

APPENDICIES

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	Page Nos.
A – Questions to be asked to the subject	150-165
B – Questions to be asked to Shripati Khanchanle's Friends/ Teammates	166-170
C - Questions to be asked to Shripati Khanchanale's Wife	171-173

APPENDIX-A

CASE STUDY ON AN INTERNATIONAL WRESTLER

QUESTIONS TO BE ASKED TO SUBJECT SHRIPATI KHANCHANALE

Instruction: Please read the questions carefully and answer

PERSONAL BIO-DATA

1. Full Name :
2. Address :
 - a. Present :
 - b. Permanent :
3. Date of Birth :
4. Place of Birth :
 - a. Village, Town :
 - b. State :
5. Father's Name :
6. Father's Occupation :
7. Mother's Name :
8. Mother's Occupation :
9. Grand Father's Name :
10. Grand Mother's Name :
11. Height in cms. :
12. Weight in Kgs. :
13. Number of family members :

14. Number of wrestler's in the family:
15. Date of marriage :
16. Name of spouse :
17. Age at the time of marriage :
18. Native place of your spouse :
19. No. of Children with names:
 - a. Male
 - b. Female

II. EDUCATIONAL BACKGROUND

1. Age of joining school :
2. Name of school :
3. Name of the village :
4. Medium of instruction :Kannada / English/ Marathi/ Hindi
5. Educational Qualifications:
6. Details of School and College:
7. Number of teachers in the school:
8. Name of Physical Education teachers in the school:
9. Your favorite teacher in the school:
10. Number of students in that school:
11. Date of dropping out from school:
12. Mother tongue:

13. Languages known

a) To write (i) _____ (ii) _____ (iii) _____ (iv) _____

b) To speak (i) _____ (ii) _____ (iii) _____ (iv) _____

III. FAMILY BACKGROUND

1. Do you belong to joint family?

2. How many members are there in your family?

Male..... Female.....

3. How many wrestlers are there in your family?

4. What is the annual income of the family?

5. How many brothers and sisters you have?

a. Names of Brothers

Elder..... Younger

b. Names of Sisters

Elder..... Younger

6. Whether your father was also a sports person? Yes / No

If 'Yes' mention his achievements.

7. Main occupation of the people at your native place

a. Agriculture b. Business c. Industry d. Any other _____

8. What was the people's attitude towards sport in your native place?

9. What games are popular in your native place?

10. How many acres of land you possess?

IV. WRESTLER'S CAREER

1. Where did you spend your childhood and how was the climatic condition and what facilities were there for Wrestling?
2. Who were all your friends?
3. Which game was popular in your native place?
4. Facilities available for wrestling at native place.
5. How many Gardis were there?
6. Age in which you started wrestling.
7. What inspired you to take up this sport?
8. Did you get full support from your parents? Yes / No
9. Did you get support from the people of your native place?
10. Where you have started training in early age?
11. Name of the Gardi.
12. How many wrestlers were practicing in that Gardi / Talim?
13. How many Gardi /Talims were there in your native place?
14. Which was the best Gardi / Talim in Yakshamba village?
15. What were the facilities available in the Gardi / Talim?
16. Name of the coach.
17. Was he a trained wrestler? Yes / No

If 'yes' give details

18. How much time did you devote every day for training in early age:
- Morning _____ to _____
 - Evening _____ to _____
19. Any other important factor that influenced over your achievements :
- _____
 - _____
 - _____
20. Names of your Gardi mates?
21. Names of good wrestlers at Yaksamba, trained along with you?
22. At what age did you seriously start training in wrestling?
23. When and why did you shift to Kolhapur?
24. What was your age when you shifted to Kolhapur?
25. How many famous Gardi/Talims were there in Kolhapur?
26. Which was your Gardi / Talim in Kolhapur?
27. Who was your coach in Kolhapur?
28. Was he formally trained in wrestling? Yes / No
- If 'yes' give details
29. How many hours did you spend on training?
- Morning _____ to _____
 - Evening _____ to _____
30. Were there any National Wrestlers in your Gardi /Talim? Yes / No
- If 'yes' give details

31. Who were all the best wrestlers in Kolhapur in those days?
32. How many wrestlers were competitors for you in Kolhapur? Give details.
33. Mention the specific nature of training at Kolhapur.
34. What were the facilities available at Kolhapur Gardi / Talim?
35. Which was the best training place? Yaksamba / Kolhapur. Give reason for your choice

V PARTICIPATION

1. Did your family members encouraged you throughout the wrestling career?
2. List your achievements at Yaksamba?
3. Did you participate in any competition during your school days?
4. Were you interested in wrestling during your school days?
5. Did you play with any National Level Wrestlers when you were at Yaksamba?
6. List your achievements at Kolhapur?
7. List out the National Level Competitions:
 - a. Place where the competition was held?
 - b. Competitors in the bouts?
 - c. Results of the bouts?

Year	Name of the Championship	Place	Against	Result

8. Can you list out the recognized national and international bouts:

Year	Place	Against	Result

9. How many times did you compete for Maharashtra Kesari award?

10. When did you win the Maharashtra Kesari award?

11. How many times did you participate in Hind Kesari award?

12. When did you win the Hind Kesari award?

13. Did you participate in Karnataka Kesari competitions? Yes / No

If 'yes' give details.

14. Did you participate in Dasara Kesari (Karnataka) competitions? Yes / No

If 'yes' give details.

15. Do you participate in Kumar Kesari (Karnataka) competitions? Yes/ No

If 'yes' give details.

16. Did you participate in International competitions: Yes / No

If 'Yes' give details.

17. Please mention the names of wrestlers who influenced you for your best performance.
1. _____ 2. _____
3. _____ 4. _____
18. Do you have any unfortunate experience by which you lost your medal / bout? Yes / No.
- a. Fear of competition b. Lack of guidance
- c. Climatic conditions d. Official faults
19. Can you remember any occasion which reduced your performance i.e., due to your
- a. Habits
- b. remarks or something else
20. Who was your best coach to get such high level performance?
21. Which is your best performance in your wrestling career?
22. Are you satisfied with your achievements?
23. What was your goal to achieve in wrestling?
24. Did you get full encouragement from your wife? Yes / No
25. What was her contribution towards your better performance?
26. For how many years you have played wrestling?
27. At what age did you achieve high level performance?

28. How many years have you continued in playing wrestling after your marriage?
29. Did you notice any difference in playing wrestling before marriage and after marriage?
30. Your achievements in wrestling.

Sl. No.	Name of Content	Name of appoint	Year	Result	Awards

31. At what age did you become the top wrestler in India?
32. Have you participated in weight category tournaments? If yes give details.
33. How many years did you take to become the top wrestler in Inida?
34. Who is the best Indian Wrestler played with you?
35. Who is the best Foreign Wrestler played with you?
36. How may bouts you lost with whom?
 - a) _____
 - b) _____

VI FOOD HABITS

1. Are you a Vegetarian or Non-vegetarian? Veg / Non-Veg
2. Did you take any special food during training period? Yes / No

If 'Yes' give details for one day diet:

Rice in kg	Milk in liters	Juice in liters	Fruits in kg	Roti in No.	Chapati in No.	Mutton	Ghee in grams	Vegetables

3. What is your staple food?
Rice, Jowar, Wheat, Ragi
4. If you are a non-vegetarian list names of food items you consume.
5. If you are a vegetarian give the names of food items you consume.
6. Do you have the habit of taking liquid food during competition season? Yes / No
If yes give details.
7. What are the liquid, semi liquid and solid food you like most and how often do you take them?
8. Do you take more of sweets, biscuits or any other snacks?
9. Do you take food whenever you please or with a regular interval?
10. Have you ever taken vitamin tablets or tonics to improve the health / performance? Yes / No
If yes give the names of vitamin and tonics.

VII CAREER AS A COACH

1. Why did you choose coaching as a profession?
 - a. _____
 - b. _____
 - c. _____
2. When did you start your coaching profession?
3. Who influenced you to enter this profession?
4. Mention the Gardi / Talim where you are training your trainees?
5. What are the facilities in the/ Talim / Gardi?
6. How many trainees are there in your Talim / Gardi?
7. What are the achievements of your trainees?
8. Are you satisfied with your profession? Yes / No
9. Are you getting any facilities from
 - a. Your Gardi / Talim. Yes / No
If 'Yes' give details
 - b. From other agencies. Yes / No
If 'Yes' give details.
10. How much time do you spend every day for coaching?
 - a. Morning _____ to _____
 - b. Evening _____ to _____

11. How much time do you spend for physical activities to keep your body fit?

Morning _____ Evening _____

12. Have you secured any awards for your professional efforts? Yes / No

If 'Yes' please give details:

13. Give the details of the achievements of your trainees:

Name of the trainees	Awards obtained	Competition conducted	Year	Results

14. Are you applying western coaching schedule to your

Trainees?

Yes / No

15. What is your opinion about Indian training method of wrestling?

16. Did anybody achieve high level performance in wrestling in your

Family? (Sons / grandsons).

VIII HABITS:

1. At what time do you get up in the morning?

a. During training period _____

b. At present _____

2. What is the first thing you do after raising from the bed?

3. Do you have the habit of cleaning teeth in the morning? Yes / No

4. Do you have the habit of taking bath every day? Yes / No
5. Do you prefer hot to cold water for bathing?.
6. Give the approximate timing of breakfast everyday.
7. Do you have the habit of sleeping after meal in the noon? Yes / No.
If yes, how many hours do you sleep?
8. What is the approximate timing for dinner?
9. Will you go to bed just after your dinner? Yes / No
If no, what time do you usually go to bed.
10. Do you get sleep immediately after going to bed? Yes / No
11. Do you have the habit of writing diary daily? Yes / No
12. Do you have the habit of reading news papers, magazines and periodicals? Yes / No
If yes, please give the names.
13. Have you taken any drugs during competition to improve your performance?
14. At what time do you go to bed?
a. During training period _____
b. At present _____
15. Do you read books or journals before going to bed? Yes / No

16. Please list out your hobbies in the order of preference.
- a. _____
- b. _____
- c. _____
17. Do you have the habit of smoking? Yes / No
18. Do you have the habit of drinking alcohol? Yes / No
19. Do you have the habit of attending parties? Yes / No
20. Do you like to spend your free time with your friends? Yes / No
21. Do you have the habit of walking in the morning? Yes / No
If yes, give details.
22. Do you have the habit of watching television? Yes / No
23. Do you have the habit of spending the time with your family members ? Yes / No
24. Do you have the habit of doing social work? Yes / No
If yes, give details.
25. Are you interested in watching wrestling bouts? Yes / No

IX FEELINGS

1. Do you believe in God? Yes / No
If Yes, did you pray to God before going for competitions? Yes / No
2. Do you feel relaxed when you go around with your friends?
3. Do you prefer a soft-spoken coach to a strict coach? Yes/No

4. Before going for competitions do you like to bear the last minute advice from your coach? Yes/No
5. Do you mingle with your opponents before going for competitions? Yes/No
6. Do you like to hear the instructions from the officials at the time of competitions? Yes/No
7. Do you feel always that you can achieve the things you wish? Yes/No
8. Does your mood change frequently? Yes/No
9. When you get upset emotionally do you take much time to recover? Yes/No
10. Do you express your emotions freely? Yes/No
11. Do you feel lonely when you are among other people? Yes/No
12. Do you like traveling? Yes/No
13. Do you worry about your health? Yes/No
14. Do you find difficulty in saying right things at the right time? Yes/No

X HEALTH

1. What is your age now?
2. How is your health?
3. What are the effect of exercises on your health?
4. Are you having knee joint pain today?

5. Are you doing any exercise for your good health?
6. Are you having blood pressure?
7. Are you a diabetic patient?
8. What type of food do you like now?
9. Have you undergone any surgical operation.?
10. At present, Who is taking care of your health?
11. Who is your family doctor?
12. Are you making regular health check up?

XI SOCIAL STATUS

1. Do you get social recognition in the form of awards and rewards?
2. Whether it has been possible for you to get social recognition?
3. In what way people recognize you?
4. Whether you are invited for wrestling competitions?
5. Are you a member of any wrestling federation or association?
6. How do people treat you in the society?

APPENDIX - B

QUESTIONS TO BE ASKED TO MR. SHRIPATI KHANCHANALE'S INTIMATE FRIENDS / TEAMMATES

1. Name :
2. Address :
3. Present Status :
4. How long are you associated with Mr. Shripati Khanchanale?
5. When did you meet him first?
6. What was the annual income of his family?
7. How many brothers and sisters he had?
 - a. Brothers : Elder..... Younger
 - b. Sisters : Elder..... Younger
8. Were his parents sports person? Yes / No
If 'Yes' mention their achievements
Father :
 1. _____
 2. _____
9. Main occupation of the people at his native place
 - a. Agriculture b. Business c. Industry d. Any other
 - I. II.
10. What was the people's attitude towards sport in his place?
 - a. During his childhood? Positive / Negative
 - b. At present Positive / Negative
11. What games were popular at his native place?

WRESTLER'S CAREER

1. Where did he spend his childhood?
2. How was the climatic condition in his native place?
3. What facilities were there for Wrestling?

Childhood _____ i. Warm ii. Cool iii. Moderate

Facilities _____

4. At what age did he start training in wrestling?
5. Did he get full support from his parents? Yes / No
6. How much time did he devote every day for training?
 - a. Morning _____ to _____
 - b. Evening _____ to _____
7. Any other important factor that influenced over his achievements:
 - a. _____
 - c. _____
 - d. _____

PARTICIPATION:

1. List of places secured in wrestling with national level players :

Year	Name of the Championship	Place	Against	Result

2. Can you list out the top level national and international bouts:

Year	Place	Against	Result

3. When did he secure the Maharashtra Kesari award?

4. When did he secure the Hind Kesari award?

5. Please mention the names of wrestlers who were influential on his best performance.

1. _____ 2. _____
3. _____ 4. _____

6. What are the topics of your discussion with him?

Topics of Discussion	
Movies	
Religion	
Sports performance	
Future activities	
Friends and relatives	

7. Is he a good listener? Yes / No
8. Have you seen him quarrelling with anybody? Yes / No
9. What was the way in which Sri Shripati Khanchanale treated his friends?
10. Whether he has an aggressive kind of behaviour or submissive kind? Aggressive / Submissive
11. Was he law abiding? Yes / No
12. Is he reserved in nature? Yes / No
13. Is he irritable in nature? Yes / No
14. Does he like to be alone? Yes / No
15. Does he like to work hard? Yes / No
16. Does he like children? Yes / No
17. Does he like company while practising? Yes / No
18. Does he smoke? Yes / No
19. Is he a man of helping nature? Yes / No
20. What would be the state of mind of Shripati Khanchanale ?
- a. When he wins : Exults / Enjoys / remains clam
- b. When he losses : Desperate / Worried / Calm

21. Can you list the likes and dislikes of Mr. Shripati Khanchanale in a particular aspect?
22. Is he having full encouragement from his wife? Yes / No
23. What was her contribution towards his better performance?
24. Do you like him? Yes / No.
If Yes give reason.
25. Do you want to tell any thing more about him?

APPENDIX-C

QUESTIONS TO BE ASKED TO MR. SHRIPATI KHANCHANALE'S WIFE

1. Full Name :
2. Date of Birth :
3. Place of Birth :
 - a. Village, Town :
 - b. State
4. Educational Qualification:
5. Father's Name
6. Father's Occupation :
7. Mother's Name
8. Mother's Occupation
9. When did you marry? Can you remember the date.
10. What was your age at the time of marriage?
11. What was your husband's age at the time of marriage?
12. No. of Children :

Male:

1. _____ 2. _____ 3. _____

Female:

1. _____ 2. _____ 3. _____

13. Is your husband co-operative? Yes / No
14. Are you satisfied with your husband's achievements? Yes / No
15. What type of food does your husband like?
16. Do you feel alone when your husband is out of station? Yes / No
17. Do you like Wrestling? Yes / No
18. Do you attend functions along with your husband? Yes / No
19. Do you go for walk in the morning with your husband?
20. Does he discuss family matters with you?
21. Who will take care of your family?
22. How many members are there in your family?
23. Who will prepare the food for your family?
24. Are you having a servant in your house?
25. Is your husband aggressive or not?
26. At what situation your husband will be angry?
27. Is your husband dependent on you? Yes / No
28. Is your husband very cooperative with you? Yes / No
29. How is your husband's health?
30. Has he under gone operation? Yes/ No
If yes, give details.
31. What type of food he needs now?

32. Are you aware of the knowledge of balanced food?
33. What type of food your children need?
34. Do you prepare non-vegetarian food in the house?
35. Do you like non-vegetarian food?