known among all the top athletes and shared a good relation with them. Whenever the athletes performed well he used to treat them on his own expense. He was jolly person in nature.

SCHEDULE AND TRAINING METHOD JRD PARDIWALA:

- General exercise and stretching.
- Baton Exchange.

RANBIR SINGH:

He was National level Pole Vault player and a qualified NIS coach in athletics. He was Anthony's coach for the German Tour. He was a cool person by nature, strict regarding practice and punctuality the athletes.
SCHEDULE AND TRAINING METHOD UNDER RANBIR SINGH:

- Morning Session: 6 am general exercise and stretching.
- Afternoon session: Baton exchange, starting practice and practice of 100 meters, 150 meters and 200 meters.

➢ COBAX:

He was a Russian coach who was appointed as the head coach for the Indian athletic team for the 1964, Tokyo Olympics Games. He was a jovial and fun loving person on and off the field. He was also very particular about the diet and lifestyle of the athletes. It was under his guidance that the Anthony and his team mates created a New Asian Record in 4x100 meter relay at the 1964, Tokyo Olympics Games.

SCHEDULE AND TRAINING METHOD UNDER COBAX:

- Six day a week practice, morning 6 am and evening 2 pm.
- Morning session consisted of General Exercise and Stretching.
- Evening Session: Daily at 2 pm.
- Concentrated on all aspects of the 4X100 meters event.
- Starting: Repetition on the starting blocks.
- Curve running.
- Repetition of straight running.
- Finish: Repetition of finishing.
- Sunday was day of rest.

4.1.10 DIET AND LIFESTYLE:

With the help of interviews with Anthony Coutinho, his family members, friends and fellow athletes the following information regarding his diet and lifestyle during his childhood, adulthood, police department, Tata sports academy and during the Tokyo Olympics was known that's as follows.

A sportsman's performance depends a lot on his diet and lifestyle. So every sportsman needs to be disciplined regarding his diet and lifestyle. Nowadays, the various fast foods available at every corner have affected the health of the present generation. The habit of sleeping late and getting up late has also affected the lifestyle and television has being one of the major reasons.
So the study of Anthony's diet and life style may help the upcoming sports sportsmen, parents and coaches in inculcating proper life style and eating habits to enhance an athlete's performance.

➢ **CHILDHOOD PERIOD:**

**DIET:**

**Breakfast:** Tea with Bhakri.

**Lunch and Dinner:** Rice, Moong Dal and Bhakri.

**LIFE STYLE:**

- Wake up at 6.00 am.
- Go to School.
- Study.
- Do household work.
- Go to bed between 8.30 pm to 9 pm.

➢ **ADULTHOOD PERIOD:**

**DIET:**

**Breakfast**

- Tea and Bhakri.

**Lunch and Dinner**

- Rice, Moong dal, Bhakri.
- Fond of bone soup.
- Dairy products e.g. Milk, curd, cream, butter, ghee etc.

**LIFE STYLE:**

- Wake up at 5.30 am.
- Go Cross Country.
- Talim work out.
- Sell ice cream from morning to evening.
- Painting of houses and Majids.
- Work at dairy farm.
- Go to bed between 8.30 pm to 9 pm.
➢ WHILE WORKING AT THE POLICE DEPARTMENT:

LIFE STYLE:
• Wake up at 5.30 am.
• Cross country, repetition, starting practice.
• Breakfast.
• Routine duty at the Police station.
• Patrolling.

➢ DURING POLICE COMPETITION:
• Sign the muster and practice only, no police duty.

DIET:
Breakfast: Tea, Milk, Chapatti, Bhakri, Vegetables.
Lunch and Dinner
• Rice, moong dal, chapatti, Bhakri, vegetables and bone soup.
• Once a week non vegetarian food.

➢ DIET AND LIFE STYLE AT TATA SPORTS ACADEMY:

DIET:
• Breakfast: Tea, Eggs, Bread, Butter, Jam, Milk and Chapatti.
• Lunch and Dinner: Rice, Vegetables, Chapatti.
• Saturday and Sunday: Non vegetarian food, mutton or chicken.

LIFE STYLE:
• Wake up at 5.30 am.
• Morning practice at 6 am.
• Breakfast.
• Morning supervision duty at the workshop from 9 am to 11 am.
• Lunch and rest till 2 pm.
• 2 pm Practice.
• Dinner at 8 pm.
• To bed by 9 pm.
DURING OLYMPIC CAMP:

DIET:
- Breakfast: Milk with Horliks, Eggs, Bread, Butter, Jam.
- Lunch: Rice, Chapatti, Dal, Vegetable, Fruits.
- Dinner: Rice, Chapatti, vegetable, mutton or chicken.

LIFE STYLE:
- Wake up at 5.30 am.
- 6 am general practice and conditioning.
- Breakfast: Variety of Indian food was available.
- Rest
- 2 pm General practice, baton exchange, straight running, curve running and finish.
- Rest.
- Dinner 8 pm.
- To bed by 9 pm.

DURING 1964, TOKYO OLYMPICS:

DIET:
- Breakfast: Milk, Tea, Eggs, Bread, Butter and Jam.

Lunch and Dinner
- Variety of Indian food available.

LIFE STYLE:
- Wake up at 5.30 am.
- Practice.
- Breakfast.
- According to schedule lunch.
- Dinner between 8 pm to 9 pm.
- To bed by 9.30 pm.

4.1.11 ACHIEVEMENTS:

With the help of interviews with Anthony and his records regarding his athletic achievements his performances at different level in his athletic career was known that’s as follows,
### Table No. 6
State Level Performance

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>State</th>
<th>Year</th>
<th>Venue</th>
<th>Event</th>
<th>Place</th>
<th>Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Maharashtra</td>
<td>1964</td>
<td>Bombay</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>11 Sec.</td>
</tr>
<tr>
<td>2</td>
<td>Maharashtra</td>
<td>1964</td>
<td>Bombay</td>
<td>200 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>22 Sec.</td>
</tr>
<tr>
<td>3</td>
<td>Maharashtra</td>
<td>1964</td>
<td>Bombay</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>10.8 Sec.</td>
</tr>
<tr>
<td>4</td>
<td>Maharashtra</td>
<td>1964</td>
<td>Bombay</td>
<td>200 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>21.8 Sec.</td>
</tr>
<tr>
<td>5</td>
<td>Bihar</td>
<td>1964</td>
<td>Dhanapur</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>10.8 Sec.</td>
</tr>
<tr>
<td>6</td>
<td>Bihar</td>
<td>1965</td>
<td>Dhanapur</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>10.6 Sec.</td>
</tr>
<tr>
<td>7</td>
<td>Bihar</td>
<td>1966</td>
<td>Dhanapur</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>10.7 Sec.</td>
</tr>
<tr>
<td>8</td>
<td>Bihar</td>
<td>1967</td>
<td>Dhanapur</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>10.7 Sec.</td>
</tr>
<tr>
<td>9</td>
<td>Bihar</td>
<td>1968</td>
<td>Dhanapur</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>10.7 Sec.</td>
</tr>
</tbody>
</table>

### Table No. 7
National Level

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Year</th>
<th>Event</th>
<th>Place</th>
<th>Performance</th>
<th>Venue</th>
<th>State Rep.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1963</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>11 Sec.</td>
<td>Trivandrum</td>
<td>Maharashtra</td>
</tr>
<tr>
<td>2</td>
<td>1963</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>10.9 Sec.</td>
<td>Calcutta</td>
<td>Bihar</td>
</tr>
<tr>
<td>3</td>
<td>1963</td>
<td>100 m</td>
<td>1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>10.5 Sec.</td>
<td>Delhi</td>
<td>Bihar</td>
</tr>
</tbody>
</table>
Table No: 8

Tours' Abroad

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Year</th>
<th>Country</th>
<th>Place</th>
<th>Event</th>
<th>Position</th>
<th>Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1964</td>
<td>Germany</td>
<td>Berlin</td>
<td>100 m</td>
<td>1st</td>
<td>10.5 Sec.</td>
</tr>
<tr>
<td>2</td>
<td>1964</td>
<td>Germany</td>
<td>Frankfurt</td>
<td>100 m</td>
<td>1st</td>
<td>10.5 Sec.</td>
</tr>
<tr>
<td>3</td>
<td>1964</td>
<td>Germany</td>
<td>Castle rock</td>
<td>100 m</td>
<td>1st</td>
<td>10.5 Sec.</td>
</tr>
<tr>
<td>4</td>
<td>1964</td>
<td>Germany</td>
<td>Berlin</td>
<td>100 m</td>
<td>1st</td>
<td>10.5 Sec.</td>
</tr>
<tr>
<td>5</td>
<td>1964</td>
<td>Japan</td>
<td>Tokyo</td>
<td>4 x 100</td>
<td>Semi final</td>
<td>40.5 Sec.</td>
</tr>
<tr>
<td>6</td>
<td>1968</td>
<td>Srilanka</td>
<td>Colombo</td>
<td>100 m</td>
<td>1st</td>
<td>10.6 Sec.</td>
</tr>
<tr>
<td>7</td>
<td>1968</td>
<td>Srilanka</td>
<td>Colombo</td>
<td>200 m</td>
<td>1st</td>
<td>21.6 Sec.</td>
</tr>
<tr>
<td>8</td>
<td>1969</td>
<td>Srilanka</td>
<td>Colombo</td>
<td>100 m</td>
<td>1st</td>
<td>10.9 Sec.</td>
</tr>
<tr>
<td>9</td>
<td>1969</td>
<td>Srilanka</td>
<td>Colombo</td>
<td>200 m</td>
<td>2nd</td>
<td>21.9 Sec.</td>
</tr>
</tbody>
</table>

4.1.12 PERSONAL INFORMATION:

Height: 175 centimeters

Weight: 70 kilograms during Olympics.

4.1.13 PARTICIPATION AT VARIOUS LEVELS:

Competitions make athletes more matured and improves their performance. Anthony participated at different levels that gave him encouragement and self belief that he could be top athlete.

During his childhood days did not get an opportunity to participate in inter school or association organized competitions. He later represented Maharashtra Police, Bihar State and played many state and national level competitions.

Anthony also competed against the Russian team that visited India. He also toured Germany and Srilanka. He also represented India at the 1964, Tokyo Olympics Games.
4.1.14 RECORDS CREATED:

I. Year : 1963
   Event : 100 meters
   Venue : Delhi
   Record : New National Record with a timing of 10.5 Seconds

II. Year : 1964, Tokyo Olympics
   Event : 4 x 100 meters Relay (Men)
   Venue : 1964 Tokyo Olympics Games
   Record : New Asian Record with a timing of 40.5 Seconds

4.1.15 ATHLETIC JOURNEY:

With the help of interviews and his official records of Anthony Coutinho, his family, friends coaches, fellow athletes the following information regarding his athletic journey was known,

Anthony's athletic journey has been an inspiration to many athletes. From his very childhood he had to face a lot of difficulties. It was his sheer hard work and determination that he reaped benefits.

A place where there was no proper infrastructure, coaching and facilities, he worked hard on his own. He worked hard to get selected in the police department.

Being an exceptionally talented athlete, he was selected in the police department where he was well supported by the police department.

Without any special coaching and facilities he performed well at the State and National Police Meet that drew everyone's attention especially of Mr. Suresh Gujrathi, a Tata Sports Academy Coach.

It was hard to convince him to leave the police department and join Tata sports academy. Finally, Anthony was convinced to join after seeing the incentives and future he had ahead. Here it was the former Olympic medalist Mr. Khashaba Jadhav, a police sports office in the police department, who helped to be relieved him from the police department.

After joining Tata Sports Academy, Anthony got the best coaching, training facilities and encouragement. He went on to represent Bihar State and he stood first in 100 meters at the Calcutta nationals beating the best
athletes. He later went on to create National record at the Delhi Nationals in 100 meters in 10.5 seconds. He proved that his achievement was no fluke.

The Amateur Athletic Federation of India sent the probable athletes for the 1964, Tokyo Olympics Games to Germany, as a preparation in which Anthony was also a member of the team. It was here also that Anthony performed consistently with a timing of 10.5 seconds in all the competitions.

Anthony qualified for the 4 x 100m relay along with Rajashekar, Kenny Powell and Makhan Singh. At the 1964, Tokyo Olympics Games the Indian 4 x 100m relay team qualified for the semifinal and gave a record performance of 40.5 seconds by creating a new Asian record in 4 x 100 mens relay.

It was after the 1964, Tokyo Olympic Games that Anthony suffered a hamstring injury that hampered his performance. He competed with Russian team that toured India in 1965 and the Tata Sport Academy tour to Sri-Lanka in which he had notable performance.

Anthony competed till 1968 and later worked at Tata Company full time, till he retired.

4.1.16 DIFFICULTIES IN ATHLETIC CAREER:

With help of interviews conducted with Anthony Coutinho, coaches, family members and fellow athletes the information regarding the difficulties that he faced during his athletic career was known that's as follows,

Every athlete faces different challenges and difficulties in their athletic career. These challenges and difficulties make an athlete, a refined athlete. During his childhood due to poverty he and his family had to face a lot of difficulties to get one time proper meal a day.

Anthony sold ice-cream and painted Majids and houses to help his family members in some way. Anthony worked at a dairy farm where he worked on a manual machine that segregated the cream from the milk and later in the afternoon distribute milk on a bicycle to all the hotels in Ahmednagar city. He stayed away from home when he had to join the Tata sports academy.
4.1.17 SECRET OF SUCCESS:

With help of interviews conducted with Anthony Coutinho the information regarding the secret of him becoming an Olympian and his athletic achievements were known that's as follows,

To be successful an athlete needs to work hard and have a lot of determination. Anthony knew that he had to work hard to come out of the difficulties to help his family see good days. When he seen that his parents found it difficult to meet both ends, he started to shoulder the family responsibilities at an early age.

Anthony labored hard at home and on the ground to see better days. As an athlete he worked hard on his fitness and seen that he became fit athlete day after day. He knew that if he wanted to qualify as a police had to be physical fit. After he joined the police department, he always obeyed his coach’s instructions and sincerely followed them. He never used the shy away from hard work.

Anthony would travel for competition without any fuss. Most of the time he used to travel in unreserved railway compartments where travelling was not at all comfortable. Other athlete use to grumble and get affected by the traveling but he was never affected. He never allowed the travel to affect him mentally and on reaching the he would practice soon as possible. Anthony would not let any difficulty to hamper his performance. He very much knew that he had to fight against all odds to be successful.

He and his fellow athletes gelled very well that made Anthony believe that he had the potential to perform at higher level. He was never jealous of his competitors but on the contrary would appreciate their performance.

After leaving the Police Department and joining Tata sports academy worked hard to get the incentives that were given for outstanding performance. He knew that if he had to come out of the financial crisis he had to get the additional incentives that were given for outstanding performance. He sincerely worked hard so that with the incentives he could help his family. It was the desire to fight against all financial difficulties, he and his family were facing and see good days that brought out the best of Anthony.
4.1.18 CREDIT OF SUCCESS:

According to the interviews conducted with Anthony Coutinho, whom he owes the credit of his athletic success was known that’s as follows,

All his success Anthony owes to his coach Mr. Suresh Gujrathi. It was he who spotted him at the police meet and convinced him to leave the police department and join Tata sports academy as he had a better future there. At Tata sports academy he seen that he give the best and gave attractive incentives if performed better that brought the best out of him.

He trained in the best possible way and made him believe in him self that he had the potential in him. Off the field he was a friend. He never made him feel that he was away from home when he left his family and joined Tata sports academy.

4.1.19 DIFFICULTIES IN ATHLETIC CAREER:

With help of interviews conducted with Anthony Coutinho the information regarding the difficulties that he faced during his athletic career was known that’s as follows,

Every athlete face different challenges and difficulties in they athletic career. These challenges and difficulties make athlete a true champion. During his childhood due to his poor financial condition he and his family had to face a lot of difficulties even to get one time proper meal a day.

Anthony sold ice-cream, painted Majids and houses to help his family members in some way. Anthony also worked at a dairy farm where he worked on a manual machine that removed the cream from the milk and later in the afternoon distribute milk on a bicycle to all the hotels in Ahmednagar city. He had to travel in unreserved compartments when he went for competitions that affected his performance. He had to leave his family when he had to join Tata sports academy for a better future. It was his determination to come out of these difficulties that made him a champion.
4.1.20 VIEWS ON ATHLETICS:

With help of interviews conducted with Anthony Coutinho the information regarding his views on athletics was known that’s as follows.

The vast experiences of Anthony related to the game and the different changes that he has seen taken place according to time have a lot of value that can be a guiding light to every athlete. He views athletics as an integral part of human life and everyone need to have some physical activity to be mentally and physically fit.

As time has pasted he has seen tremendous changes in the field of sports like technique, diet, qualified coaches, infrastructures etc that has uplifted the standard of sports, making competition tougher. Sports infrastructure has improved day by day not only in the cities but also in the rural areas. During Anthony’s childhood days there were no standard athletic track or stadium but now there are athletic tracks at every Taluka.

During his early days there were very few trained or qualified coaches to guide sportsman but today the number of qualified has increased rapidly. Regular competitions get out the best out of every athlete. Previously there were very few competitions, today there are competitions for every age group organized by schools, association etc. The athletes get a lot of exposure at a very early age, which has helped the upcoming athletes in understanding and improving their game. He feels that modern athletes want quick results without hard work and patience.

He has a view that athletes need to work hard on their physical fitness that would help in giving consistent performance. Athletes need to live an active life style. Athletes need to put faith in their coaches and be disciplined to be successful athletes.

Sport is science based. Diet and nutrition has also become a major factor relation to sports performance. Today’s athletes need to have proper diet that would help in giving good performance. There are many fast foods joints available which is not at all encouraging for sportsman.

Nowadays, athletes get a lot of encouragement and support compared to the past, from their family, government and society. As the number of job opportunities for sportsmen have been increasing in the Government and private sectors people have started to take up sports as a career. The
sportsmen are getting sufficient financial help from Government, Association and society. Media has been playing an important role in highlighting the sportsmen's performance.

Sportsmen have been appreciated for their contributions towards the game by being given awards at different levels. Pension is also being given to sportsman of national and international status. Anthony feels that the government can do much more better to improve the standard of sports in India and encourage the younger generation more towards sports.

4.1.21 AS AN ATHLETE:

With help of interviews conducted with Anthony Coutinho, his family members, coaches and athletes the information regarding of him being an athlete was known that's as follow.

Anthony was very sober in nature. He was a dedicated sportsman who did what ever his coach ordered him to do. He was sincere in what ever he did he made sure that what ever he did made him a better athlete. The day he was not feeling well, he would come well in advance and inform his coach that he is not able to come for practice.

With other athletes he was a very jovial and cooperative person. On the field and of the field he shared a good relation with fellow athletes. He was never jealous, if anyone performed better than him, he would appreciate their performance. He always encouraged his fellow athletes.

He was a team man, at times after running 100m race and if he was asked to run for 400 m race he would participate without hesitation for the team sake. After completing his daily schedule on the ground, he would ask his coach if any thing else is remaining and then only leave the playground. He had no enemies, he says that his only enemy was the stopwatch. If he did not perform well he would ask himself, why he didn't perform well.

For example at Delhi Nationals, in the heats he did not give the desired timing that he wished and was worried whether he would perform well in the final. After a lot of thought he reasoned out the problem that he didn't warm up properly during the heats. For the finals he was one hour early for warm up. He warmed him thoroughly before the finals. In the finals he broke 12 years 100m National record of Levy Pinto and became a new national hero.
As an athlete he was a ruff and tuff person. He used to never complain about travel when he had no reservation during rail journey he used to sleep near the toilet in the railway compartment and was ready to participate the next day. Whatever food he used to get he would eat without any fuzz.

He had firm self belief and was never affected by the other well known athletes during competition. Anthony is proud to be an athlete as athletics has given whatever he desired.

4.1.22 AS AN OLYMPIAN:

With help of interviews conducted with Anthony Coutinho, his family members, coaches, fellow athletes, friends and students the information regarding of Anthony being an Olympian was known as follows,

Being an Olympian itself is a great sense of achievement and satisfaction for Anthony. Anthony dreamt of being a great sportsman but his sheer hard work and determination made him an Olympian.

Today, Anthony being an Olympian gives him a lot of joy and pride. He has been a down to earth person till date. As an Olympian Anthony is contented with his performance at the 1964, Tokyo Olympics as his team created a new Asian record in 4x100 m relay. As an Olympian qualifying two rounds and reaching the semi finals was also a satisfying achievement.

Being an Olympian he was given heavy incentives by Tata Sports Academy. The company also favored his two brothers by giving them jobs on his recommendation. Though he reached great heights never forgot his family members and close ones. He always cared for them who were with him in his good and bad times.

The officers at Tata Sports Academy were proud of his achievements and showed him a lot of love and respect being an Olympian. On his recommendation his officers favored his brothers with a job in the company. On taking part at the 1964, Tokyo Olympics and creating a new Asian record in 4x100 m relay Tata Company as usual increased his diet allowance and also gave him incentives.

The family members were extremely proud of him being an Olympian. He was called "Olympian" by people and not by name. It was through his sports achievements that Anthony and his family became well known in
society. The financial status of the family also improved drastically. Anthony is an example of what hard work and determination can do wonders in one's life and to the whole family.

Being an Olympian he became a motivator to the upcoming athletes. He was the most wanted chief guest for Sports Day. Every school wanted him to grace their program and motivate the students. Students felt proud in meeting and receiving a prize at the hands of an Olympian.

The whole city was proud that have with them a person who is an Olympian. All colleagues, friends, coaches, relatives and the people in the neighborhood like to relate themselves with Anthony. Today also he is felicitated by the media many a times for his achievements against all odds. Anthony also has a few regrets in life, he feels that he was not appreciated by the government for his achievements in a proper manner.

He didn't get any award from the State or Central Government. He is only getting a monthly pension of rupees one thousand per month from the State government. When any sportsman is appreciated and remembered for his/her contribution always gives a sweet joy and satisfaction.

4.1.23 AS A COACH:

With help of interviews conducted with Anthony Coutinho, his family members and students the information regarding he being a coach was known that’s as follows,

Anthony came from a very poor financial background and after active athletics he didn’t choose to take up coaching but preferred to work at the factory as he would get better returns there. He preferred to work at the company and do overtime so that he would get more money. Anthony did a lot of over time at the factory, so that he could give his wife and children the best.

At that time coaching field was not a profession where one could take it up as full time profession. Anthony used to coach during holidays camps organized by Tata sports academy. Anthony liked to coach and be on the field whenever he could. He always felt to give back in some way to the game that has given him everything in life. But to secure a better future he preferred to work in the company, then to coach.
Anthony wished that his children keep his reputation in sports and be good sportsman his daughter preferred to opt for academics but son preferred to follow his father’s footsteps and took up athletics. Anthony coached his son whenever he had time. His son Evred went on to represent University of Pune in athletics, e.g. 100m, 200m. Today, Anthony remains a motivational factor and idol for many budding athletes who know him.

4.1.24 Message to Upcoming Athletes:

With help of interviews conducted with Anthony Coutinho, his message to the upcoming athletes is as follows,

Anthony’s views that if the budding athletes want to give results at the State and International level they need to have a lot of perseverance and work hard on their physical fitness. Today, athletes cannot be complacent regarding their abilities. They need to be on their toes as competitions have become very competitive. Having a disciplined life style is a must, with many fast food joints at every corner the athlete need to be disciplined regarding their diet.

Television has disturbed the life style of most of the people. Watching television late night and getting up late has affected the health of most of the upcoming athletes. Having the right life style would help the athletes to give good performance. Discipline, respect and obedience towards coaches is a sign of a dedicated sportsman and they need to develop it. He also feels that today’s athletes need to develop their mental strength to perform better. Anthony feels that to enjoy the game, every competitor needs to be treated like a competitor and not as an enemy. Playing the sport in the right spirit will always help an athlete on and off the field.

4.1.25 Message to Upcoming Coaches:

With help of interviews conducted with Anthony Coutinho, his message to the upcoming coaches were known that’s, as follows,

Coaches act as a guiding light to every sportsman. Who help the athlete in understanding the game in better way. In today’s world coaches need to update themselves as to get the best out of his sportsman. By just following the same old routine coaching, becomes boring for the athletes. By updating themselves with latest coaching methods and techniques can get the
best out of the athletes. Every aspect of the game like mental, physical etc needs to be understood by the coaches. Anthony also feels that today coaches need to be patient with their athletes and not expect quick results.

4.1.26 Memorable Incident in his Athletic Career:

With the help of interviews conducted with Anthony Coutinho, the most memorable incident in athletic career was known, that's as follows,

There are many happenings that had taken place in Anthony’s life out of which some had a telling effect on his career. Here is one such incident that had an impact on his career.

When Anthony was competing at the Delhi Nationals, he had beaten the top athletics at the previous Kolkata Nationals and was not performing well as he desired at Delhi nationals, which was a worry for him. After a lot of thought, Anthony realized that he was not warming up well during the heats. For the final, he came one hour early and got himself perfectly warmed up for the finals. In the finals he gave a stunning performance and created a new National record in 100meters with the timing of 10.5 seconds. He had beaten all the top athletes in the race.

From the biography of Anthony Coutinho it is learnt that his father and uncles were sportsmen. His father was a good hockey player who represented the police department.

During his childhood he learnt many things that made him a mentally and physically strong person. He was sincere at school and at home. He was very good at attya pattya.

During his adulthood he worked hard to support his family financially. He painted majids, sold ice-cream and worked at a dairy farm. It was when he worked at dairy farm that he got proper diet during his adulthood.

Anthony Coutinho studied still standard seventh and left schooling to support his family financially.

Anthony Coutinho’s financially condition is not sound that made him face hardships from his very childhood. His father was a pensioner and six children to look after. His economical status improved only after he joined police department and later improved when he joint the Tata sports academy.

Being a sportsman he and his family were social. Anthony Coutinho being a sportsman was well known by everyone around him. Anthony and his family members became were well known especially when he became an Olympian.
Anthony Coutinho was inspired by his mother, Estyl from his very childhood. It was she who showed him to fight the difficulties he and his family were facing. She made him a loving and sensitive person that made him do everything for him family.

He got family support for his family, friends, sportsman, coaches and society. He did not get required support for the government during and after his athletic career. He was supported in the best possible way Tata sports academy for his achievements. The police department also gave him a platform to demonstrate his potential.

The training schedule and method giving to him by his different coaches developed his game. It was a specially Suresh Gujrathi who played an instrumental zone in making him a good athlete. He gave him the proper training schedule and method that brought out the best within him.

Anthony Coutinho’s diet and lifestyle during his childhood was not up to the mark. It was when he worked at dairy farm that he consumed all the dairy products that made him physically strong. It was when he joined the police department that he and his family got proper daily meals. At the Tata sports academy he got the best diet that brought out the best within him.

Anthony Coutinho participated at the Delhi Nationals and created a new national record in 100 meters with a timing of 10.5sec. He also created a new Asian record in 4x100 meters at 1964, Tokyo Olympics with timing 40.5.

Anthony Coutinho’s athletics journey was full of hardship. He did not have proper infrastructure, facilities, coaches and support during his childhood. It was when he joint police department he started to get proper training facilities and platform to display his potential. It was Mr. Suresh Gujrathi who sported him at police meet and he got him admitted at Tata sports academy. It was Tata sports academy that encouraged him in the best possible way and got out best of him. He created national and Asian record during his athletic carrier. He also completed with the Russian, Sri lankan and German athletic team.

He credits his achievements were because of his hard work and support of his family coaches and friend. The police department and Tata sports academy played an vital role in his success.

Anthony Coutinho suggests the upcoming athletes and coaches need to work hard and be patient to attend the success.
He did not taking coaching as he benefited financially by working at the company.

Being an Olympian he benefited in many ways he also helped his brothers in getting a job at the Tata sports academy on his recommendation. He did not get any award from the government for his achievements. He started to get pension of Rs. 3000/-for the government for his achievement.
### 4.2 Personality of Anthony Coutinho:

**Table No. 9**

**16 PERSONALITY FACTORS TEST**

<table>
<thead>
<tr>
<th>STE N</th>
<th>FACTOR</th>
<th>LOW SCORE DESCRIPTION</th>
<th>LOW</th>
<th>AVERAGE</th>
<th>HIGH</th>
<th>HIGH SCORE DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warmth (A)</td>
<td>Cool</td>
<td></td>
<td></td>
<td></td>
<td>Easy going</td>
</tr>
<tr>
<td>6</td>
<td>Reasoning (B)</td>
<td>Less Intelligent</td>
<td></td>
<td></td>
<td></td>
<td>Thinking</td>
</tr>
<tr>
<td>7</td>
<td>Emotional Stability (C)</td>
<td>Effected by feelings</td>
<td></td>
<td></td>
<td></td>
<td>Faces Reality with calm</td>
</tr>
<tr>
<td>6</td>
<td>Dominance (E)</td>
<td>Co-operative</td>
<td></td>
<td></td>
<td></td>
<td>Competitive</td>
</tr>
<tr>
<td>3</td>
<td>Liveliness (F)</td>
<td>Introspective</td>
<td></td>
<td></td>
<td></td>
<td>Enthusiastic</td>
</tr>
<tr>
<td>8</td>
<td>Rule-Consciousness (G)</td>
<td>Expedient</td>
<td></td>
<td></td>
<td></td>
<td>Moralistic</td>
</tr>
<tr>
<td>3</td>
<td>Social Boldness (H)</td>
<td>Hesitant</td>
<td></td>
<td></td>
<td></td>
<td>Socially bold</td>
</tr>
<tr>
<td>9</td>
<td>Sensitivity (I)</td>
<td>Self-Reliant</td>
<td></td>
<td></td>
<td></td>
<td>Sensitive</td>
</tr>
<tr>
<td>4</td>
<td>Vigilance (L)</td>
<td>Trusting</td>
<td></td>
<td></td>
<td></td>
<td>Vigilant</td>
</tr>
<tr>
<td>6</td>
<td>Abstractedness (M)</td>
<td>Grounded</td>
<td></td>
<td></td>
<td></td>
<td>Absorbed in ideas</td>
</tr>
<tr>
<td>3</td>
<td>Privateness (N)</td>
<td>Involved</td>
<td></td>
<td></td>
<td></td>
<td>Private</td>
</tr>
<tr>
<td>1</td>
<td>Apprehension (O)</td>
<td>Self-Satisfied</td>
<td></td>
<td></td>
<td></td>
<td>Apprehensive</td>
</tr>
<tr>
<td>7</td>
<td>Openness to Change (Q1)</td>
<td>Respects traditional ideas</td>
<td></td>
<td></td>
<td></td>
<td>Open to change</td>
</tr>
<tr>
<td>10</td>
<td>Self-Reliance (Q2)</td>
<td>Group Oriented</td>
<td></td>
<td></td>
<td></td>
<td>Resourceful</td>
</tr>
<tr>
<td>8</td>
<td>Perfectionism (Q3)</td>
<td>Flexible</td>
<td></td>
<td></td>
<td></td>
<td>Self disciplined</td>
</tr>
<tr>
<td>3</td>
<td>Tension (Q4)</td>
<td>Relaxed</td>
<td></td>
<td></td>
<td></td>
<td>Tensed</td>
</tr>
</tbody>
</table>
### Table No. 10
EXTRAVERSION

<table>
<thead>
<tr>
<th>STE N</th>
<th>FACTOR</th>
<th>LOW SCORE DESCRIPTION</th>
<th>LOW</th>
<th>AVERAGE</th>
<th>HIGH</th>
<th>HIGH SCORE DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warmth (A)</td>
<td>Cool</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9</td>
<td>Sensitivity (I)</td>
<td>Self-Reliant</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6</td>
<td>Abstractedness (M)</td>
<td>Grounded</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>Openness to Change (Q1)</td>
<td>Respects traditional ideas</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

- Easy going person with whom he was acquainted with.
- An introspective person and thought what needed to be done.
- With unknown people he would hesitate to interact.
- He was involved in things that needed to be done.
- Facing adversities from a very early age he learnt to be resourceful.
Table No. 11

TOUGHMINDEDNESS

<table>
<thead>
<tr>
<th>STEP</th>
<th>FACTOR</th>
<th>LOW SCORE DESCRIPTION</th>
<th>LOW</th>
<th>AVERAGE</th>
<th>HIGH</th>
<th>HIGH SCORE DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Warmth (A)</td>
<td>Cool</td>
<td></td>
<td></td>
<td></td>
<td>Open to change</td>
</tr>
<tr>
<td>9</td>
<td>Sensitivity (I)</td>
<td>Self-Reliant</td>
<td></td>
<td></td>
<td></td>
<td>Absorbed in ideas</td>
</tr>
<tr>
<td>6</td>
<td>Abstractedness (M)</td>
<td>Grounded</td>
<td></td>
<td></td>
<td></td>
<td>Open to change</td>
</tr>
<tr>
<td>7</td>
<td>Openness to Change (Q1)</td>
<td>Resp traditional ideas</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- He was never affected by the problems he faced.
- He was a sensitive person and felt bad when his dear ones were in problems.
- He was never carried away but always absorbed in ideas.
- Always open to change for the betterment and had no ego in doing so.
### Table No. 12

**INDEPENDENCE**

<table>
<thead>
<tr>
<th>STEN</th>
<th>FACTOR</th>
<th>LOW SCORE DESCRIPTION</th>
<th>LOW</th>
<th>AVERAGE</th>
<th>HIGH</th>
<th>HIGH SCORE DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Vigilance (L)</td>
<td>Trusting</td>
<td></td>
<td></td>
<td>6</td>
<td>Vigilant</td>
</tr>
<tr>
<td>7</td>
<td>Openness to Change (Q1)</td>
<td>Rasp traditional ideas</td>
<td></td>
<td></td>
<td>8</td>
<td>Open to change</td>
</tr>
<tr>
<td>6</td>
<td>Dominance (E)</td>
<td>Co-operative</td>
<td></td>
<td></td>
<td>9</td>
<td>Competitive</td>
</tr>
<tr>
<td>3</td>
<td>Social Boldness (H)</td>
<td>Hesitant</td>
<td></td>
<td></td>
<td>10</td>
<td>Socially bold</td>
</tr>
</tbody>
</table>

- He would trust in others but at the same time was vigilant if any thing went wrong he was there to handle the matter.

- He was open to change but on his capability.

- He was a co operative person off the field but on the field he was competitive and relied on himself.

- He was a social person with whom he knew and would hesitate to interact with unknown people.
### Table No. 13
**SELF CONTROL**

<table>
<thead>
<tr>
<th>STEN</th>
<th>FACTOR</th>
<th>LOW SCORE DESCRIPTION</th>
<th>LOW</th>
<th>AVERAGE</th>
<th>HIGH</th>
<th>HIGH SCORE DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Vigilance (L)</td>
<td>Introspective</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>Enthusiastic</td>
</tr>
<tr>
<td>8</td>
<td>Rule-Consciousness (G)</td>
<td>Expedient</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>Moralistic</td>
</tr>
<tr>
<td>6</td>
<td>Absorbedness (M)</td>
<td>Grounded</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>Absorbed in ideas</td>
</tr>
<tr>
<td>8</td>
<td>Perfectionism (Q3)</td>
<td>Flexible</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>Self disciplined</td>
</tr>
</tbody>
</table>

- He was introspective person and thought on what needed to be done and never over confident in what he did.
- Always did what was right and was by the rules
- He was absorbed in ideas and did that were under his control.
- He was a self disciplined person and was a flexible person if things were for good.
He was emotionally stable person and faced the reality without any disturbance.

He had trust in others but vigilant in knowing things were going the right way.

Satisfied in whatever he had but never worried himself with high goals.

He was relaxed person was relaxed person in whatever he did or whatever happen with his.

Seeing to the 16 Personality factors of Anthony Coutinho it is observed that he is an easygoing person self reliant flexible and group oriented person. He is generally a relaxed and well organized person. He is also moralistic, resourceful and emotionally stable person.
4.3 VIEWS ON ANTHONY COUTINHO:

With the help of the interviews conducted with Anthony, his family, friends, coaches, fellow athletes, students and their opinions regarding Anthony Coutinho the following views regarding Anthony Coutinho is as follows,

4.3.1 VIEWS OF BAIJULA COUTINHO (WIFE):

ANTHONY’S PERSONALITY

As a husband he was loving person. For Anthony his family always came first. He always spared his leisure time with his family members. He seen that his family got the best that he could give them. He made a lot of sacrifices to see his family happy.

As a person Anthony Countinho is very hard working person. Being a friendly and easygoing person he is loved by everyone. As a person he is appreciated by his family and friends not only for his sports
achievements but also for being a person by nature. Where ever Anthony went he made the environment lively. At his work place he was loved by everyone because of his co operative nature and helpful nature. His seniors were fond of him as he was hard working person. He has a lot of appreciation and love for his old friends and fellow athletes and takes a lot of joy in recalling his old memories.

**ANTHONY AS AN OLYMPIAN**

As an Olympian his wife views were as follows, Anthony as a sportsman was very concern about his physical fitness till date. He also wished that his children follow his footsteps and become a sportsman. He not only lived for himself but also for his family members and friends. Being an Olympian on his recommendations he got his brothers a job in the Tata Company.

Photograph No. 2 Interview with Mrs. Baijula Coutinho (Wife)

She feels that her husband Anthony could have been appreciated by the government in a better way for his contribution towards sports. He could
have could have been conferred with an award for his contributions towards sports. He could have got financial help for being an outstanding sportsman.

**ANTHONY AS A COACH**

Anthony’s wife regarding him being a coach were as follows, he encouraged and trained his son Evred, who later represented university of Pune in athletics. He always feels that the younger generations need to have a disciplined life style to live a healthy life.

He is great source of inspiration to the younger athletes. He has contributed in coaching children during holidays in the camps organized by the Tata Company. He always wanted sportsmen to be physically fit and work hard on their fitness. Today, he spends time with his friends with whom he goes regularly for morning walk and keeps fit. He has been a great source of inspiration to his friends.

**4.3.2 VIEWS OF DONITA (DAUGHTER):**

**ANTHONY’S PERSONALITY**

Regarding her father, Anthony she says that he has been a very hardworking and loving person. Whenever he had leisure time he spent time with his family.

He never pressurized his children to do anything. He always liked them to do what they like. Having seen hard days in his early life he worked hard, to see that his family and children have good days ahead. He worked overtime at the company so that he could get little more money that would help his family.

He made a lot of sacrifices to see his family happy. Whenever he was around he made the atmosphere lively. As a person he always a perfectionist and wanted things to be perfect. He concentrated by working and contributing financially towards the family.

**ANTHONY AS AN OLYMPIAN**

His daughter Donita feels great pride to be a daughter of an Olympian. She feels that her father could have been appreciated by the government in a better way financially or with an award. He has been appreciated by the people but not by the government or the association. She
also feels that the sportsmen of the past need to be felicitated that would give a sense of joy and appreciation to him and encourage the upcoming sportsmen.

**ANTHONY AS A COACH**

His daughter Donita feels that his vast experience would help the upcoming sportsmen. He has always been involved in the by game by guiding sportsmen. He always liked to share his past experience with his students. He always encouraged his son to take part in sports and be a sportsman like him.

**4.3.3 VIEWS OF EVRED (SON):**

**ANTHONY’S PERSONALITY**

His son, Evred feels that his father Anthony has shown that with hard work and determination every thing is possible. As a person he enjoyed the company of his family and friends. He has a lot of fond memories and affection for his old team mates and friends.

He always gave first priority to his family. He was social and easy going person. He always remembers the people who have helped him in being a successful person. Till today he visits his old friends and coaches who have been in his good and bad times. He has had a positive attitude throughout his life, which has been very encouraging.

**ANTHONY AS AN OLYMPIAN**

His son Evred says that it is a great pride to be a son of an Olympian. He has been an influential person in his life. Evred also remembers that his father never was afraid of tough competitors, but believed in him self. He feels that his father Anthony could have been appreciated in better way either financially or with an award. He feels the vast experience of his father could be used to guide the athletes. He always helped the athletes who had a burning desire to perform well. He also says that the sportsmen of the past need to be appreciated for their contributions in the field of sports.
ANTHONY AS A COACH

His achievements as an Olympian is great sense of belief that everything is achievable with hard work. He has been a great motivator in his life and wanted him to be perfectionist in whatever he did. He always spent time with him on the ground to coach him and motivate him. He always advised to respect seniors and coaches and take their advised seriously.

He was patient listener. Anthony has been source inspiration also to the young boys who practiced along with his son. He also guided them whenever required. He always gave his valuable experience to the young athletes.

4.3.4 VIEWS OF SURESH GUJRATHI (COACH): ANTHONY’S PERSONALITY

His coach Suresh Gujrathi regarded Anthony has always been a humble and eager learner. As a sportsman he was very punctual and dedicated person. He always liked to have friends around him. His helpful nature was appreciated by everyone. He helped his colleagues at his work
place whenever possible. On the ground he was a very lively character. He was team man and always gave his best for the team.

He was fearless and confident person. He never was afraid of the level of his competitors. The fear of winning and losing was never in his mind. The result of his participation also did not affect him. He only knew that next time he needs to perform much better. He always liked to accept challenges especially when incentives were attached to it. Overall he was a very loving and good human being.

ANTHONY AS AN OLYMPIAN

For Suresh Gujrathi it was a great sense of joy on Anthony Coutinho being an Olympian. Being a coach it was a great achievement because he worked hard on him and wished he be a successful athlete.
people to help him in his good and bad times and coached him to become an Olympian. His achievement as an Olympian brought the confidence in every athlete that every thing is possible. Being an Olympian Anthony always is helpful whenever in his capacity. He also feels that he could have been appreciated by the government in much better way. He went on to be an Olympian against all difficulties. His achievements have been an inspiration to many athletes.

**ANTHONY AS A COACH**

Suresh Gujrathi always feels that if Anthony had been more educated he would excel as an athlete and as a sports administrator. He always wished to whatever he had to give the upcoming athletes. He used to help whenever camps were organized during the holidays. He didn’t go in full time coaching as he financially benefitted by working at the company by doing over time. His son his fathers foot steps and went on to represent University of Pune in athletics.

**4.3.5 VEIWS OF MRS. GUJRATHI (FAMILY FRIEND)**

**ANTHONY’S PERSONALITY**

Mrs Gujrathi always regarded him as a very humble and cooperative person. Though he was away from home he felt at home with company of his friends. He always liked to be in the company of people. He was family man who work hard to give his family is best. He was true gentleman. He helped everyone whenever in difficulties. He was never proud of whatever he achieved.
ANTHONY AS AN OLYMPIAN

Mrs Gujrathi’s opinion was that with hard work every thing is possible. As an Olympian, Anthony made his family, friends, company and country proud. He was never boastful about his achievements. It was on his recommendation that he got both his brothers a job. He had a strong self belief that he can do it. She feels he could have been appreciated in a better manner for his achievements.

ANTHONY AS A COACH

He always rendered his support whenever camps were organized by Tata sports academy. Whenever possible he would guide students and give his valuable suggestions and experience to the athletes. Mrs Gujrathi feels that his valuable experience can be utilized to develop and encourage the upcoming sportsmen.
4.3.6 VIEWS OF ROMMEL (BROTHER):

ANTHONY’S PERSONALITY

Rommel has known Anthony very closely. Anthony has been a family man from the very beginning. He always tried to see in what way he could help his family. He has made many sacrifices to see his family get the best. As a person he was understanding and sensitive towards others.

He is a very friendly person and always liked the company of friends. He was never proud of whatever he achieved. He always had calm approach towards any problem. He had a strong self belief. Being the eldest child in the family he never hesitated to take up responsibilities. Anthony was always there to help his family and friends.

ANTHONY AS AN OLYMPIAN

Rommel was always proud like any other brother on his brother being an Olympian. He has made his family, friends, country proud by his achievements. Though he was an Olympian he always maintained a low profile. He was appreciated by his coaches and fellow athletes for his achievements.

He became an Olympian against all odds. Being an Olympian he always seen in what way he motivate and develop the game. Being an Olympian he could be awarded with an award on financially. Anthony being an Olympian gave the whole family a great sense of pride and satisfaction.

ANTHONY AS AN ATHLETE

Rommel regarded him as very hard working person. He always concentrated on his fitness. He knew that if he had to be fit he needed to stay away from bad vices. He always respected his coach’s suggestions and followed their advice. He never liked to have enemies and had a good relation with the other athletes on and of the field. He was never affected by the result of his performance and was always in search in what way he could better his performance. Anthony knew that it was his athletic performance that would rescue the family from all financial problems.
ANTHONY AS A COACH

Anthony didn’t take up coaching as he financially benefitted by working at the company. He helped athletes whenever he could and gave his valuable suggestions to them. He would help any one who wished to improve his performance. His valuable experience can be of great use to the upcoming athletes.

4.3.7 VEIWS OF NIZAM MASTER (COACH):

ANTHONY’S PERSONALITY

Nizam Master regards Anthony as a very humble and sincere person. He obeyed his coach’s advice sincerely. He was hard working regarding his practice. He always wanted to improve his performance. He was friendly person by nature. He was a cool and calm person.

ANTHONY AS AN OLYMPIAN

Anthony had gratitude towards the people who helped him on his way to the Olympics. As an Olympian he has been inspirational and has made people optimist in life. He was never proud of what he achieved. He made people believe that everything is possible with hard work and dedication. Anthony could have appreciated by the government in a better way like an award or financial help.

ANTHONY AS AN ATHLETE

Anthony was a hardworking person. He was a team man. He was friendly with the other athletes. Anthony always wanted to be a fit athlete and so stayed away from all vices. He did not require any one to monitor him while practice. He never complained if he had any problems. He was physically fit as a player.

From the views of Anthony Coutinho’s family friends and coaches. It is learned that he was a hardworking, healthful and a loving person. He gave his
family, priority from his very childhood. He was a confident person who believed in himself.

As an Olympian they all feel that he could have been felicitated with an award for his achievements. We also feel that he could have got a better financial support from the government.

As a coach he did not take coaching as he benefited financially by working at the company.
4.4 OPINION RATING SURVEY

With the help of the opinion rating survey conducted on Anthony Coutinho’s family members, friends, coaches and students their opinions regarding Anthony Coutinho’s personality, as player, as a Olympian and as coach is as follows.

4.4.1 PERSONALITY OF ANTHONY COUTINHO

According to the opinion of his family members, friends, coaches and students their opinion regarding Anthony is as follows,
Table No.15
PERSONALITY OF ANTHONY COUTINHO

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Statements</th>
<th>Relatives</th>
<th>Friends and Students</th>
<th>Coaches</th>
<th>Fellow-Athletes</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>A SA D SD</td>
<td>A SA D SD</td>
<td>A SA D SD</td>
<td>A SA D SD</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Pleasant by nature</td>
<td>20 80 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>6 94 0 0</td>
</tr>
<tr>
<td>2</td>
<td>Good physique</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
</tr>
<tr>
<td>3</td>
<td>A family man</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
</tr>
<tr>
<td>4</td>
<td>Co operative in nature</td>
<td>40 60 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>19 81 0 0</td>
</tr>
<tr>
<td>5</td>
<td>Hard working</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
</tr>
<tr>
<td>6</td>
<td>Intelligent</td>
<td>0 100 0 0</td>
<td>83 17 0 0</td>
<td>50 50 0 0</td>
<td>67 0 0 33</td>
<td>81 13 06 0</td>
</tr>
<tr>
<td>7</td>
<td>Self reliant</td>
<td>20 80 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>19 81 0 0</td>
</tr>
<tr>
<td>8</td>
<td>Good listener</td>
<td>60 20 0 20</td>
<td>67 33 0 0</td>
<td>50 50 0 0</td>
<td>100 0 0 0</td>
<td>69 19 6 6</td>
</tr>
<tr>
<td>9</td>
<td>Disciplined</td>
<td>80 20 0 0</td>
<td>17 83 0 0</td>
<td>50 50 0 0</td>
<td>67 33 0 0</td>
<td>50 50 0 0</td>
</tr>
<tr>
<td>10</td>
<td>Enthusiastic</td>
<td>80 20 0 0</td>
<td>33 67 0 0</td>
<td>50 50 0 0</td>
<td>100 0 0 0</td>
<td>63 31 0 6</td>
</tr>
<tr>
<td>11</td>
<td>Honest</td>
<td>40 60 0 0</td>
<td>33 67 0 0</td>
<td>0 100 0 0</td>
<td>67 33 0 0</td>
<td>38 62 0 0</td>
</tr>
<tr>
<td>12</td>
<td>Patient</td>
<td>100 0 0 0</td>
<td>50 50 0 0</td>
<td>50 50 0 0</td>
<td>100 0 0 0</td>
<td>75 25 0 0</td>
</tr>
<tr>
<td>13</td>
<td>Foresighted</td>
<td>40 20 0 40</td>
<td>50 33 0 17</td>
<td>50 50 0 0</td>
<td>33 67 0 0</td>
<td>44 25 31 0</td>
</tr>
<tr>
<td>14</td>
<td>Competitive</td>
<td>100 0 0 0</td>
<td>33 67 0 0</td>
<td>50 50 0 0</td>
<td>100 0 0 0</td>
<td>69 31 0 0</td>
</tr>
<tr>
<td>15</td>
<td>Forgiving in nature</td>
<td>20 80 0 0</td>
<td>0 0 100 0 0</td>
<td>50 50 0 0</td>
<td>100 0 0 0</td>
<td>12 88 0 0</td>
</tr>
<tr>
<td>16</td>
<td>Persevering person</td>
<td>40 40 0 20</td>
<td>17 83 0 0</td>
<td>50 50 0 0</td>
<td>67 33 0 0</td>
<td>44 50 6 0</td>
</tr>
<tr>
<td>17</td>
<td>Emotionally stable</td>
<td>63 31 0 6</td>
<td>33 67 0 0</td>
<td>50 50 0 0</td>
<td>100 0 0 0</td>
<td>63 31 0 6</td>
</tr>
<tr>
<td>18</td>
<td>Social person</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
<td>100 0 0 0</td>
<td>0 100 0 0</td>
<td>0 100 0 0</td>
</tr>
<tr>
<td>19</td>
<td>Good motivator</td>
<td>60 20 20 0</td>
<td>0 100 0 0</td>
<td>100 0 0 0</td>
<td>67 33 0 0</td>
<td>31 63 0 6</td>
</tr>
<tr>
<td>20</td>
<td>Perfectionist</td>
<td>60 0 20 20</td>
<td>67 33 0 0</td>
<td>50 50 0 0</td>
<td>100 0 0 0</td>
<td>69 19 6 6</td>
</tr>
</tbody>
</table>
PLEASANT IN NATURE

According to Graph No. 4.1 the opinion of his relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony having a good physique is as follows,

Out of 5 relatives 80% strongly agree, 20% agree, 00% disagree and 00% strongly disagree. According to the opinions of his relatives’ majority of them agree that he was pleasant in nature.

Out of the six friends and students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree. According to the opinions of his friends and students they all strongly agree that he was pleasant in nature.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree. According to the opinions of both his coaches they both strongly agree that he was pleasant in nature.

Out of three fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree. According to the opinions of his fellow athletes they all strongly agree that he was pleasant in nature.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 6% agree, 94% strongly agree, 00% disagree and 00% strongly disagree. From the opinion of all of them it shows that majority of them agree that he are a pleasant in nature.

From the opinion of his family, friends, coaches and fellow athletes there is no doubt that Anthony Coutinho was a pleasant person in nature. Whenever he met known people he was pleasant and was pleased to meet them.

The data is shown in Graph no.4.1
Graph 4.1

Pleasant by Nature
• GOOD PHYSIQUE

According to Graph No. 4.2 the opinion of his relatives, friends, students, coaches and fellow athletes regarding Anthony Coutinho having a good physique is as follows,

Out of his 5 relatives 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree. All his relatives strongly agree that that he had a good physique.

Out of the six friends and students 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree. There was no doubt that all his friends strongly agree that he had a good physique.

Out of the two coaches 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree. Both his coaches strongly agreed that he had a good physique.

Out of three fellow athletes 100 % strongly agree, 00% agree, 00 % disagree and 00% strongly disagree. All his fellow athletes strongly agreed that he had a good physique.

From the opinions of his sixteen relatives, friends, students, coaches and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree that he had a good physique. It shows from the opinions of all of them that all strongly agree that Anthony Coutinho had a good physique.

From the opinion of his family, friends, coaches and fellow athletes they had an opinion that they all agreed that he was physically strong person. His friend and fellow athlete Mr. Ramesh Tawade had an opinion that he was a ruff and tuff person and was never affected by the uncomfortable travelling during competitions and was ready to go on the ground as soon he reached the venue and what used to bother the athletes.

The data is shown in Graph no.4.2
Graph 4.2

Good Physique
• FAMILY MAN

According to Graph No. 4.3 according to the opinion of his relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a family man is as follows,

Out of 5 relatives 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree. His relatives strongly agree that he was a family man.

Out of the six friends and students 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree. His friends strongly agree that he was a family man.

Out of the two coaches 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree. Both his coaches strongly agree that he was a family man.

Out of three fellow athletes 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree all his fellow athletes strongly agree that he was a family man.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree. From the opinion of his sixteen relatives, friends, students, coaches and fellow athletes there is no doubt that they all strongly agree that he was a family man.

From the opinion of Anthony Coutinho’s family, friends, coaches, students and fellow athletes they have no doubt that he was a family man throughout his life. With the help of the interviews and opinions of they all had a view that whatever he did, he did giving first priority to his family. He always cared and loved his family members.

The data is shown in Graph no.4.3
Graph 4.3
A Family man
• CO-OPERATIVE

According to the opinion of Anthony’s relatives, friends, students, coaches and fellow athletes regarding Anthony being a co-operative person is as follows,

Table No. 4.4 indicates that out of 5 relatives 60% strongly agree, 40% agree, 00% disagree and 00% strongly disagree.

Out of the six friends and students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of three fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 81% strongly agree, 19% agree, 00% disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes’ majority of them agree that he was co-operative person.

With the help of the opinions of Anthony Coutinho’s family, friends, coaches, fellow athletes and students there is no doubt that he was a co-operative person in nature. They all accepted that during their interaction with Anthony he was a co-operative person in nature.

The data is shown in Graph no.4.4
Graph 4.4

Co operative in Nature
• HARDWORKING

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a hardworking person is as follows,

Table No. 4.5 indicates that out of 5 relatives 100% strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the six friends and students 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes of Anthony they all strongly agree that he was a hardworking person in nature.

From the opinions, interviews and views of Anthony Coutinho’s they all strongly agree that he was a hardworking person. It was only with hard work that Anthony became an Olympian. He worked hard on the field and in doing the household work. At the company he worked by doing over time to get a little more money to help his family.

The data is shown in Graph no.4.5
Graph 4.5
Hard Working
INTELLIGENT

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion of Anthony being an intelligent is as follows,

Table No. 4.6 indicates that out of 5 relatives 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the six friends and students 17 % strongly agree, 83 % agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 00% strongly agree, 67 % agree, 00 % disagree and 33% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 13% strongly agree, 81% agree, 06% disagree and 00% strongly disagree.

The majority of his relatives, friends, students, coaches and fellow athletes strongly agree that he was an intelligent person.

From the opinion of Anthony Coutinho’s family, friends, coaches, fellow athletes and students he is observed that there is no doubt that he was an intelligent. His coaches and fellow athletes feel that if Anthony Coutinho had been more educated he would have been successful in the field of athletics.

The data is shown in Graph no.4.6
Graph 4.6
Intelligent
SELF RELIANT

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a self reliant person is as follow,

Table No. 4.7 indicates that out of 5 relatives 80% strongly agree, 20% agree, 00% disagree and 00% strongly disagree.

Out of the six friends and students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of three fellow athletes 67% strongly agree, 33% agree, 00% disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 81% strongly agree, 19% agree, 00% disagree and 00% strongly disagree.

Majority of his sixteen relatives, friends, students, coaches and fellow athletes strongly agree that he was self reliant person. After passing his VII standard he sold ice cream, painted houses and Majids to help his family that shows his self reliance.

The data is shown in Graph no.4.7
Graph 4.7
Self Reliant
GOOD LISTENER

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a good listener is as follows,

Table No.4.8 indicates that out of 5 relatives 00 % strongly agree, 60 % agree, 20% disagree and 20 % strongly disagree.

Out of the six friends and students 33 % strongly agree, 67 % agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 00 % strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 19% strongly agree, 69% agree, 6% disagree and 6% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes' majority of them agree that Anthony was a good listener.

His coach Mr. Suresh Gujarati regarded him as very good athlete who was a very good listener and obeyed whatever instructions were given by him.

The data is shown in Graph no.4.8
Graph 4.8

Good listener

- Strongly Agree: 19%
- Agree: 69%
- Disagree: 6%
- Strongly Disagree: 6%
DISCIPLINED

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a disciplined person is as follows,

Table No. 4.9 indicates that out of 5 relatives 20% strongly agree, 80% agree, 00% disagree and 00% strongly disagree.

Out of the six friends and students 83% strongly agree, 17% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of three fellow athletes 33% strongly agree, 67% agree, 00% disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of his relatives, friends, students, coaches and fellow athletes they have no doubt that Anthony was disciplined person.

The data is shown in Graph no.4.9
Graph 4.9
Disciplined
• **ENTHUSIASTIC**

   According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being an enthusiastic person is as follows,

   Table No. 4.10 indicates that out of 5 relatives 00% strongly agree, 80 % agree, 20% disagree and 00% strongly disagree.

   Out of the six friends and students 67 % strongly agree, 33 % agree, 00 % disagree and 00% strongly disagree.

   Out of the two coaches 50% strongly agree, 50% agree, 00 % disagree and 00% strongly disagree.

   Out of three fellow athletes 00 % strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

   Out of the sixteen relatives, friends, students, coaches and fellow athletes 31% strongly agree, 63% agree, 00% disagree and 6% strongly disagree.

   The majority of his relatives, friends, students, coaches and fellow athletes agree that that he is an enthusiastic person. His fellow athletes regarded him as enthusiastic person who always encouraged them during the and after competitions.

   The data is shown in Graph no.4.10
Graph 4.10
Enthusiastic
• **HONEST**

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being an honest person is as follows,

Table No. 4.11 indicates that out of 5 relatives 60 % strongly agree, 40 % agree, 00 % disagree and 00% strongly disagree.

Out of the six friends and students 67 % strongly agree, 33 % agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 33% strongly agree, 67 % agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 62% strongly agree, 38% agree, 00% disagree and 00% strongly disagree.

The majority of his relatives, friends, students, coaches and fellow athletes strongly agree that he was an honest person.

His coach Mr. Suresh Gujarati had regards from him because he sincere and honest. When he was unable to come for practice, he would come on the ground, take permission to take rest.

The data is shown in Graph no.4.11
Graph 4.11

Honest

- 67% Agree
- 33% Disagree

Colors:
- Strongly Agree
- Agree
- Disagree
- Strongly Disagree
• **PATIENT**

  According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a patient person is as follows,

  Table No. 4.12 indicates that out of 5 relatives 00 % strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

  Out of the six friends and students 50 % strongly agree, 50 % agree, 00 % disagree and 00% strongly disagree.

  Out of the two coaches 50% strongly agree, 50% agree, 00 % disagree and 00% strongly disagree.

  Out of three fellow athletes 00% strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

  Out of the sixteen relatives, friends, students, coaches and fellow athletes 25% strongly agree, 75% agree, 00% disagree and 00% strongly disagree.

  The majority of his relatives, friends, students, coaches and fellow athletes agree that Anthony is a patient person. Whenever Anthony did not perform well he would never get disturbed and would prepare for the coming competition.

  The data is shown in Graph no. 4.12
Graph 4.12
Patient

75% Agree
25% Strongly Agree

Colors:
- Strongly Agree
- Agree
- Disagree
- Strongly Disagree
• **FORESIGHTED**

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a foresighted is as follows,

Table No. 4.13 indicates that out of 5 relatives 20 % strongly agree, 40% agree, 00 % disagree and 40% strongly disagree.

Out of the six friends and students 33 % strongly agree, 50% agree, 00 % disagree and 17% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 67 % strongly agree, 33% agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 25% strongly agree, 44% agree, 31% disagree and 00% strongly disagree.

From all his relatives, friends, students, coaches and fellow athletes' opinion, most of them considered him to be a foresighted person but a few refuse that he was a foresighted person.

The data is shown in Graph no.4.13
Graph 4.13
Foresighted
COMPETITIVE

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a competitive person is as follows,

Table No. 4.14 indicates that out of 5 relatives 00 % strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

Out of the six friends and students 67% strongly agree, 33 % agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 00 % strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 31% strongly agree, 69% agree, 00% disagree and 00% strongly disagree.

From the opinion of all his relatives, friends, students, coaches and fellow athletes the majority agree that he is a competitive person. He was never afraid of the tough athletes on the track. On contrary he was confident that he could beat the best athletes and had the potential in him. He was competitive on the field and never carried it off the field.

The data is shown in Graph no.4.14
Graph 4.14
Competitive
FORGIVING IN NATURE

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a forgiving person in nature is as follows,

Table No. 4.15 indicates that out of 5 relatives 80% strongly agree, 20% agree, 00 % disagree and 00% strongly disagree.

Out of the six friends and students 00 % strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 00% strongly agree, 100% agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 00 % strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

From the opinion of his relatives, friends, students, coaches and fellow athletes' majority strongly agree that he is forgiving person in nature. Being social and loving person he never had enemies.

The data is shown in Graph no.4.15
Graph 4.15
Forgiving in Nature
PERSEVERING

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a persevering person is as follows,

Table No. 4.16 indicates that out of 5 relatives 40% strongly agree, 40% agree, 00% disagree and 20% strongly disagree.

Out of the six friends and students 83% strongly agree, 17% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of three fellow athletes 33% strongly agree, 67% agree, 00% disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 50% strongly agree, 44% agree, 6% disagree and 00% strongly disagree.

From his relatives, friends, students, coaches and fellow athletes, there is no doubt that most of them feel that Anthony was a persevering person. Whenever he did not perform well he made show that he would bounce back and perform well.

The data is shown in Graph no.4.16
Graph 4.16
Persevering Person

- 50% Strongly Agree
- 44% Agree
- 6% Disagree
- 0% Strongly Disagree
- **EMOTIONALLY STABLE**

  According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being an emotional person is as follows,

  Table No. 4.17 indicates that out of 5 relatives 31% strongly agree, 63% agree, 00 % disagree and 6% strongly disagree.

  Out of the six friends and students 67 % strongly agree, 33% agree, 00 % disagree and 00% strongly disagree.

  Out of the two coaches 50% strongly agree, 50% agree, 00 % disagree and 00% strongly disagree.

  Out of three fellow athletes 00 % strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

  Out of the sixteen relatives, friends, students, coaches and fellow athletes 31% strongly agree 63% agree, 00% disagree and 6% strongly disagree.

  From the opinion of his relatives, friends, students, coaches and fellow athletes there is no doubt that the majority of them agree that Anthony was an emotionally stable person. From his childhood after going through a lot of difficulties in never broke down. He became an emotionally strong person and faced on difficulties without any fear.

  The data is shown in Graph no.4.17
Graph 4.17

Emotionally Stable

- Strongly Agree: 6%
- Agree: 31%
- Disagree: 63%
- Strongly Disagree: 6%
SOCIAL

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a social person is as follows,

Table No. 4.18 indicates that out of 5 relatives 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the six friends and students 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the three fellow athletes 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinion of all his relatives, friends, students, coaches and fellow athletes there is no doubt that they all they all strongly agree that he is a social person.

Coming from a sporting family he and his family members are social people. Though he was always away from home he was never home sick because of his friends and company he kept.

The data is shown in Graph no.4.18
Graph 4.18
Social Person
GOOD MOTIVATOR

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a good motivator is as follows,

Table No. 4.19 indicates that out of 5 relatives 20 % strongly agree, 60% agree, 20% disagree and 00% strongly disagree.

Out of the six friends and students 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 100 % strongly agree, 00 % agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 33 % strongly agree, 67% agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 63% strongly agree ,31% agree, 00% disagree and 6% strongly disagree.

From the opinion of his relatives, friends, students, coaches and fellow athletes, the majority of them strongly feel that Anthony was a good motivator. He always motivated his fellow athletes and made them believe that they could do it. Whenever he was out from competition he was not having event to participate he would go cheer his fellow athletes.

He motivated his students before the competitions and made them believe that they could perform better.

The data is shown in Graph no.4.19
Graph 4.19

Good Motivator

63% Strongly Agree
31% Agree
6% Disagree
6% Strongly Disagree
PERFECTIONIST:

According to the opinion of his sixteen relatives, friends, students, coaches and fellow athletes their opinion regarding Anthony being a perfectionist is as follows,

Table No. 4.20 indicates that out of 5 relatives 00 % strongly agree, 60 % agree, 20% disagree and 20 % strongly disagree.

Out of the six friends and students 33 % strongly agree, 67% agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00 % disagree and 00% strongly disagree.

Out of three fellow athletes 00% strongly agree, 100 % agree, 00 % disagree and 00% strongly disagree.

Out of the sixteen relatives, friends, students, coaches and fellow athletes 19% strongly agree, 69% agree, 6% disagree and 6% strongly disagree.

From the opinion of his relatives, friends, students, coaches and fellow athletes, the majority agree that Anthony was a perfectionist. Whatever he did, he gave his best performance.

The data is shown in Graph no.4.20
Graph 4.20
Perfectionist
### 4.4.2 ANTHONY COUTINHO AS AN OLYMPIAN:

The opinion of his family members, friends, coaches and fellow athletes, their opinion regarding Anthony being an Olympian is as follows,

Table No.16

ANTHONY AS AN OLYMPIAN

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Statements</th>
<th>Relatives</th>
<th>Friends and Fellow-Athletes</th>
<th>Coaches</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>SA A SD D</td>
<td>SA A SD D</td>
<td>SA A SD D</td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>Contented</td>
<td>100 0 0 0</td>
<td>100 0 0 0</td>
<td>50 0 0 0</td>
<td>92 8 0</td>
</tr>
<tr>
<td>2</td>
<td>Satisfied with support received from government</td>
<td>0 0 60 40</td>
<td>0 0 33 67</td>
<td>0 0 50 50</td>
<td>46 54</td>
</tr>
<tr>
<td>3</td>
<td>Got recognition from society</td>
<td>0 100 0 0</td>
<td>100 0 0 0</td>
<td>0 0 15 85</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Got recognition Government</td>
<td>0 0 80 20</td>
<td>0 0 100 0</td>
<td>0 0 100 0</td>
<td>23 77</td>
</tr>
<tr>
<td>5</td>
<td>Got any financial aid(pension)</td>
<td>0 100 0 0</td>
<td>100 0 0 0</td>
<td>0 0 100 0</td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Remembered by athletic federation</td>
<td>0 0 100 0</td>
<td>0 0 83 17</td>
<td>0 0 100 0</td>
<td>92 8</td>
</tr>
<tr>
<td>7</td>
<td>Feel that India can perform better at the Olympics</td>
<td>100 0 0 0</td>
<td>100 0 0 0</td>
<td>0 0 100 0</td>
<td></td>
</tr>
<tr>
<td>8</td>
<td>Received any award</td>
<td>0 0 60 40</td>
<td>100 0 0 0</td>
<td>50 50 0 0</td>
<td>23 77</td>
</tr>
<tr>
<td>9</td>
<td>Benefited at work place</td>
<td>100 0 0 0</td>
<td>100 0 0 0</td>
<td>100 0 0 0</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Helped in personal life</td>
<td>100 0 0 0</td>
<td>100 0 0 0</td>
<td>100 0 0 0</td>
<td></td>
</tr>
</tbody>
</table>
• CONTENTED

According to the opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony being a contented be an Olympian is as follows,

Table No. 4.21 indicates that out of five relatives 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the six friends and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of five family members, six friends and fellow athletes, and two coaches 92 % strongly agree, 8 % agree, 00 % disagree and 00% strongly disagree.

From the opinion of five family members, six friends and fellow athletes, and two coaches, the majority strongly agree that is a contented person.

The data is shown in Graph no.4.21

Graph 4.21
Contented as a Person
**SATISFIED WITH SUPPORT RECEIVED FROM GOVERNMENT**

The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony being satisfied with the support received from the government is as follows,

Graph No. 4.22 indicates that out of five relatives 00% strongly agree, 00% agree, 40% disagree and 60% strongly disagree.

Out of the six friends and fellow athletes 00% strongly agree, 00% agree, 33% disagree and 67% strongly disagree.

Out of the two coaches 00% strongly agree, 00% agree, 50% disagree and 50% strongly disagree.

Out of five family members, six friends and fellow athletes, and two coaches 00% strongly agree, 00% agree, 54% disagree and 46% strongly disagree.

From the opinion of family members, friends, fellow athletes, coaches, there is no doubt that they all disagree that Anthony was satisfied with support received from the government. He could have been felicitated by an award or financially assistance.

The data is shown in Graph no.4.22
Graph 4.22
Satisfied with support received from government
GOT RECOGNITION FROM SOCIETY

The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony getting recognition from society is as follows,

Table No. 4.23 indicates that out of five relatives 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

Out of the six friends and fellow athletes 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of five family members, six friends and fellow athletes, and two coaches 15% strongly agree, 85% agree, 00% disagree and 00% strongly disagree.

From the opinion of five family members, friends, fellow athletes, coaches, the majority agree that Anthony is satisfied with support received from the society. The people around him always supported him during his good and bad time. Till today they remembered appreciate his achievements.

The data is shown in Graph no.4.23
Graph 4.23

Got recognition from Society
- **GOT RECOGNITION FROM GOVERNMENT**
  
  The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony getting recognition from the government is as follows,

  Table No. 4.24 indicates that out of five relatives 00% strongly agree, 00% agree, 20% disagree and 80% strongly disagree.

  Out of the six friends and fellow athletes 00% strongly agree, 00% agree, 00% disagree and 100% strongly disagree.

  Out of the two coaches 00% strongly agree, 00% agree, 100% disagree and 00% strongly disagree.

  Out of five family members, six friends and fellow athletes, and two coaches 00% strongly agree, 00% agree, 77% disagree and 23% strongly disagree.

  From the opinion of his five family members, friends, fellow athletes, coaches, the majority disagree that Anthony received any recognition from the government. The government could have recognized him by an award of final assistance that would encourage the upcoming sportsman and coaches.

  The data is shown in Graph no.4.24

![Graph 4.24](image_url)
• **GOT ANY FINANCIAL AID (PENSION) FROM THE GOVERNMENT**

The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony getting any financial aid from like pension is as follows,

Table No. 4.25 indicates that out of his five relatives 00% strongly agree, 100% agree, 00 % disagree and 00% strongly disagree.

Out of the six friends and fellow athletes 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

Out of five family members, six friends and fellow athletes, and two coaches 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

From the opinion of his five family members, friends, fellow athletes, coaches, the majority agree that Anthony received any financial aid (pension) from the government. The government gave him financial assistance. Before that he not financial assistance and found it difficult to satisfy his basic needs

The data is shown in Graph no.4.25
Graph 4.25
Got any financial aid (pension)
• **REMEMBERED BY AMATEUR ATHLETIC FEDERATION OF INDIA**

The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony being remembered by the athletic association is as follows,

Table No. 4.26 indicates that out of his five relatives 00% strongly agree, 00% agree, 00% disagree and 100% strongly disagree.

Out of the six friends and fellow athletes 00% strongly agree, 00% agree, 17% disagree and 83% strongly disagree.

Out of the two coaches 00% strongly agree, 00% agree, 00% disagree and 100% strongly disagree.

Out of his five family members, six friends and fellow athletes, and two coaches 00% strongly agree, 00% agree, 8% disagree and 92% strongly disagree.

From the opinion of family members, friends, fellow athletes, coaches, the majority strongly disagree that Anthony was remembered by the Amateur Athletic Federation of India. Association could have recognized him for his achievement. His experience would benefit to upcoming athletes.

The data is shown in Graph no.4.26
FEEL HIS SERVICES CAN BE UTILIZED IN THE FIELD OF ATHLETICS

The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony’s services need to be utilized is as follows,

Table No. 4.27 indicates that out of his five relatives 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the six friends and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of five family members, six friends and fellow athletes, and two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinion of his five family members, friends, fellow athletes, coaches, that they all strongly agree that Anthony’s services need to utilize in the field of athletics.

The data is shown in Graph no.4.27

Graph 4.27
Feel that India can perform better at the Olympics Games
• **RECEIVED ANY AWARD**

The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony receiving any award is as follows,

Table No. 4.28 indicates that out of his five relatives 00% strongly agree, 00% agree, 40% disagree and 60% strongly disagree.

Out of the six friends and fellow athletes 00% strongly agree, 00% agree, 00% disagree and 100% strongly disagree.

Out of the two coaches 00% strongly agree, 00% agree, 50% disagree and 50% strongly disagree.

Out of five family members, six friends and fellow athletes, and two coaches 00% strongly agree, 00% agree, 77% disagree and 23% strongly disagree.

From the opinion of family members, friends, fellow athletes, coaches, the majority strongly disagree that Anthony received any award for his contributions towards the field of athletics. By giving him an award would encourage sportsman coaches.

The data is shown in Graph no.4.28

**Graph 4.28**

**Received any award**
• BENEFITED AT WORK PLACE

The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony benefitting at work place is as follows,

Table No. 4.29 indicates that out of his five relatives 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the six friends and fellow athletes 100% strongly agree, 00% agree, 00 % disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of five family members, six friends and fellow athletes, and two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinion of family members, friends, fellow athletes, coaches, they all strongly agree that Anthony benefited as his work place. Being an Olympian or his seniors and juniors at work place respected him for being an Olympian. He was never given tough job that would affect his performance.

The data is shown in Graph no.4.29
• **HELPED IN PERSONAL LIFE**

The opinion of his family members, six friends and fellow athletes, and two coaches regarding Anthony being in personal life being an Olympian is as follows,

Table No. 4.30 indicates that out of his five relatives 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the six friends and 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of five family members, six friends and fellow athletes, and two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinion of family members, friends, fellow athletes, coaches, they all strongly disagree that Anthony was helped in his personal life being an Olympian. On his recommendation he got both brothers a job at the Tata Company.

The data is shown in Graph no.4.30
4.4.3 ANTHONY COUTINHO AS A PLAYER

The opinion taken from his coaches, fellow athletes and friends regarding Anthony being a player is as follows,

Table No. 17

ANTHONY COUTINHO AS A PLAYER

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Statements</th>
<th>Friends and Fellow-Athletes</th>
<th>Coaches</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>SA</td>
<td>A</td>
<td>SD</td>
</tr>
<tr>
<td>1</td>
<td>Disciplined as a player</td>
<td>63</td>
<td>37</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>Effected by failure</td>
<td>0</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>3</td>
<td>Valued coaches suggestions</td>
<td>63</td>
<td>37</td>
<td>0</td>
</tr>
<tr>
<td>4</td>
<td>Encouraged fellow athletes</td>
<td>88</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>5</td>
<td>Enjoyed his victory</td>
<td>88</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>6</td>
<td>Particular about his diet</td>
<td>50</td>
<td>50</td>
<td>0</td>
</tr>
<tr>
<td>7</td>
<td>Had a disciplined life style</td>
<td>88</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>8</td>
<td>Confident as an athlete</td>
<td>88</td>
<td>12</td>
<td>0</td>
</tr>
<tr>
<td>9</td>
<td>Conscious about his fitness</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>10</td>
<td>High in determination</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>11</td>
<td>Worked on his weakness</td>
<td>0</td>
<td>100</td>
<td>0</td>
</tr>
<tr>
<td>12</td>
<td>Physically fit as a player</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>13</td>
<td>Perfectionist</td>
<td>63</td>
<td>37</td>
<td>0</td>
</tr>
<tr>
<td>14</td>
<td>Obeyed umpires decisions</td>
<td>63</td>
<td>37</td>
<td>0</td>
</tr>
<tr>
<td>15</td>
<td>Punctual for practice</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>16</td>
<td>Enthusiastic as an athlete</td>
<td>63</td>
<td>37</td>
<td>0</td>
</tr>
<tr>
<td>17</td>
<td>Had proper knowledge of the game</td>
<td>63</td>
<td>37</td>
<td>0</td>
</tr>
<tr>
<td>18</td>
<td>Enjoyed family support</td>
<td>100</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>19</td>
<td>Imaginative as a player</td>
<td>63</td>
<td>37</td>
<td>0</td>
</tr>
<tr>
<td>20</td>
<td>Happy go lucky person</td>
<td>88</td>
<td>12</td>
<td>0</td>
</tr>
</tbody>
</table>
DISCIPLINED AS A PLAYER

According to table no. the opinion of his coaches, fellow athletes and friends regarding Anthony being a disciplined player is as follows,

Table No. 4.31 indicates that out of the eight friends and fellow athletes 63% strongly agree, 37% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 70% strongly agree, 30% agree, 00% disagree and 00% strongly disagree.

From the opinion taken from Anthony's coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he was disciplined as a player. Whatever his coach ordered him to do, he would it sincerely. On the ground and off the ground he was disciplined person.

The data is shown in Graph no.4.31.

![Graph 4.31](image)

Disciplined as a player
EFFECTED BY FAILURE

According to table no. the opinion of his coaches, fellow athletes and friends regarding Anthony being affected by failure in the field of athletics is as follows,

Table No. 4.32 indicates that out of the eight friends and fellow athletes 00% strongly agree, 00% agree, 00% disagree and 100% strongly disagree.

Out of the two coaches 00% strongly agree, 00% agree, 00% disagree and 100% strongly disagree.

Out of ten coaches and athletes 00% strongly agree, 00% agree, 00% disagree and 100% strongly disagree.

From the opinion taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly disagree that he was affected by his failure. His failure would get out best within him but never affect him in a negative way.

The data is shown in Graph no.4.32
VALUED COACHES SUGGESTIONS

According to the opinion of his coaches, fellow athletes and friends regarding Anthony valuing his coach’s suggestions is as follows,

Table No. 4.33 indicates that out of the eight friends and fellow athletes 63% strongly agree, 37% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 70% strongly agree, 30% agree, 00% disagree and 00% strongly disagree.

From the opinion taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he valued his coaches suggestions. He had full faith in his coaches and always believed that through their suggestions and guidance he could perform better.

Graph 4.33
Valued Coaches Suggestions
• ENCOURAGED FELLOW ATHLETES

According to the opinion of his coaches, fellow athletes and friends regarding Anthony encouraging fellow athletes is as follows,

Table No. 4.34 indicates that out of the eight friends and fellow athletes 88% strongly agree, 12% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 60% strongly agree, 40% agree, 00% disagree and 00% strongly disagree.

From the opinion taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he encouraged his fellow athletes. He always made his fellow athletes believed in themselves that they do better.

The data is shown in Graph no.4.34
**ENJOYED HIS VICTORY**

According to the opinion of his coaches, fellow athletes and friends regarding Anthony enjoying his victory as a player is as follows,

Table No. 4.35 indicates that out of the eight friends and fellow athletes 88% strongly agree, 12% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 90% strongly agree, 10% agree, 00% disagree and 00% strongly disagree.

From the opinion taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he enjoyed his victory. Like every athlete he still cherishes his victories.

The data is shown in Graph no.4.35
• PARTICULAR ABOUT HIS DIET

According to the opinion of his coaches, fellow athletes and friends regarding Anthony being particular of his diet is as follows,

Table No. 4.36 indicates that out of the eight friends and fellow athletes 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 40% strongly agree, 60% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them agree that he was particular about his diet. He never made any fuss regarding his diet and ate whatever was served to him. As he came from very poor background he ate whatever was served to him.

The data is shown in Graph no.4.36
• **HAD A DISCIPLINED LIFE STYLE**

According to the opinion of his coaches, fellow athletes and friends regarding Anthony following a disciplined life style is as follows,

Table No. 4.37 indicates that out of the eight friends and fellow athletes 88% strongly agree, 12% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 90% strongly agree, 10% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he had a disciplined life style. He knew that if had to perform well he needed to physically fit that made him follow disciplined lifestyle.

The data is shown in Graph no.4.37

![Graph 4.37 Had a disciplined life Style](image)
CONFIDENT AS AN ATHLETE

According to the opinion of his coaches, fellow athletes and friends regarding Anthony being confident athlete is as follows,

Table No. 4.38 indicates that out of the eight friends and fellow athletes 88% strongly agree, 12% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 90% strongly agree, 10% agree, 00% disagree and 00% strongly disagree.

From the opinion taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he was confident as an athlete. It was his confidence that brought out the best within him. He was never afraid his tough competitors.

The data is shown in Graph no.4.38
• **CONSCIOUS ABOUT HIS FITNESS**

According to the opinion of his coaches, fellow athletes and friends regarding Anthony being conscious about his fitness is as follows,

Table No. 4.39 indicates that out of the eight friends and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinion taken from Anthony’s coaches and fellow athletes, there is no doubt that all of them strongly agree that he was conscious about his fitness.

The data is shown in Graph no.4.39

![Graph 4.39](image)

**Graph 4.39**

Conscious about his Fitness
HIGH IN DETERMINATION

According to the opinion of his coaches, fellow athletes and friends regarding Anthony being high in determination as a player is as follows,

Table No 4.40 indicates that out of the eight friends and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that all of them strongly agree that he was a highly determined person. Form his childhood he had lot of difficulties and it was his determination to overcome all the difficulties that made him successful person. The data is shown in Graph no.4.40

![Graph 4.40](image-url)
WORKED ON HIS WEAKNESS

According to the opinion of his coaches, fellow athletes and friends regarding Anthony worked on his fitness as a player is as follows,

Table No 4.41 indicates that out of the eight friends and fellow athletes 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 90% strongly agree, 10% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he worked on his weakness as a player. Whenever he did not perform well he would asked his coach and himself what was wrong and needed to be done to give consistent performance.

The data is shown in Graph no.4.41

Graph 4.41
Worked on his Weakness
PHYSICALLY FIT AS A PLAYER

According to the opinion of his coaches, fellow athletes and friends regarding Anthony being physically fit as a player is as follows,

Table No 4.42 indicates that out of the eight friends and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that all of them strongly agree that he was physically fit as an athlete. It was his physical fitness that brought out the best within him. He worked hard to maintain and improve his fitness from his childhood.

The data is shown in Graph no.4.42
• **PERFECTIONIST**

According to the opinion of his coaches, fellow athletes and friends regarding Anthony being a perfectionist as a player is as follows,

Table No 4.43 indicates that out of the eight friends and fellow athletes 63% strongly agree, 37% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there was no doubt that he was a perfectionist. He always liked to be perfect in whatever he did.

The data is shown in Graph no.4.43

![Graph 4.43 Perfectionist](image)
• OBEYED UMPIRES DECISION

According to the opinions of his coaches, fellow athletes and friends regarding Anthony obeying umpires decisions as a player is as follows,

Table No 4.44 indicates out of the eight friends and fellow athletes 63% strongly agree, 37% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 00% strongly agree, 100% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there was no doubt that he obeyed the umpire’s decisions.

Graph 4.44
Obeyed Umpires Decisions
• **PUNCTUAL**

According to the opinions of his coaches, fellow athletes and friends regarding Anthony being punctual as a player is as follows,

Table No 4.45 indicates that out of the eight friends and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that all of them strongly agree that he was punctual as a player. On the ground he was in time for practice and practiced with dedication.

The data is shown in Graph no.4.45
• **ENTHUSIASTIC AS AN ATHLETE**

According to the opinions of his coaches, fellow athletes and friends regarding Anthony being enthusiastic as an athlete is as follows,

Table No 4.46 indicates that out of the eight friends and fellow athletes 63% strongly agree, 37% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 70% strongly agree, 30% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he was enthusiastic as an athlete. He always believed he had ability to perform and beat other tough athletes.

The data is shown in Graph no.4.46

![Graph 4.46](image)

Graph 4.46
Enthusiastic as an athlete
HAD PROPER KNOWLEDGE OF THE GAME

According to the opinions of his coaches, fellow athletes and friends regarding Anthony having proper knowledge of the game as a player is as follows,

Table No 4.47 indicates that out of the eight friends and fellow athletes 63% strongly agree, 37% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 40% strongly agree, 60% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them agree that he had proper knowledge of the game. He made sure that he knew the rules and regulations of the game so that his performance would be counted.

The data is shown in Graph no.4.47

Graph 4.47
Had proper knowledge of the game
ENJOYED FAMILY SUPPORT

According to the opinions of his coaches, fellow athletes and friends regarding Anthony enjoyed family support being a player is as follows,

Table No 4.48 indicates that out of the eight friends and fellow athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that all of them strongly agree that he enjoyed family support as a player. He wouldn’t have reached the Olympics if he hadn’t got support of his family members.

The data is shown in Graph no.4.48

Graph 4.48
Enjoyed family support
• IMAGINATIVE AS A PLAYER

According to the opinions of his coaches, fellow athletes and friends regarding Anthony being imaginative as a player is as follows,

Table No 4.49 indicates that out of the eight friends and fellow athletes 63% strongly agree, 37% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 50% strongly agree, 50% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 60% strongly agree, 40% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he was imaginative as a player. He always mentally prepared for every competition and it was because of imagination that he could practically get things done.

The data is shown in Graph no.4.49

Graph 4.49
Imaginative as a player
• **HAPPY GO LUCKY**

According to the opinions of his coaches, fellow athletes and friends regarding Anthony being happy go lucky as a player is as follows,

Table No 4.50 indicates that out of the eight friends and fellow athletes 88% strongly agree, 12% agree, 00% disagree and 00% strongly disagree.

Out of the two coaches 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

Out of ten coaches and athletes 80% strongly agree, 20% agree, 00% disagree and 00% strongly disagree.

From the opinions taken from Anthony’s coaches and fellow athletes, there is no doubt that the majority of them strongly agree that he was a happy go lucky person. He was never bothered by the problems that came his way and took it in his stride.

The data is shown in Graph no.4.50

![Graph 4.50](Image)

Graph 4.50

Happy go lucky person
### 4.4.4 AS A COACH:

The opinions given by Anthony students regarding he as a coach, their opinions are as follows,

Table No. 18

AS A COACH

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Statements</th>
<th>Student</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>A</td>
<td>SA</td>
</tr>
<tr>
<td>1</td>
<td>Gave frank opinion as a Coach.</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>2</td>
<td>Easy to converse.</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>3</td>
<td>Motivated athletes.</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>4</td>
<td>Optimist as a coach.</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>5</td>
<td>Impartial as a Coach</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>6</td>
<td>Gave own experience to his athletes</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>7</td>
<td>Encouraged athletes to develop good habits</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>8</td>
<td>Encouraged athletes to ask doubts</td>
<td>0</td>
<td>100</td>
</tr>
<tr>
<td>9</td>
<td>Particular about diet of athletes</td>
<td>33</td>
<td>67</td>
</tr>
<tr>
<td>10</td>
<td>Particular about life style of the athletes.</td>
<td>0</td>
<td>100</td>
</tr>
</tbody>
</table>
**GAVE FRANK OPINION AS A COACH**

The opinions of Anthony’s students regarding he giving his frank opinion as a coach is as follows,

According to Table No 4.51 out of the three students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions given by Anthony’s students, they all strongly agree that he gave a frank opinion as a coach. He made sure that his students aware of the weakness so that they would repeat and improve their performance.

The data is shown in Graph no.4.51

Graph 4.51
Gave frank opinion as a Coach.
• EASY TO CONVERSE

The opinions of Anthony’s students regarding he being easy to converse as a coach is as follows,

According to Table No 4.52 out of the three students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions given by Anthony’s students, they all strongly agree that he was easy to converse with as a coach. He always liked his students to give improved performance and made sure there was no communication gap between them.

The data is shown in Graph no.4.52

Graph 4.52

Easy to Converse.
• MOTIVATED ATHLETES

The opinions of Anthony’s students regarding he motivating his athletes as a coach is as follows,

According to Table No 4.53 out of the three students 100% strongly agree, 00% agree, 00 % disagree and 00% strongly disagree.

From the opinions given by Anthony’s students, they all strongly agree that he motivated his athletes as a coach. He always appreciated and encouraged his athletes that developed healthy relation with his students.

The data is shown in Graph no.4.53
OPTIMIST AS A COACH

The opinions of Anthony’s students regarding he being optimist as a coach is as follows,

According to Table No 4.54 out of the three students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions given by Anthony’s students, they all strongly agree that he was optimist as a coach. He always believed that improved performance is always possible only if we believe in ourselves.

The data is shown in Graph no.4.54

Graph 4.54
Optimist as a Coach.
• IMPARTIAL AS A COACH

The opinions of Anthony's students regarding him being impartial as a coach is as follows,

According to Table No 4.55 out of the three students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions given by Anthony's students, they all strongly agree that he was impartial as a coach. He always spoke the truth irrespective to the athlete.

The data is shown in Graph no.4.55
• **GAVE HIS OWN EXPERIENCE TO HIS ATHLETES**

The opinions of Anthony’s students regarding he giving his own experience to his athletes as a coach is as follows, According to Table No 4.56 out of the three students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions given by Anthony’s students, they all strongly agree that he gave his own past experience to his athletes. He always gave his experience to his students so that they could learn from his experience.

The data is shown in Graph no.4.56

![Graph 4.56](Graph_icon.png)

**Graph 4.56**

Gave own Experience to his Athletes
• **ENCOURAGED ATHLETES TO DEVELOP GOOD HABITS**

The opinions of Anthony’s students regarding him encouraging athletes to develop good habits as a coach are as follows,

According to Table No 4.57, out of the three students, 100% strongly agree, 0% agree, 0% disagree, and 0% strongly disagree.

From the opinions given by Anthony’s students, they all strongly agree that he encouraged his athletes to develop good habits.

The data is shown in Graph no.4.57

![Graph 4.57](image)

Encouraged athletes to develop good habits
ENCOURAGED ATHLETES TO ASK DOUBTS
The opinions of Anthony’s students regarding he encouraging his athletes to ask their doubts being a coach is as follows,

According to Table No 4.58 out of the three students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions given by Anthony’s students, they all strongly agree that he encouraged his athletes to ask their doubts regarding the game. He always wanted to confident so that they would perform better.

The data is shown in Graph no.4.58

Graph 4.58
Encouraged athletes to ask doubts
PARTICULAR ABOUT DIET OF ATHLETES

The opinions of Anthony’s students regarding he encouraging his athletes to be particular about their diet being their coach is as follows,

According to Table No 4.59 out of the three students 67% strongly agree, 33% agree, 00% disagree and 00% strongly disagree.

From the opinions given by Anthony’s students, majority of them strongly agree that he was particular about the diet of his athletes. He always wished his student have the best diet and have a disciplined life style.

The data is shown in Graph no.4.59

Graph 4.59
Particular about diet of athletes
PARTICULAR OF LIFE STYLE OF HIS ATHLETES

The opinions of Anthony’s students regarding he being particular of the life style of his athletes as a coach is as follows,

According to Table No 4.60 out of the three students 100% strongly agree, 00% agree, 00% disagree and 00% strongly disagree.

From the opinions given by Anthony’s students, they all strongly agree that he was particular about the life style of his athletes. He always encouraged children to develop a good lifestyle that would help keeping good physical fitness and help performing better.

The data is shown in Graph no.4.60

Graph 4.60
Particular about life style of his athletes.
From the opinion rating survey conducted on Anthony Coutinho’s family members’ friends’ coaches and students regarding his personality, as a player and as an Olympian is as follows.

Regarding his personality they agree that he was pleasant in nature, had good physique was a family man was cooperative in nature, a social person, a forgiving in nature and a hardworking person. They also agree that he was self reliant person. They also add an opinion that he was an disciplined, enthusiastic and good listener.

Regarding him being an Olympian they agree that he was contended person to got recognition and who benefited at his work place and personal life. They also feel that he could have been felicitated by the government with an award for financially.

Regarding Anthony Coutinho as a player they all agreed that he was disciplined, determine, physically fit, enthusiastic, and enjoyed family support. They also agreed that he valued his coaches’ suggestion, particular about his diet and was happy go lucky person.

As a coach his student agreed that easy to converse, motivated them gave his frank opinion his experiences, optimist and encouraged his athletes to develop good habits. He was very much particular about there diet lifestyle.