CHAPTER-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary:

Section I:

Her achievements in a sport like volleyball have inspired many young women to take up the sport. She is Vaishali Phadtare; India's ace setter. Vaishali is also famously known by the names of 'Vaishu' and 'Indian Best Setter'. In a sport Vaishali has come a long way as an ace setter. Born in Nashik, the Indian volleyball ace setter was brought up in a Marathi family. Her first claim to fame in volleyball came during her 6th class. Under the guidance of Devidas Jadhav, Vaishali clinched her First school national title in 1986 and since then she continued climbing up the steps of glory. In 1992-1993 she claimed the Shree Shiv Chhatrapati Award. Vaishali’s first medal with her country came in 1991 at the SAF games at Colombo, in Srilanka India won Silver medal. Her good run at the SAF Games 1993 in Dhaka (Bangladesh) continued when India won a gold medal.

Vaishali played the International competition for 14 times. From those she was the Captain of the team. These tournaments were played well and two of them were won by winning gold medals. 9th, 10th and 12th Princes cup were played at Yala (Thailand), Sisaket (Thailand) and Bankok (Thailand). She played Saf games at Colombo, Dhaka, Madras, Kathmandu and again Colombo. She played senior Asian championship, Indo Thai Culture Exchange program Thailand, Junior Asian Championship and Indo-sria culture Exchange program (Syria) also from these 14 various Championship. Her team had won gold medal for 6 times.

She played senior national championship for 21 times in various states of India. Fourteen of them were won by getting Gold, two by getting Silver
and one was won by getting Bronze medal and remaining four tournament were played by a good performance for the team. She played All India Railway Championships for 16 times. Three of them got Gold, two Bronze and 10 got Silver medals. In third national league in 1998-99 at Triprayar she received Best Player Award and in 1st and 2nd national league she got Best Setter Award. In 1994-2006 she played National Games. She was Captain for two times at Andhra Pradesh and at Maharashtra. Her team won Bronze and Silver medals.

Till date, Vaishali Padrehas won 5 Gold, 1 Silver establishing 14 times in International competitions. The Nashik-born player also won 35 Gold, 8 Silver and 7 Bronze in National competitions. Since 1988 onwards playing senior national championship continuously (21 Years). Hold the national record.

Section — II: In this section personality factors were analyzed. Accordingly, Following 16 Personality factors of Vaishali phadtare's were analysed.

Warmth, Reasoning, Emotional Stability, Dominance, Rule-Consciousness, Social Boldness, Sensitivity, Vigilance, Abstractedness, Abstractedness, Privateness, Apprehension, Openness to Change, Self — Reliance and tension etc.

Section III: Mrs. Parul Phadtare stated that vaishali is very peaceful and composed nature in extreme pressure situations and ability to make correct decisions at the same time. She was extremely committed, focused and Patriotic sportswoman with story moral values regarding fair competition and equal opportunity to deserving talents irrespective of their social status” She is very friendly and cooperative, health conscious and warm-hearted person. She kept her cool even under very negative circumstances. She behaves in a sober
manner. She believes much in social service. Her attitude towards others is always human.

Vaishali’s sister in law Mr. Naresh Bansod highlighting on vaishali personality that vaishali is a great scholar. She is kindhearted, disciplinic and hard working type of person. She is always neat and tidy willing to try new thing and is straightforward. She also possesses warm human relationship and always extended her help to needy persons. Mr. Devidas Jadhav stated that "she is icon. She has made volleyball sport in India as famous sport from 0% to 90% today". She has made volleyball game, popular game not only in india but also in world. Her performance has made Indian players and women players in india believe that they can be that 'Indias best'. she has opened doors for international medals, by break through of winning multiple medals”.

"Vaishali’s friend and volleyball player Yogita Kitkule stated that” Vaishali’s performance has motivated some players to take up volleyball. She has a very clear line of thought and makes her opinion known even though it may not go down well with others. People listen to her when she has something to say. Her style of speaking has an impact on others. Juniors look up to her.

Nishya Joseph stated, the qualities are, as very kind, polite, understands people, cooperative with others. She is very scheduled person and goes according to it and I have learned this from her.

Priyanka Khedkar a student of Vaishali Phadtare stated, "I think she showed all of us those Indian players can excel at international level and inspired many if us to take up this sport. She has a never say die attitude which is inspiring."
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**Section IV :** Results of opinion rating survey indicated that majority of various relatives, students, friends, and coaches opined that as a player Vaishali Padtare was mentally strong at competition time. Always has a family support. She was hardworking athlete. She follows the rules and regulations of the game strictly. Her presence is inspiring.

A majority of respondents indicated that as a coach Vaishali Padtare was very good in providing motivation to her players, Punctual for her classes. A good example to others. She was very popular among students. Her classes were interesting and inspiring, natural ability of spotting talent, Very hard working and industrious.

A majority of various relatives, students, friends, and coaches opined that personality Vaishali Padtare was behaves in a sober manner, Follows the rules, Behaves boldly in decision — making, was a practical woman, Is a warm — hearted person, Posses a very pleasant personality, has lot of patience and perseverance, Her attitude towards others is always human and Very friendly and cooperative.

With respect to scholarly characteristics, a majority of respondents stated that Vaishali Padtare possessed brilliant scholarly qualities. Very honest and sincere to her assignments, Believes in learning by doing, respects teachers. Has hardworking player. She follows the rules and regulations of the game strictly. Never uses shortcuts, very friendly and cooperative. She was very punctual and she enjoys game.
Conclusion:

The following conclusion drawn from an analysis of the collecting data gathered from the subject, other associates in response to questionnaires served to them, and the interview conducted.

Through Miss. Vaishali Phadtare belongs to a middle class family, still she is the self-respect, will power, parents supports, strong and firm determination played a vital role in shaping the career of Vaishali phadtare as Volleyball player and took her top position in Volleyball career.

Miss. Vaishali Phadtare received her primary and secondary education in the urban area like Nashik. She completed her graduation from Open University, Nashik. It is concluded that encouragement and support given by her teacher and coach had an important impact in her career.

It is concluded that her coaches like Mr. Devidas Jadhav who is her first coach played an important role in molding the career of Vaishali phadtare. Mr. Devidas Jadhav was her mentor. In addition, pursuance of systematic training schedule may be one of the factors behind the success of Vaishali phadtare.

Study shows from common family person and without background of Volleyball game can reach on the top in the Volleyball game with hard work.

Study shows that she was fully dedicated person to the game while she was playing international matches.

The study brought to light that Miss. Vaishali Phadtare is one of the best Volleyball player in India.

It's observed that there is steady progress in the Volleyball game career of Vaishali phadtare.

Miss. Vaishali Phadtare posses above average physical status and therefore she can be considered as ideally suited for sports.
Miss. Vaishali Phadtare is pure vegetarian and normally consumed nutrition diet, which might have helped her to put in sustained efforts.

Study shows her achievements and awards in the game of Volleyball.

Study shows that every sportsman respected and remembered her.

She appears to be a strong believer of God. Invariably before going to sleep, she prays to God.

As far as Vaishli’s relationship with others is concerned, the data revealed that she satisfactory adjusts with the entire individual like her teammates, colleagues, friends, officials, coaches and family members.

The personality test revealed that Miss. Vaishali Phadtare is having competitive and sporting spirit in the game.
Recommendation:

- If discipline practice, regular practice, and punctuality makes player perfect if they don't have any background in the game they can become good player through they are from middle class family.

- Serious practices in coaching camps always take advices from seniors, which will help to improve their mistakes.

- Seniors must encourage juniors because they are the future of the game.

- Companies and government must sponsor the games, which will help to improve various games.

- Starts sports school every district that will helpful for the games.

- If the coaches shall maintain punctuality, regularity and discipline, the results will be more desirable.

- To make player more successful the coaches should apply modern methods of training. Always both coaches and players should read journals magazine and periodicals.

- Both state and centrel government should provide very good training by expert coaches.

- For outstanding sportsman and women free facilities and other concession should give so that more number of people will attract towards sports.

- The name of the coaches should popularized through mass media like news papers, radio and T.V.

- Good number of coaching camps, training meets should be increased under the guidance of experience and resourceful coaches.

- It is suggested that similar case study may be conducted on other sports personalities in sports.