Chapter II

REVIEW OF RELATED LITERATURE

The research scholar made an attempt to present a summary review of the related literature, which may be helpful in understanding the basic trends available and to bring-out the meaningful outcomes of the present study. The scholar tried his level best to gather the best available literature. For this purpose, investigator has visited number of libraries like: Bangalore University, Bangalore, University of Mysore, Mysore, Karnataka University, Dharwad, Mangalore University, Mangalore, Shivamoga University, Shivamoga, Tumkur University, Tumkur, Laxmibai National University of Physical Education, Gwalior, Jiwaji University, Gwalior and Punjabi University, Patiala etc, to get the related data information of the study in the form of M.Phil and Ph.D thesis etc.

Also researcher visited the inflibnet centre at Gulbarga University central library and various websites for the published materials in the form of Abstracts, Articles, Journals, and Books etc. are collected, studied and information retained as documents for the review of related literature. In addition to the above sources, the investigator searched various related websites on internet and available data retained as literature.
This chapter includes reviews of related literature for the present study which has been taken by the researcher. The scholar has undertaken the extensive search for the reviews and has collected the following reviews of the critical literature: A few investigators have been reported in the part throwing light on numerous case studies.

Case studies are very less in the field of physical education and sports. The search for relevant reference materials is a time consuming process but a fruitful phase of such type of studies.

The similar kind of research literatures of various studies found by the investigator are related to the presented study and are presented in the below,

**Case Studies on Individual Sportsmen**

**Naveen Kumar (2013),** the paper is an attempt to have an insight into the contributions of Indian sport shooter Vijay Kumar and his achievements. This study is helpful to know his qualities as a sport shooter. This study also finds out his socio-economic and motivation factors. To attain the purpose of the present study the investigator has adopted the direct inter-view method and opinion rating questionnaires consist on Vijay Kumar contribution towards sports and physical education, his contribution for promotion of shooting in particular and sports in general in the country.
Mohd. Tanveer Khan (2012), the purpose of the present case study was to highlight the achievements and contributions of Arjuna Awardee Zafar Iqbal for the promotion of sports in general and hockey in particular in the country. Secondly to underscore his important personality traits and philosophy with regard to the skills as a sports administrator, coach and his professional leadership qualities. The problem therefore was stated as “Arjuna Awardee Zafar Iqbal “Legendary Hockey Player” A Case Study”. A case has been designed wherein historical, biographical, analytical, and interpretive methods have been employed to systematically pursue the work.

Data for this investigation was derived from the primary and secondary sources. To get first hand information, the investigator visited office where Zafar Iqbal has been working for a long period and also went through official records like reports of committees and meetings, annual reports and published material. Personal record of Zafar Iqbal was also investigated and desired informations and facts were collected. The investigator personally contacted Zafar Iqbal and conducted his interview using a structured interview schedule. Various pictorial records of Zafar Iqbal were also investigated. Some of the photographs relevant of different occasions were chosen as documents for this study. Published materials on Zafar Iqbal such as books, pamphlets and newspapers were also studied.
Survey technique was also used to obtain responses and reactions from 95 selected eminent sports persons and physical educationists from all over the country, majority of them were personally contacted by the investigator. Self constructed Opinion rating questionnaire on Zafar Iqbal was also used for the purpose of the study.

Some psychological tests were also administered on Zafar Iqbal to acquire information on his training, motivation, competition strategy, anxiety, personality traits and social qualities that influenced his performance.

The obtained data thus collected both from primary and secondary sources were analysed qualitatively through internal and external criticism. Quantitative analysis was also undertaken to the obtained data on opinion rating questionnaire for drawing statistical inferences.

It has been revealed that Zafar Iqbal was born on 12th June, 1956 in Harganwa, District Bihar Shareef, Bihar. As he hailed from a literate family and his father was a professor at the Aligarh Muslim University, therefore just after his birth Zafar Iqbal was brought to Aligarh and he was raised up in this city of Uttar Pradesh. His father was Late Prof. M. Shahabuddin Ahmad and his mother’s name is Mrs. Najmun Nisha. Among the siblings he has two brothers and two sisters and Zafar Iqbal is the third one. Zafar Iqbal was enrolled right from the 1st Standard in
S.T.S. High School, one of the schools of the Aligarh Muslim University, which is also known as Minto Circle. He started playing hockey when he was a student of this school.

Although the family members of Zafar Iqbal were against sports, but right from childhood Zafar Iqbal possessed a peculiar desire and love for hockey and he considered hockey everything. Although there was tremendous pressure from home for concentrating on studies, whatever time would remain after his studies, he would utilize it in practicing the skills of hockey outside the hockey ground of the university, roads and even on the roof of his own house. This hard work carried him a long way forward. After graduating in Civil Engineering from the world famous Aligarh Muslim University in 1978, he was also selected for the combined universities hockey team in the same year and on the basis of his performance in Nehru Cup, he was selected for the India camp in the left out position. After this there was no turning back for him. There was no other left out of his caliber in the country neither there is any till now. He is known as the “father of the reverse hit”; he used to apply reverse hit on a fast moving ball with précised accuracy and thus scoring number of goals from acute angles. He made valuable contribution for winning the last gold medal for India in the 1980 Moscow Olympics. He lead the Indian team as a captain in various international events, prominent among them were Asian Games in 1982,
Champions trophy, 1983, and 1984 Los Angeles Olympics. He had the honour of carrying the Indian flag at the youth festival held in Moscow, and later at the opening ceremony of the Los Angeles Olympics.

He also received the prestigious Arjuna Award in 1983, the highest award given to a sports personality in India. It was under his coaching that India played for the Asian Games held in Korea and due to his tireless efforts India won Silver Medal at the tournament after a long void. From early 1993 to October 1994 he served as the coach of the Indian Hockey team. He also served in the capacity of chief national coach of the Indian hockey team. After the dissolution of the Indian Hockey Federation (IHF), he was appointed one of the members of Hockey India a committee formed by the Govt. of India to look after the promotion and administration of Indian Hockey in the absence of Indian Hockey Federation. Besides, he also served with distinction to Indian hockey in various capacities including member of selection committees, observer and member of technical committee of Commonwealth Games 2010 etc.

The eminent sports personalities have given their opinion about Zafar Iqbal that he had been a hockey player of very high repute, a great administrator, efficient coach and a dedicated hard worker. He has been proved to be an efficient coach and a great sports promoter of all times. All of them considered him a man of such high character who bears the
qualities of a good friend, a kind human being and a dedicated sportsperson.

Zafar Iqbal had made a mark as a successful sports promoter. He is receptive to new ideas and is very good in providing motivation to upcoming young sports persons. He is very knowledgeable, honest and sincere to his assignments.

Result of opinion rating survey indicates that Zafar Iqbal bears a very pleasant personality. He is health conscious, religious and regular in his daily exercise. He had a good athletic physique. He never loses his cool and has a lot of patience and perseverance. He has tremendous ability to overcome obstacles and his attitude towards others is very friendly and co-operative. He is role model for others and gives due regards and inspiration to upcoming players. He is very straightforward in nature and has a good sense of humour. He does not compromise with his principles and maintains very good public relations. He is very popular among his colleagues and team mates owing to these merits.

Technically as a player he had been very sound grappler and had capacity to maintain his performance for a long duration. He is among the best hockey players India has ever produced. He believes that sports are a major tool in developing the total personality of players. Punctuality and discipline is the part of his life.
Apart from his sport endeavours, he has been serving Air India on the prestigious post of Manager (civil) with utmost efficiency and commitment. He has proved to be an excellent administrator. He maintained up to date records and is very prompt in replying to letters. He has never let himself down at the time of failure and his administrative approach is democratic in nature. He gives due recognitions and status to the sports persons who perform well. He often visits schools, sports colleges and stadiums to motivate players.

Results of psychological tests clearly suggest that Zafar Iqbal scored average on neuroticism, extraversion and openness facets, low on agreeableness and high on conscientiousness. According to the results of the adjustment inventory, Zafar Iqbal has excellent adjustment in two areas i.e. home and health, while average adjustment on social and emotional dimension and good on educational adjustment. In total the above results clearly advocated him as a well adjusted person of the society. He had high level of Sports Achievement Motivation together with high competitiveness, win orientation and goal orientation according to the obtained results.

Based on the results obtained from the study, the following significant conclusions may be drawn:

1. Zafar Iqbal is one of the best hockey players, India has ever produced.
2. He is one of the prominent hockey players of the country who have a very long playing career.

3. Zafar Iqbal has contributed for the upliftment of the game of hockey in numerous capacities including coach, observer, selector, as well as policy maker.

4. He is thoroughly committed professional.

5. Besides hockey, he has been a pioneer in creating sporting environment in the country through his gestures and tireless efforts.

6. Zafar Iqbal is bestowed with all the required intellectual abilities that immensely contributed and lead him both towards academics and sports excellence.

7. Zafar Iqbal has proved that both academic and sports may go hand in hand and one can excel in both with required commitment and dedicated efforts.

8. He is an efficient, honest, dedicated and austere administrator.

9. He has contributed a lot for promotion of sports, especially hockey in India.

10. He is a role model for other hockey players both within the country and abroad.

11. He is very hard working, disciplined and industrious by nature.
12. He is very friendly, co-operative and has a lot of patience and perseverance.

13. Zafar Iqbal remarkably possesses all the personality traits of elite sportspersons including high extraversion, adjustment and achievement motivation.

The above mentioned significant conclusions clearly advocate that Zafar Iqbal is a living legend who has immensely contributed to the cause of upliftment of national game of hockey and thus played a pivotal role in reviving the glorious past of hockey in the country once again. Being a role model, he is being religiously emulated by the younger generation both for sports as well as academics.

Recognising the everlasting efforts and valuable services rendered to sports by Zafar Iqbal, the Government of India has recently conferred on him the prestigious “Padmashree Award” on April 4, 2012 at Rashtrapati Bhawan, New Delhi.

Rathee N.K and Bala Suman (2012), In today's fiercely competitive and highly commercialized sporting arena, physical prowess is no more the only deciding factor to influence sports outcome. Those who reach the top have some unique physical abilities, psychological and emotional attributes. This study was undertaken to explore the life history, philosophy and the sporting career of legendary Indian hockey player Dhanraj Pillay by constructing his personality
profile. Data/Information for the present investigations was derived both from the primary as well as the secondary sources. Interviews of Dhanraj Pillay, his family members, his coaches, former Indian Hockey team captains and prominent Indian and international hockey players were conducted. Published material on the life and the achievements of Dhanraj Pillay such as the books, pamphlets, newspaper accounts were studied.

To investigate his personality profile and the psychological makeup, Mental Toughness Inventory, Sevenfold Emotional Intelligence Scale, Self Esteem Inventory, and Sports Personality Scale were administered to Dhanraj Pillay. It has emerged that he is not only a fitness freak and has a good physique, but also possesses unique qualities and attributes such as patience and persistence, displays positive attitude, has leadership qualities and has the ability to face problems and obstacles. It has come out that he is a mentally tough, emotionally intelligent, and selfefficacious individual with a well-developed sports personality. The findings of this investigation will be helpful in developing a broad framework of the appropriate personality characteristics and the specific attributes so as to identify and groom talented and skilled sportspersons.

S. K. Yadav and Pradeep Kumar (2012), The purpose of this study was to highlight the contributions and achievements of Padma
Shri Shankar Laxman towards Indian hockey, to enlist his professional leadership qualities and to study his philosophy with regards to Indian Hockey. The data for investigation were derived from personal records, pictorial records, published material and secondary sources. Survey technique was used to obtain responses and reactions about Padma Shri Shankar Laxman from selected eminent sports persons, contemporaries, coaches and physical educationists from all over the country through opinion rating questionnaire to get desired information. He was the first Goalkeeper Captain in the world. He was member of the Olympic Gold medal winning hockey team in 1956 at Melbourne, 1958 Asian Games Silver medal at Tokyo, 1960 Olympics Silver medal (Rome), 1962 Asian games Silver medal (Jakarta), 1964

Olympics Gold medal Tokyo. He Captained the Indian hockey squad in 1966 Asian games at Bangkok and won Gold medal for the country. He was honoured with Padma Shri award in 1967 and was the recipient of Arjuna award in 1964.

Riaz Ahmed and Ali Ahsan (2011), The Life of Akber Wahidi 1957-2011, legendary sports writer, journalist, statistician, enthusiast promoter, and PFF Media Manager, Born on 7 August 1957, the late Akber Wahidi completed his BA in Civil Engineering from Karachi’s renowned NED University of Engineering & Technology as a youth, but
decided not to pursue a career in Civil Engineering and instead focused on writing about his one true love: football.

From 1974, Akber Wahidi was involved in football & sports journalism and wrote fluently in both Urdu and English news articles. He first became renowned when he began writing exclusively for Urdu magazine 'Khel ki Dunya' that was owned by late sports journalist and Wahidi sahib's own mentor Alauddin Ghauri. Akber Wahidi would interview and profile the various football players and football teams across Karachi and rest of Pakistan, and showed immense dedication to his passion that won him many fans across Pakistan's football fraternity and sports journalism circles.

In 1992, Akber Wahidi became personally affiliated with the National Football Championship which was sponsored by Lifebuoy Soap for the first time Pakistani football history. As media in-charge for the tournament, Akber Wahidi's unprecedented coverage of the event brought the national media to take strong notice of almost every game and every result that was witnessed throughout Pakistan.

In 2003, he achieved considerable fame when he wrote to FIFA and asked them to correct their record books for fastest goals scored from kick-off in a FIFA World Cup match. He pointed out that Václav Mašek of Czechoslovakia should be in second place for fastest goal scorer when he scored after just 16 seconds against Mexico in 1962.
World Cup, rather than FIFA's then-second placed record holder Bryan Robson of England who scored after 27 seconds against France in 1982 World Cup. The fastest goal scored was by Turkey's legendary captain Hakan Şükür after just 11 seconds against South Korea in 3rd/4th place play-off in 2002 World Cup.

FIFA was surprised at this information and immediately acknowledged their mistake and sent Akber Wahidi an honorary letter thanking for his contribution and knowledge. In 2010, he was sent a special ticket by FIFA to visit and cover a match in the 2010 FIFA World Cup held in South Africa on FIFA's own expenses. He stated later that visiting and watching a FIFA World Cup game inside a stadium live was his dream comes true.

The late Akber Wahidi was in Faisalabad to cover the final games of the 21st NBP National Football Challenge Cup 2011 on special invite of tournament organiser Rai Saif ur Rehman Bhatti. He had just enjoyed the nail-biting semi-final between KRL and Army at Bohranwali Ground on 24 April 2011 and was in good spirits.

Akber Wahidi was famed for his sharp memory and enthusiasm for compiling statistics, records, history, and trivia related to both football and field hockey. He was often called the Walking Encyclopedia of Football. So much was his knowledge about the beautiful game that
even the football authorities around the world had to stand up and notice his remarkable memory and enthusiasm for the game.

Eventually, the Pakistan Football Federation (PFF) took notice of Akber Wahidi's tremendous knowledge, writing skills, and experience and made him Media Manager in 2004; a post he kept with full honour and commitment till his shocking demise today.

A simple man, he did not let his fame as a sports journalist affect his humbleness and modesty throughout his life. He was offered a better pay to become Media Manager of the Pakistan Hockey Federation (PHF) many times but he flatly refused each time to give up his love and loyalty towards football.

He also won many admirers across the South Asian region with many sports journalists from Nepal, India, Bangladesh etc regarding him as one of their own. Akber Wahidi was also Executive Editor of the now defunct Karachi-based Urdu-language football gazette 'Monthly Football Magazine' where he worked with his close friend and protégé Riaz Ahmed

Akber Wahidi also had a very close and personal friendship with FootballPakistan.Com (FPDC) since 2001. He got in touch with a young Malik Riaz Hai Naveed and supported the fellow's dream of giving Pakistani football a voice on the internet media which would evolve into FootballPakistan.Com (FPDC) in 2003. Akber Wahidi was always
enthusiastic about supporting FPDC and provided its growing staffers with up-to-date Pakistani football news, statistics, reports, histories, content etc for almost 10 years without a pause. The FPDC team regarded him as one of their own because of his dedication to football and willingness to let the world read about it.

Prasad Bandare (2011), did case study on cricketer Mr. Yere Goud: his personality and achievements and found that Mr. Yere Goud is good natured, easy going, emotionally expressive, ready to cooperate, attentive to people, soft-hearted, kindly, adaptable, quick to grasp ideas, a fast learner, intelligent, emotionally mature, stable, realistic about life, unruffled, possessing ego strength, better able to maintain solid group morale, assertive, self assured, independent minded, cheerful, active, talkative, frank, expressive, effervescent and carefree.

He is exacting in character, dominated by sense of duty, preserving, responsible, planful, “fill the unforgiving minute, sociable, bold, ready to try new things, spontaneous and abundant in emotional response. His “thick skinnedness” enables them to face wear and tear in dealing with people and gruelling emotional situations, without fatigue.

He is tough, realistic, “down to earth”, independent, responsible but sceptical of subjective, cultural elaborations, free of jealous tendencies, adaptable, cheerful, uncompetitive, concerned about others,
a good team worker, anxious to do the right things, attentive to practical matters, polished, experimental and shrewd, unruffled and to have unshakable nerve. He has a mature, unanxious confidence in themselves and their capacity to deal with things.

He is experimenting, interested in intellectual matters, he has doubts on fundamental issues, prefers to work and make decisions with other people and like and depend on social approval and admiration

He has undisciplined self-conflict and have significant control of his emotions and general behavior. Inclination to be socially aware, careful and he has lot of self respect and high regard for social reputation. He is sedate, relaxed, composed and satisfied person.

He has high socio economic status, high emotional intelligence, high level of self confidence, higher value orientation, high level of achievement motivation and has greater strength of locus of control.

He has positive goal discrepancy and attainment discrepancy and also he was under aspirant i.e. does more and expects less.

Mr. Yere Goud as Measured

Mr. Yere Goud relatives and friends in their opinion said that his father’s companionship in the sports and selection of playmates and provision of adequate facilities and his right advise and instructions to Mr. Yere Goud for not to neglect studies literally nurtured him. At school he motivated towards sports and his passion and honesty
towards cricket driven him further. He was attentive in his class and studies and keen in playing sports, mingled with friends and classmates, did not frequent theatres and did not have fascination towards girl friend.

He is religious, interested in social service and possesses a good sense of humor. In office, it is opined by his friends that he is sincere and punctual at work and doesn’t take advantage of his position, uses his popularity through hard work, sincerity, honest and dedication in improving the position of the Indian Railways and involves himself in decision making.

In cricket, it is opined by his cricket colleagues, umpires, and administrators that he is punctual, disciplined and respects elder players and encourages youngsters, never assuming an air of superiority. He was never afraid of criticism and had the courage to speak and write on any kind of dishonesty shown towards players. He is an outstanding and best middle order batsman in India and outstanding fielder. He does not have much weakness in batting and he was fond of doing vigorous exercises to keep him fit for the matches and he never played for his own records and played for his team. He overcomes obstacles in his quest for greatness through dedication and hard work.
During matches he puts his team-mates at ease, respects elder players, co-operates with all the team players and encourages young talent. He never found guilty in cheating umpires, walks out immediately when umpire gives him out and friendly with umpires and a fine player possessing good sportsmanship qualities.

Many opined like his parents, friends, coaches, cricketers, umpires and administrators that the Indian cricket team selectors should have given a chance to represent India in the test matches for Mr. Yere Goud.

Rajkumar G. Karve (2010), conducted a case study on former International Cricketer Brijesh Patel; His Personality and Achievements. He found that Mr. Brijesh Patel is good natured, easy going, emotionally expressive, ready to co-operate, attentive to people, soft-hearted, kindly, adaptable, quick to grasp ideas, a fast learner, intelligent, emotionally mature, stable, realistic about life, unruffled, possessing ego strength, better able to maintain solid group morale, assertive, self assured, independent minded, cheerful, active, talkative, frank, expressive, effervescent and carefree. He is exacting in character, dominated by sense of duty, preserving, responsible, planful, “fill the unforgiving minute, sociable, bold, ready to try new things, spontaneous and abundant in emotional response. His “thick skinned ness” enables them to face wear and tear in dealing with people and gruelling emotional
situations, without fatigue. He is tough, realistic, “down to earth”, independent, responsible but sceptical of subjective, cultural elaborations, free of jealous tendencies, adaptable, cheerful, uncompetitive, concerned about others, a good team worker, anxious to do the right things, attentive to practical matters, polished, experimental and shrewd, unruffled and to have unshakable nerve.

He has a mature, unanxious confidence in themselves and their capacity to deal with things. He is experimenting, interested in intellectual matters, he has doubts on fundamental issues, prefers to work and make decisions with other people and like and depend on social approval and admiration

He has undisciplined self-conflict and have significant control of his emotions and general behavior. Inclination to be socially aware, careful and he has lot of self respect and high regard for social reputation. He is sedate, relaxed, composed and satisfied person. He has high socio economic status, high emotional intelligence, high level of self confidence, higher value orientation, high level of achievement motivation and has greater strength of locus of control. He has positive goal discrepancy and attainment discrepancy and also he was under aspirant i.e. does more and expects less.

By these results one understands that there is no neither confusion nor conflict in the personality of Brijesh Patel. Secondly these
findings also depict the openness of the person, clarity of goals, mobility in values, high achievement motivation, high self confidence, greater strength of internal locus of control (individual control), higher value orientation, high emotional intelligence and greater strength in mental flexibility etc., which are the possible traits of an highly evolved and nicely socialized individual.

As observed by his family members and close associates through these qualities are mentioned but many of qualities are inherent in the opinion of Brijesh Patel’s relatives and friends. His close associates have noted that he was very serious, sincere, helpful, confident, social organizing person with noble values.

Anup Kumar Srivastava and Kumar Shah (2009), Viren Wilfred Rasquinha (born September 13, 1980) was the former captain of India’s national field hockey team. He hails from Mumbai. His local team is the Maratha Warriors. The midfielder made his international senior debut in May 2002 at a Four Nation Tournament in Adelaide. He studied at the St. Stanislaus High School, and was a member of the Indian team that finished seventh at the 2004 Summer Olympics in Athens. Viren announced his retirement from hockey on 15th January, 2008 to pursue management studies at Indian School of Business, (ISB), Hyderabad, specializing in Marketing. His brother Pravin Rasquinha was the former Sports Leader for the year 1993-1994 in St. Stanislaus.
A first class student throughout his college, was also 13th rank holder in the SSC Board, Mumbai. This Bandra boy can be classified as the new age Indian sportsman - talented, and with a killer instinct that calls for the head of the opponent. Viren was the youngest ever player to join India’s international league. He was a thinking player and was really good for the team. He player for India, Maratha Warriors (Maharashtra), Air India, Indian Oil Corporation and Stuttgart Kickers (Germany). He liked to be in action even when he is injured. He was part of the team that won the Junior World Cup at Horbart, Australia. He won Silver Medal in Busan Asian Games 2002, Gold Medal Asia Cup 2003 at Kuala Lumpur, Gold Medal 1st Afro Asian Games 2003. Maharashtra Government honored him with Shiv Chatrapati Award (2004) for his meritorious services to Hockey game. He was conferred with Arjuna Award for 2005 for being the Best Sportsman of the Year in Hockey. Viren Rasquinha even went on to lead India in some matches in the bilateral series against Pakistan in the absence of an injured Dilip Tirkey. He was also captain of Premier Hockey League team Maratha Warriors, Maharashtra.

Projit B. Mukharji (2008), instead of studying the histories of national or elite club teams, this article seeks to explore the social and cultural forces that shaped local sporting heroes in mid-twentieth century India.
Using a prosopographic approach the article uses a case study of a single talented student-sportsman, Santimoy Pati, growing up in colonial Bengal and Princely Orissa in the closing years of the Raj to explore the reasons why young people took to sport, the nature of their sporting exploits and the ways in which their sporting activities helped to shape their social lives. Though focused upon a single life-story, through it, this micro-historical study touches upon the broader political, social and cultural currents of the day.

It also highlights that the culture of youth sport of the day was not specifically related to any particular sport but inspired the same youth to take up multiple sports. Such varied sporting interests were moreover often highly politicized and sportsmen saw their sporting activities as part of a larger nation-building process. However the precise doctrinaire form of the politics espoused by youth sportsmen could and did vary widely.

Singh (2007), conducted a study on Ranveer Singh who was born in a middle class family, on 12th February 1951 in Tajpur Simbhalka Village, Uttar Pradesh. He was good in his studies as well as in Volleyball.

His father and brother were also good volleyball players. His father did not encourage him to play volleyball as his brother failed in his high school examination. His PT Instructors encouraged
him to take up volleyball.

Once his father saw him playing volleyball in a tournament and slapped him on the ground in front of all the spectators.

In 1970, he participated in the State Championship held at Kanpur and this performance got him a place in the Indian Volleyball Team in 1971.

He represented India at International level for 10 years. He played at National level for 15 years and represented the Uttar Pradesh Police team for 20 years.

In 1975, he was awarded the “Arjuna Award” by the Government of India and the “Laxman Award” by the Uttar Pradesh State Government.

Karad (2006), conducted a case study on Dhanraj Pillay who was born in Khadki, Pune on the 15th July 1968. Dhanraj Pillay and his family went through hard times during his childhood days.

He was supported by his parents and his brothers. His father was a grounds man. His brothers were also good hockey players that made him take up hockey. Mohammed Shahid was his role model and motivator. In 1989 he was selected for National Championship, in which his team was the winner.
His International debut was against China in 1989. He was coached by Jude Felix in his early days. He was also the Captain of the Indian Hockey team.

Dhanraj was a unique sportsman to get the “Arjuna Award”, “Khel Ratna, Award’ and the “Padmashree Award”.

He represented India in four World Cups, four Asian Games and three Olympics Games. He was the only Indian be nominated as the “World Best Male Players Award” twice by FIH.

Rawat, Amit (2004), The purpose of the study was to highlight the contributions and achievement of Robson Moses towards the professional preparation of Physical Education in India, to study his philosophy with regard to physical education as profession in India and to enlist professional leadership qualities of Robson Moses. The problem stated was “Pioneer of Physical Education in India”, Dr Robson Moses a Case study.

To investigate the contribution and achievement of Robson Moses towards the Promotion of physical education in India, secondly to study his philosophy with regard to physical education as a profession in India and to enlist his professional leadership qualities, A case study has been designed in which historical, biographical, analytical and interpretive method were utilized. Ascertain more personal information on Robson Moses. Some of the Eminent Physical Educationists namely
professor Ajmer Singh, Professor T S Brar, Dr. A K uppal Professor A M Moorthy, Dr. Indu Mazumdar, Dr. Dilip Dhuriya, Mr C V Rao, and Dr. Ramesh Pal, Dr. A K Datta and Dr. Rajendra Singh were asked to give their opinion through a questionnaire and valuable data regarding contributions and achievements, personality, scientific attitude, teaching qualities, administrative qualities and scholarly qualities of Robson Moses.

Survey technique via an opinion rating questionnaire was also used to obtain responses and reactions from physical educationists from all over the country that could not be interviewed personally.

Data collected through primary and secondary sources were analyzed. Quantitative analysis was also employed to the data collected by using opinion rating questionnaire for statistical inference.

Robson Moses was born on 4th August 1924, at Irenepuram in a famous Moses family. His father Rev G N Moses was pastor in church of southern India and mother namely Mrs. Joyee Moses. His wife’s name is Mrs. Jasmine Moses, who worked as a Headmistress in Government Girls College at Palathur. Robson has only a son and two daughters namely Dr. Amit Moses, Mrs. Joy Presillaprem Athiban and Mrs. Sushela Raja Singh respectively.

Robson got his elementary education from London Missionary School at Marathandam. He passed his high school and intermediate
from Sri. Moola Vilasam and Scott Christian College respectively. He completed his graduation from university college of Trivandrum.

In Professional examination he did Diploma in Physical education (D P Ed) from YMCA College of Physical Education, Saidapet, Madras. He went to spring Field College U S A for his master degree in physical education in the year 1954-1955 and again went to University of Oregon for his Doctoral Degree in Physical education after been selected for full Bright Scholarships in the year 1972-1974.

Robson Moses joined Algappa College of Physical Education in the year 1956 as founder Principal. In the year 1976 he joined Asia’s Prestigious College of Physical Education L N C P E, Gwalior as Principal and after his retirement in the year 1984, he joined Annamallai University as Head of Department of Physical Education and Sports Sciences in the year 1984-1988.

Robson’s professional preparation was through because of having experience from spring field college, U S A and University of Oregon thus, finally contributed a lot for the development of Physical Education in India.

Robson Moses laid a great emphasis on the thorough Professional preparation of the Physical Education of India. He also stressed to reduce the gap between theoretical and practical aspects in physical
education. Along with this he also suggested innovative ideas to improve professional preparation in India as:

- Dropping of unwanted subjects.
- Amalgamation of Subjects.
- Introduction of semester system.
- Adoption of a scientific approach.
- Provision of lad experiences.

Robson was also of the view that physical educators should not confine themselves to schools and colleges but by the virtue of their knowledge they must try to establish new avenues for themselves and they should help the society to build up a strong nation.

Robson Moses was also an efficient Coach, the coached Basket Ball team and the team bought some laurels to the University and along with this he also imparted fitness Programmes to the masses.

Robson Moses played a key role in the development of the sports. He organized and conducted numerous competitions, while working as the Principal at LNCPE Gwalior, he organized all India track and field inter university championship successfully.

Robson Moses also contributed a lot in the development of the sports facilities. He developed Badminton Courts, Basket Courts, Football Grounds, Gym, Hockey Ground athletic running track etc.
Inspite of the sports facilities he also developed number of facilitates as residential wing, Guest House, research blocks and library and book banks. He also had established National Resource and Documentation centre N R D C and Extension services for the Tribal youth of Madhya Pradesh during his tenure.

Robson was a great sports lover too. He used to play Basketball, Lawn tennis, 800 mtrs. and 1500 mtrs were his favorite events in track and field in which he represented university and won laurels.

Robson Moses listed out few points as the cause of deterioration sports performances in India.

- Academic load is too high.
- Our attitude towards sports in negative.
- Poor economic status.
- Ascetic
- Sacrificing the body for comfort.

Robson Moses has critical view on the functioning of the various schemes for the promotion of sports. The amount sanctioned does not reach to the players. The schemes are not properly operational. Most of the schemes are not appealing and attractive by nature. Simultaneously he also appreciated the work of Nehru Yuva Kendra. Parents also engage their wards in tuitions to perform better in academics.

Robson strongly criticized the mushrooming of the colleges that are running on the commercial basic. He thinks these colleges are the deteriorating factor for future of physical education. He also said that
these colleges should follow the standard curriculum prescribed by UGC and if they don’t they should be completely abolished and derecognized.

Robson’s experience as organizer of various functions, seminars and conferences was magnificent. He attended and organized number of the seminars and workshops. The silver jubilee function at L N C P E Gwalior was really memorable for him in which the Governor of Madhya Pradesh was the Chief guest who appreciated his efforts for the development of physical education.

Being a successful administrator he was always engrossed in administrative job, he didn’t find much time to write his own book but his first publication was thesis style manual a guideline for writing a theses. He also published number of articles in research Quarterly Journal. Due to his extra ordinary superior caliber, he was time to time associated with number of organizations, served as Director, Member of many International organizations. Served as an expert in various committees and after his retirement also he is associated with number of associations in his home town Nager Coil, Tamil Nadu.

- Robson Moses also gave his specific views for making Physical Education attractive as
  - Making Physical Education Compulsory at School level.
  - Providing adequate facilities.
• Maximum Exposure of the Child to activities and Sports.

Robson Moses strongly supported that physical education in India must be scientific based. He stated that not only the skill but daily life fundamental movements should be taught scientifically. Due to very high competition in sports, we can’t rely only on the orthodox training but more researches should be conducted to train the athletes scientifically to achieve success.

Having served as the heads of various institutions, Robson Moses did into face any embarrassing situation. Robson Moses faced Problems that were sorted out through his statesmanship quality. Robson Moses also opined that when the students are not satisfied than the problem arises but once they are satisfied everything goes smoothly.

Robson Moses liked to watch and play outdoor games specially lawn tennis. Meeting propels, travelling and spending time with the nature are his favorite hobbies. Robson Moses visited most of the western countries when he was doing his master Degree and Ph.D there. Over and above this he also visited various countries as the member of Indian Delegation.

Robson Moses emphasized that upcoming physical educationists are the pillars of the society who should shoulder responsibility to make this nation fit and healthy. This should be mission of physical educationists.
Personal interview were also conducted with the family members of Robson Moses including his son and daughters.

They all opined that his father was an ideal father who is well adjusting with the situations and always motivated them to be good citizens in life. They also said that their father was very punctual, strict, social, efficient speaker and dedicated towards his profession.

Professor Ajmer Singh observed that Robson Moses contributed a lot to the field of physical education especially to the research in physical education. Robson Moses was the only one who bought the physical education at par with other subjects. Robson Moses was the committed teacher, who encouraged the students to make maximum use of the library and solve the problems in physical education by applying appropriate research designs and statistics. Robson Moses always struck to his decisions once he took and handles the complex situation with competency. Upliftments of the profession was the only aim of Robson Moses and it was very close to his heart. He was very simple and kind hearted person, who always helps those who needed help.

Professor T S Brar opined that Robson Moses could be credited with the beginning of scientific physical education in India. The dream that he saw long back is turning in the reality now. Robson Moses was expert in his field of specialization that was research methodology. He
always innovated new methods of assigning new assignments to the students. Robson Moses kept on trying to achieve whatever he wished for the betterment of the profession. Robson Moses was well read person who used to guide many research scholars for their higher studies. He lastly said that Robson Moses maintained warm human relationship.

Dr A K Uppal stated that Robson Moses was extrovert, intelligent and hard working. He was always abreast with the latest trends in the field of physical education. Robson Moses sometimes could not bear the administrative pressures when the things went wrong but he was quite bold in decision making. Robson Moses was an inspiring teacher, who always remained eager to take his classes and always insisted that students should test the facts scientifically and for this wherever he worked he established a research lab accredited with sophisticated instruments. This was probably his everlasting contribution to the field of physical education.

Professor A.M. Moorthy was of the view that Robson Moses behaved in a relaxed manner and friendly even to his counterparts. Robson Moses was a brilliant Scholar with having 100% knowledge in the area of research methodology. Robson Moses never surrendered in front of the situation but he had the caliber to find the way or make a way to solve the problem. He never took any under advantage of his
position. Robson Moses served the profession of the physical education for almost three decades and these three decades can be said as the “Golden Era of Physical Education, in which the profession of the physical education reached new avenues all over that India because of his contribution to the field of physical education.

Dr. Nadu Mazumdar stated that Robson Moses was a dynamic personality who was constantly on the move. He was concerned about his employees. Robson Moses was knee researcher and constantly taking and breathing research. Robson Moses was academic oriented and while teaching he made the subject so interesting that students did not skip his classes, Robson Moses was a strict administrator, who used to set examples, he inculcated the work culture among the employees wherever he worked. Robson Moses was the founder of the modern Physical Education in India. He started high level degree courses in physical education wherever he worked. Robson Moses was the only one who fought with the Government of India to get the autonomous status to LNCPE Gwalior and made it internationally recognized in the field of physical education.

Dr. Dilip Dhuriya opined that Robson Moses was a practical man who was away from shrewdness. Robson Moses was pragmatic and sincere to his assignments. He had also published and presented numerous articles in National and international Journals. Being
appointed as the Dean of college, he always took his classes and provided atmosphere for creative work to the students. Robson Moses was an autocratic type of administrator, who sometimes took very odd decisions. He had the ability to tackle the problems in an efficient manner. Robson Moses was the only one who boosted up the research in physical education and also provided maximum lab experiences to the students. Robson Moses can be said as the father of Physical education of 21st century.

Mr. C V Rao said that Robson had a very pleasing personality and kept on the changing the things till something better came out of it. Robson Moses was always interested in reading scientific literature that further increased his competency. He always interested in starting up the new projects that could help the profession of Physical Education. Robson Moses had a multidimensional personality as he could teach number of subjects efficiently. Robson Moses was too efficient in drawing out maximum from students and staff. He was successful administrator because he was capable enough to draw maximum even from the higher authorities.

Dr. Ramesh Pal was of the view that Robson Moses is real Physical Educationists. Robson Moses always stressed that physical education is not only about activity but academic aspect should also be strengthened. Robson is nature-loving person and always had appetite
to learn something new. Robson was very bright scholar that’s why he was the recipient of full Bright Scholarship twice and went abroad for his Master’s Degree and Ph.D respectively. Robson Moses was always over burdened with administrative jobs but inspite of that also he helped students in solving their problems and guided them towards a bright future. Robson was a success full administrator as Principal, Dean and Chairman Board of Management, LNIPE Gwalior. Robson Moses was confident that profession would only grow if the scientific approach is adopted in the field of physical education and due to his efforts only LNCPE got the status of Deemed University and along with this he always helped the physical educationists to improve their competence to serve the profession.

Dr. A K Datta opined that Robson Moses had a charming personality. He was tough minded and self-assured individual. Robson Moses always used to invite other for gatherings and also visited other staff members for promoting harmony. Dr. A K Datta also stated that Robson Moses not only acquired Knowledge but also had the ability to impart it very well to students and due to which all his students acquired prestigious position not only in India but abroad too. Those who became teachers they tried to follow his teaching styles and techniques while teaching. Some of his students even used to say that Robson Moses knew each and every word of research Methodology.
Robson Moses was a hard taskmaster. Robson was an excellent administrator. He created new departments at LNCPE Gwalior. Robson Moses tried to undo many old practices that were contrary to the likings of few staff members and students. But inspite of this, Robson played a Pivotal Role in the field of Physical Education. Robson Moses was instrumental in starting M Phil and Doctoral Programmes in physical education. Robson Moses made students not only to specialize in activity but also in theory subjects too. He developed physical education on scientific lines due to which physical education got a respectable place in society.

Dr. Rajendra Singh opined that Robson Moses could be said on the Genius personality. He always strived hard to achieve anything in life that was exclusively for the benefit of the profession of physical education. He was a real administrator in true sense who kept on giving new shape to the institution wherever he worked. He was quite supportive and encouraged the entire staff member to improve their competence. After returning back from spring field college, U S A he gave maximum thrust to research in physical education and established research labs. He was very instrumental in giving shape to modern physical education. He emphasized in giving practical experiences to all physical educationists so that can be professionally prepared for their jobs.
Results of opinion rating survey indicated that majority of students, colleagues and contemporaries opined that Robson Moses was Practical man, followed rules, behaved in sober manner, behaved in relaxed manner and was a wrath hearted person but some of the students, colleagues and contemporaries opined that he took his own decisions and acted in a dominant manner. Robson Moses behaved boldly in decision making and acted in self-reliant manner while tackling problems.

A majority of respondents indicated that as an administrator Robson Moses was very successful, kept his records upto date, encouraged the contribution of staff, appointed staff on merit, delegated authority and responsibility clearly, involved staff in framing of the policies, promoted staff for better future prospects, always provided a reasonable training load. Framed policies based on facts, used facilitate for welfare of local community, was an administrator for excellence, never used his positions for personal benefits and he never asked for the support on personal basis.

With respect to scholarly characteristics a majority of respondents stated that Robson Moses possessed brilliant scholarly qualities, sincere to his assignments, well read person, created trusting climate, even his retirement has not diminished his enthusiasm to promote physical education and sports, believed in scientific approach towards physical
education, published articles in national and international journals, prepared projects judiciously and encouraged physical educators to acquire research degree but due too much involvement in the administrative work he didn’t find any time to write any book on physical education.

A majority of students, colleagues and contemporaries opined that Robson Moses was an excellent teacher, a good conversationalist, punctual for his classes, unbiased, eager to take his classes, employed variation in teaching style, involved students in formulation and implementations for plans, provided atmosphere for creative work, imparted concreteness to educational planning, encouraged discussions among students, encouraged students to make maximum use of library and evaluated answer books very promptly. On the contrary did not employ plenty of audio visual aids while teaching and did not give adequate freedom to students in class.

Conclusions:

- On the basis of findings of the study the following conclusions may be drawn.
- Robson Moses behaved in a sober Manner, followed rules, behaved boldly in decision-making, respected established traditions and possessed a good reasoning capacity.
• Robson Moses kept his records up to date, delegated the authority and responsibility clearly, involved the staff and students in framing the policies and promoted staff for better future prospects.

• Robson Moses was well read person, sincere and honest to his assignments, believed in scientific approach towards physical education and encouraged physical educators to acquire research degrees.

• Robson Moses was punctual for his classes, unbiased, provided atmosphere for creative work and evaluated assignments and answer books promptly.

Singh (2004) conducted a case study on Padma Shree Milkha Singh – legendary athlete, Sports Administrator and Sports Promoter. The contribution and achievements of Padma Shree Milkha Singh towards promotion of sports, his qualities as a player, his philosophy with regard to Indian athletics and sports his professional leadership qualities as a sports promoter and administrator were highlighted in this study. His personal record, pictorial records, published material and interview technique was used to collect the required information. The investigator concluded that S.Milkha Singh is the best athlete India has ever produced. He is committed professional, efficient, honest,
dedicated and disciplined administrator who contributed a lot for promotion of sports in India.

**Nicholas L. Holt (2003),** the purpose of this article was to examine the coping responses employed by an athlete to manage the daily hassles he experienced in professional sport. Adopting a phenomenological orientation, data were gathered via four in-depth interviews with an experienced professional cricket player. Findings indicated that stress appraisals were related to endangerment of personal performance goals. Coping strategies deployed to deal with these stressors were evaluation and planning (learning about opponents, reading (new) opponents, and understanding conditions), proactive psychological skills (confidence building and maintaining concentration) and reactive psychological skills (resilience and self-talk). Results are discussed in the context of previous situation-specific research on appraisal and coping. Finally, implications for researchers and applied sport psychologists are outlined.

**Ramachandra Guha (2002),** A Corner of A Foreign Field started of as a biography of Palwankar Baloo (and his brothers). Guha calls him the first great Indian cricketer. The story of the Palwankar brothers and Baloo in particular reads like an epic – the stigma of an untouchable caste, the reluctance of the Brahmin Hindu teams to select him, the
separation in the tents, the denial of captaincy (when he very clearly
deserved it) and the redemption on the field.

His bowling stats seem to speak for themselves: 179 wickets in 33
matches, that’s almost 6 wickets per match -. 17 times 5 wickets in an
innings.

In a tour of England in 1911, Baloo in 14 matches against first side
county teams took a total of 114 wickets. Since then only Vinoo Mankad
has taken more than 100 wickets in an English summer.

Guha is definitely a fine writer mirroring the cricket on the field
with the socio-cultural metamorphosis outside the field. He compares
the case of Baloo with that of D’Oliveira, that of West Indies who had
white captains till Sir Frank Worrell came along and in particular South
Africa-Indian golfer Sewsunkar Sewgolan who after winning the Natal
Open in the 60’s had to wait outside the clubhouse in the rain for the
orderly to bring his medal and prizes.

Unfortunately, there is not much else available about the
Palwankars though Guha does list out a number of notes and citations
from various newspapers of those times including Tilak’s *Mahratta*. In
particular, there is Vithal (Baloo’s younger brother and the first Dalit to
captain the Hindus) who has written his autobiography Maze Krida-
Jivan (My Sporting Life). But it is out of print. Only about 1000 copies
were printed when it was published in 1948. One of those copies is with Guha.

**Bhupinder Mann (2002),** did research study in the form of a case study on Arjuna awardee Dr. Ajmer Singh eminent physical educationist and sports promoter and results of opinion rating survey indicated that Professor Ajmer Singh was very friendly, co-operative, health conscious, regular in his daily exercises, religious man and a source of support and strength to everyone. He possesses a very pleasant personality and his attitude towards others is always human. He has lot of patience and preservance.

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

Professor Ajmer Singh coaching abilities have been well recognized under his supervision as Director, Punjabi University, has been conferred by Abdul Kalm award by the President of India. He himself was awarded Arjuna Award for his excellent performance in sports. Based on his experience, the daily schedules for athletes were always on scientific lines. He always receptive to new ideas and a committed professional. He always gave recognition and status of his
athletes. It is because of these qualities and hard work that he has produced national and international athletes.

Being a good administrator his approach was always democratic but he did not compromise with his principles, his planning was excellent. He has the rare quality of handling complex problems with competency and clarity. He never heisted to own responsibility of his decision. He always encouraged responsible and efficient workers and honored all good suggestions from all quarters.

Professor Ajmer Singh is very intelligent, knowledgeable, well read and an honest person who is sincere to his assignments. He is fond of books and latest sports magazines. He lived by the motto “learning by doing”. Because of scholarly he has written many books.

Researcher finally concluded that,

- Professor Ajmer Singh was the first eminent Physical Educationist in India who was also a sportsman of International standard.
- Professor Ajmer Singh was very knowledgeable and committed teacher.
- Professor Ajmer Singh was a coach par excellent.
- Professor Ajmer Singh is an efficient administrator and a strict disciplinarian.
• Professor Ajmer Singh contributed a tremendous for the development of physical education and promotion of sports in India.

**Dhillon (2001)** undertook the case study of S. Balbir Singh who was an Indian Hockey player. The purpose of the study was to reveal tremendous impact of S. Balbir Singh on India’s Field Hockey. The investigator conducted interview with S. Balbir Singh and his daughter and also referred the published material and photographs. Opinion rating questionnaire on S.Balbir Singh was also used. It was revealed that S. Harbail Singh was guru and sources of inspiration for S. Balbir Singh to achieve higher standards. S. Balbir Singh won several awards and distinctions like Padma Shree in 1957 and Best sportsman of the country award in 1982. He worked as Director in Punjab Sports Department. He was the member of winning 1948, 1952 and 1956 Indian hockey team in Olympics. He has the golden hat-trick in his Hockey career.

**Shokeen Brijendra Singh (2000)**, The purpose of the study was to highlight the contributions and achievements of Professor Karan Singh towards the promotion of Physical Education and Sports in the country. Secondly, to study his philosophy with regard to physical education as a profession in India. Thirdly, to enlist professional leadership qualities of Professor Karan Singh. The problem was
stated as “Dronacharya Professor Karan Singh Eminent Physical Educationist and Sports Promoter”, a case study.

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

Data/information for this investigation was derived from the primary and secondary sources. To get the first hand information investigator visited institutions where Prof. Karan Singh has worked for a long period, and gone through the official records like reports of committees and meetings, annual reports, published material. Personal record of Prof. Karan Singh was also investigated and desired information/facts were derived.

The investigator personally contacted Prof. Karan Singh and conducted the interview. Various pictorial records of Prof. Karan Singh were investigated. Some of the photographs relevant to different occasions were chosen as documents for this study. Published materials of Prof. Karan Singh such as books, pamphlets,
newspapers accounts were studied and information retained as documents for the investigation.

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

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

Data/Information collected through primary and secondary sources were analysed qualitatively through external and internal criticism. Quantitative analysis was also employed to the Data collected by using opinion rating questionnaire for statistical inferences.
Prof. Karan Singh born on 15th November, 1927 at Jodhpur in the royal family of Maharaja Man Singh. His father Rao Raja Udai Singh was ruler of Suraita and mother Shrimati Anand Raj Kanwar belonged to the Bundi royal family. His wife's name is Shrimati Arati Singh. Prof. Karan Singh has only daughter Kumari Kirti Singh.

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


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

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

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

Prof. Singh secured first place in 4x100 meter relay and second place in 400 meter in 12th and 13th All India Inter University Athletic Meets held at Bangalore and Madras respectively.
Prof. Singh participated in the Rajasthan State Athletic Championship from 1949 to 1952 and for the first three years won the individual Championship. He created new State Meet Records in the 100 m (11.0 sec.), 200 meters (23.0 sec.), 400 meters (52.0 sec.) and the long Jump (22 ft. 2114 in). He has distinction to won 100 meters, 200 meters and 400 meters five times in Rajputana Olympic Association Athletic Championships held at Ajmer, successively.

He was also declared Hero Rajasthan for two years in succession (1949 Feb. & 1950 Dec.). He captained the State Athletic Teams in the All India Athletic Meets in 1949, 1950 and 1951.

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

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

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

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

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

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

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

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

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

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

In spite of his disliking, he was associated with many professional Associations/Federations besides various academic bodies, research and expert committees. He was Secretary, Indian Association of Teacher of Health, Physical Education and Recreation and member of various bodies/committees of Sports Authority of India and many universities and organisations.

Prof. Karan Singh is a scholar of high repute who published several articles and books which are widely read by the professionals. One of his book titled 'A History of Inter University Athletic Meets
(Men) in India 1940-41 to 1983-84' was award first prize of Rs.5000/- by the Govt. of India

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

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

2. Coaches or games/sport experts if engaged in educational institutions should entirely be under the charge of physical education personnel. They should work as per physical education department rules and norms.
3. It would be very nice if institutions training coaches will also impart training to physical education personnel and vice-versa.

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

Prof. Karan Singh considered the following reasons for India’s poor standard in sports.

1. Government, Parents, Teachers, Public, Students do not consider sports as important and accord very, very low priority.

2. Each country developed systems based on Geographical conditions (climate, food habits, people’s interests etc.) In India we should have also developed indigenous technology to develop our sports systems but we have only copied the outdated technologies of the other countries and thus are left behind and have not matched the progress made by countries that are leaders today. All this happened because sports in our country are in the wrong hands who know nothing about it. If shooters who win medals are given the charge of our army what will happen. The same is the case of Indian sports. No policy on
sports and every government prepare sports policy which is worse than the previous one because wrong people are entrusted with the task. Square pegs in round holes and vice-versa.

3. Poor quality of teachers will produce poor students. Poor mechanics will spoil the machine rather than correct the faults, kitchen garden expert will ruin the agriculture. Similarly our poor quality of coaches is playing havoc with our sportspersons. We need institutions like I.I.T’s to train coaches and we need intelligent people to come for coaching.

4. Programme of physical education and sports has to be introduced compulsorily in educational institution. In the absence of it we are suffering. Present conditions are due to this.

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

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

7. Indian sportspersons do not have high ambitions.

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

9. There is no programme on mass scale to find talented sportspersons and to groom them systematically.
10. We have not reached to the villages. Village youths are a neglected lot.

11. Women sports are even more neglected.

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

According to Brig. Labh Singh, Prof. Karan Singh developed into perfectly rounded-off personality of an ideal Rajput lad of his time and possessed all what a Rajput could be proved of. He has combined academics and sports in an ideal way and also lived all his life as a real specimen of sportsmanship. Sports have been his love and he has cherished this passion throughout his life. He has given his all towards his passion of sports and never taken even a list of it from this.

Prof. Ajmer Singh viewed that personality; qualities and commitments to his assignments of Prof. Karan Singh can be understood but cannot be written in words. He has always remained higher than any distinction of caste, creed or religion etc. but preached the religion of humanism, love, sportmanship and equality. As in the field of Sports India is yet to produce another Milkh Singh, in the
field of physical education India is yet to produce another Karan Singh. He is a light house for the profession.

In one word of Prof. S. Srivatson, Prof. Karan Singh is an "Ambivert", Always out spoken. Personation of integrity and morally very correct. Very diligent and persevering. He was all out to uphold sincerity and seriousness in work. He was a stickler fast ‘Discipline’ and 'Hardwork'.

He helped poor students financially and promoted their skills in 'Athletics performance'. As a human being he is 'par excellent'. He is 'living legend' in track and field coaching. He strongly advocated physical education for all and coaching as an 'off shoot' of physical education.

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

Prof. Gurbax Singh Sandhu considered Prof. Karan Singh both a man of ‘action’ and a man of ‘wisdom’ combined with one and an endearing person and an affectionable personality.

Dr.M.L. Kamlesh reveres Prof. Karan Singh as a luminary of the horizons of physical education in India.
Mr. K.O. Bosen regret that the country has not used valuable services of Prof. Karan Singh to the fullest and considered him a philosopher of his own rights, but practical to the very end.

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

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

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

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

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

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

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

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

2. Professor Karan Singh was very knowledgeable and committed teacher.
3. Professor Karan Singh was a Coach - par excellent.

4. Professor Karan Singh was an efficient administrator and a strict disciplinarian.

5. Professor Karan Singh contributed a lot for the development of physical education and promotion of sports in India.

Parameswara Kumar (1996), did a study on the contribution of University of Kerala in the field of Volleyball from 1971 and 1987. His study was limited to University of Kerala only. He considered the achievement of Kerala University in the South Zone and All India Inter University Tournaments of both men and women from 1972 to 1987. He also discussed about the facilities available in the University of Kerala. The study revealed that the contribution of Kerala University in the field of Volleyball was very great.

D. Banumathi (1996), made a study on achievements and contributions of S.D.N.B. Vaishnav College for Women towards Sports and games from the year 1991-1995. The investigator gives us information about this college and will help to understand how the college gives more opportunities to sports. Besides knowing the financial expenditure sides of the total amount being spend for the development of sports and games.
Premalatha (1994), conducted a case study on Jayanthi Viswanathan, an Indian Volleyball player. All the members of her family, except her mother are outstanding sportspersons. The inspiration of her father made her a free bird to become a great player.

She first started playing when she was in the eight standard. At the age of 20 she played for India for the first time. She is a member of the Indian team that won silver medal in the Ninth Asian Games held at New Delhi in 1982.

Balakumaran (1992), investigated the contributions of Gandhigram deemed University for promoting Physical Education and Sports. In addition, the influence of eminent personalities, outreach and extension programmes conducted by the University in the rural areas for the promotion of physical education and sports was studied. In this investigation, special emphasis emphasis was given to study the outreach extension programmes and their impact on an individual and achievement at State and National level.

Mary Celine Rose (1991), undertook a case study on Mrs. Angela Lincy an Indian High Jumper. The purpose of this study was to evaluate the progress and achievements of Agnela Lincy in High Jump. She was accorded the certificate of merit for outstanding junior citizen by Spic Nagar Jaysees. She was adjudged as the ‘Best Sports Women’ in the
state of Tamil Nadu in the year 1987 for the Pankaj Gupta Memorial Trophy.

The investigator followed the interview and questionnaire methods, historical evidence collections and self confidence inventory. Mrs. Celine Rose had interviewed:

1. Mrs. Angela Lincy
2. Mr. Shaju-Coach
3. Mr. Nelson Durai Pandian-Headmaster
4. Mrs. Mabel Vedavarm-Headmistress
5. Mrs. Leelavathy Thanraj-Physical Director.
7. Her Parents.

Charles Imbarj (1991), conducted a study on former Indian Olympic Hockey player Mr. V.J. Philip. In this study he found out the following factors.

Philip was born on 1st September 1949. The main reason for his achievement in sports was the motivation and encouragement of his brother from 1964 onwards. In 1965 he represented the Madras school team in the National School Games. In 1966 he joined the Southern Railway and become a member of the Tamil Nadu State for the National Hockey Championship at Madurai.
Philip proved that his earlier performance were not fluke when in both the Bangalore Nationals (1971) and in the Jalandar National’s (1972) he gave a good performance that in fact help him and paved way to earned a place in the Indian Olympic team. Philip was a member of the Hockey team of India in the 1972 Munich Olympic Games. His performance as right out in the tournament helped India to win the Bronze Medal. Philip was one of the six railway players who represented India in VII Asian Games at Teheran in the year 1974. India won the Silver Medal in Asian Games.

He participated as a player in the 1976 Montreal Olympics. During 1977 he captained the Indian team and played test matches against Pakistan.

India played in the World Cup Hockey Tournament held at Argentina in 1978 under the captainship of Mr. Philip. In the year 1979 he was a member of the Indian Hockey team which played Pre-Olympic qualifying round at Moscow.

Radhakrishnan (1991), conducted a study on P.T. Usha to reveal the tremendous impact of P.T. Usha of Kerala, India as an athlete. The upcoming sports personalities who greatly benefit by knowing about her achievement, training schedule, the dietary habit, ad family background.
The purpose of that study is to evaluate the progress and achievement of the golden girl, P.T. Usha in athletics and her contribution to the field of athletics in India.

Besides, leading newspapers like the Hindu, The India Express, The Week, The Patriot, Sports Star, the Time of India, Dinkaran, Malaimurasu, Journals and Magazines were referred for collecting materials for the study.

Mrs. P.T. Usha virtually unknown until she stunned the entire world by narrowly missing the third place by one hundredth of a second at Los Angles Olympics in 1984. P.T Usha is the only Indian Athlete who had won total of four gold and three silver medals for all the Asian Games she participated in which was dominated mostly by the Japanese.

The investigator followed the interview method. The conversation was recorded with the help of a tape recorder. Radhakrishnan has interview with,

1. Mrs. P.T. Usha
2. Mr. O.m. Nambiar
3. Her Parents
4. Sri. C.N. Pythol (Headmaster)
5. Prof. Ramachandran (Her Tutor) and Principal of the college where she studied.
Sunil Gavaskar; His Life, Career and Contributions to Cricket, a case study is done by S. Sivaramakrishnan (1989). He concluded that, Sunil Gavaskar is a bit reserved, deviates towards more intelligence, affected by feelings, submissive, serious, slightly conscientious, timid, sensitive, suspicious, practical, shrewd, apprehensive, and conservative and deviant to be self sufficient, controlled and tense person. He is introverted, possessing high anxiety, tender minded emotionality and subduedness.

According to the opinion of his friends and relatives, he was attentive in his class, mingled with classmates, did not frequent theaters and did not have fascination to have girl friend. He is religious, interested in social service and possesses a good sense of humor. In office, it is opined by his friends that he is sincere at work not taking any advantage of his position, uses his popularity in improving the position of the company and involves himself in decision making. He is a teetotaller as vouchsafed by almost all his opponents.

The opinion of cricketers, umpires, administrators and spectators bring out that he is an outstanding batsman in the world with no apparent weaknesses in technique. He opined to be seclusive which correlates with Cattell’s 16 PF analysis, but cooperates with all the members of the team. He puts his mates at ease, respects elders and encourages young talent. He is friendly with umpires and a fine player.
possessing good sportsmanship qualities. Many opine that he should not have retired from test cricket.

Ravikumar (1989), undertook a case study on Mr. A. Janardhan Reddy. The purpose of his study was to reveal the impact of Mr. A Janardhan Reddy on Indian hockey as an International Hockey Umpire. This study was about his achievement and family background.

Mr. Janardhan Reddy officiated at International Hockey Matches between Malasia and India in 1986. Two Indian Umpires have been promoted to International grade at the FIH meeting.

Mr. T.S. Bhattar of Punjab has been promoted to International Grade I and Mr. Janardhan Reddy from Andhra Pradesh the second to the International Grade II. The Investigator followed the Interview method Mr. P.Ravikumar had interviewed with:

1. Mr. A Janardhana Reddy.
2. His wife and parents
3. His friend – Mr. Prasad Rao
4. His friend – Mrs. Lawrence Babu.
5. Mr. K. Narsimha Rao – Physical Director.
6. Mr. Venkateswaran, Physical Education Teacher.
7. Executive Committee Members of Andhra Hockey Association.
8. NIS Coach
9. National Umpire
10. State Umpire.

Chinmayasarma (1985), conducted a study on Bhogeswer Baruah, the Arjuna Award Holder in Athletics in the year 1985. This study that he comes from a poor family Bhogeswar Baruah was born
29th November 1940. His father was an uneducated man. The economic condition of his family was not good enough to maintain his outfit. After joining Army, he set out in the interstate as well as national level sport meets. He made a number of foreign trips for international meets. He won the Gold Medal in 800 meters in 1966 Bangkok Asian Games. He was selected for Olympics trail, which was held at Patiala and New Delhi in the year 1966.

Niranjan (1988), conducted a study on Prakash Padukone, a Badminton player and his study revealed the following factors. Prakash Padukone was born on 10th June 1955. He learned the basic of the game badminton from his father. Prakash got opportunities to witness many international matches in his younger days, which aroused his interest to become a great Badminton player. He was the only Indian who could win National singles Title for Badminton. Consecutively he had represented Indian in Thomas cup and Asian Games. In 1978 he won the commonwealth Games title. The greatest achievement in Prakash Pudukone’s carrier was when won the All England Championship.

Allen Lee (1985), in his “My Story” on Tony Grieg, portrays with characteristics frankness of his childhood in South Africa and the early years of his career and how he triumphed over a lifelong affection to win the converted captaining of England.
As a captain of England, Tony Greig received widespread acclaim for his dynamic leadership, intelligent and articulate, he brought to test cricket an excitement that had been lacking for some time.

He tells his whole story of his decisions to back packer - a decision that split the cricketing world into two, and persuaded him to leave England and start a new life in Australia. The consequences of his decision to support World Series cricket, have been favorable to both players and promotion on a grand scale and have introduced a whole new generation of cricket lovers and increased players.

Allen Lee wrote the book “My story’ based on tape recordings of discussions between Tony Greig and himself and taken from transcripts provided by Tony Greig.

Sellen (1984), conducted a case study on K.C. Ellemma, Arjuna Award Winner in Volleyball. He found out of the following factors: K.C. Ellemma was born on 9th January 1952. The environment of the school helped her to exhibit the ability in her. She represented Kerala school team in the year 1967 which was the turning point in her life.

In 1969, she got selection into the Kerala State Senior Women’s team. Ellemma was selected to represent India for the test matches against the visiting Pairs Team. For her contributions to Indian Volleyball, Ellemma has been awarded Arjuna Award in 1975.
Khanna (1973), conducted a study on critical appraisal of the contribution of Mr. H.C. Buck to physical education in India. This study revealed that how H.C. Buck contributed to the enrichment of precession and to what extent the important contribution of Buck influenced the development of physical education in India. He concludes this study through a questionnaire method. He pointed out that H.C. Buck has played a very important role for the promotion of sports and games in India.

M. Vanvek and B. J. Cratty (1970), personality test administered on Jan, an Olympic thrower, revealed that high needs for achievement were accompanied by several traits that were likely to interfere with his performance. He proved to be introverted and at time would exhibit paranoid tendencies. His level of sociality was low. He tended to try to dominate those around him. His frustration tolerance was low and he would evidence extra punitive reactions to frustrations for a bad performance, such as, blaming other people and conditions rather than blaming himself. When he lost, he invariably blame judges, the equipment, the climate or an old injury. His intelligence was average. At times, he seems to be aware that others on the team are intellectually superior but he would be careful not to show his awareness of their superiority. His tension level was high. His moods fluctuated from one
day to the next and were characterized by feelings of depression alternating with feeling of elevation.

A case study conducted by M. Vanvek and B. J. Cratty (1970), on Robert, who was engaged in a combative sport for his country showed that he was an introvert, selfish and generally unsociable even though he was outgoing with people in a superficial way. His frustration tolerance and emotional studies were low. His intelligence was slightly below average. In both Eyseneck and Cattell tests, the score obtained reflected the tendency of his moods to change frequently and unexpectedly. He showed high level of anxiety. The scores of personality showed that he was patient.

A study of personality on Dick, an archer, conducted by M. Vanvek and B. J. Cratty (1970), reported the following results:

He was introverted and reserved. He was emotionally unstable in some ways particularly when tension and pressure on his performance would mount. His intelligence was high. His frustration tolerance seems to be lessened. However, as he approached the final rounds in each competition, he evidenced needs dominance and also at times control aggression. His moral character was high and held up high standards for those around him to follow. He considered himself a man of principle. He was more realistic than philosophical. He lived in a world of facts rather than metaphysical. He was punctual beginning a work out.
His team mates said they could set their watches by his comings and goings around the training areas. If he was in charge of a meeting, it was well known that he would wait not more than two minutes after starting time before calling it to order. He was generally low in sociability. His tension level was usually high. He was at times explosive.

The personality trait test conducted on Mira, an Olympian figure skater by M. Vanvek and B. J. Cratty (1970), who performed highest level, clearly stated that, she was introverted. Although she acknowledged others, she would generally not speak unless she was spoken to. She was aggressive and much happier when the competition was difficult. She could not find an outlet for her aggression in the controlled way permitted in the sport. Her frustration tolerance was generally low. She was intelligent and her intellect was applied to her training and sports.

A case study on Tom, a superior Basketball player conducted by M. Vanvek and B. J. Cratty (1970), he was outgoing and extroverted. He could meet and talk to people at all levels with ease. He was sociable at all settings. He was aggressive, at times excitable and often impulsive in his behavior. His frustration tolerance was low and would evidence extra punitive aggression. He was high in intelligence.