

Dronacharya Awardee Shri Raj Singh: A Case Study**BAJRANG¹**

Ph.D. Research scholar, Department of Physical Education, M.D. University, Rohtak

Dr. RAJENDER PARSAD GARG²

Head & Professor, Department of Physical Education, M.D. University, Rohtak

Abstract

The present paper highlights the contribution and achievements of Dronacharya Awardee Shri Raj Singh towards the promotion of wrestling and sports in the country a case study is designed in which historical biographical, analytical and interpretive techniques are utilized. He started his wrestling under the guidelines of Guru Hanuman (1901–1999) who coached many medal-winning wrestlers and practices as wrestler at 'Birla Mills Vyayamshala', Kamla Nagar, Delhi, which subsequently known as the Guru Hanuman Akhara. Both as a wrestler and as a coach, Shri Raj Singh was a legend as he created a template for modern Indian wrestling, by mixing traditional Indian wrestling style, pehlwani with international wrestling standards. Shri Raj Singh Secretary General Wrestling Federation of India receiving award from President of India Shri Pranab Mukherjee on dated 31-Aug-2013.

Key Words: Dronacharya Awardee, case study, wrestler, coach.

INTRODUCTION

Wrestling is one of the oldest well known sports in the World. It is one of the finest forms of exercise, bringing into use all the muscles of the body and is also a wonderful mental stimulant. Wrestling helps in physical development and body conditioning, the competitive spirit has carry over values and can help answer the psychological needs of the wrestlers. It is also considered as one of the best sports for developing fitness because wrestling bring every muscle into play, it develop body stature, tone-up the body, increased cardio-vascular efficiency, improve balance and develop quickness, agility flexibility and power. It helps the competitor awareness, develops self-confidence, physical-efficiency and vital capacity also. In nutshell we can conclude that the wrestling is the resultant of all the above mentioned physical and mental qualities of a person. Wrestling has its origin in India. From where the game went to Greece and then spread to the rest of the world. This was proved in 1938 when some archaeologist excavated a stone near 6 Kayaf Ji temples in Baghdad with wrestling features of India dating back approximately 5000 years. In India the roots of the same are deeper and one can trace them back to the epic days of the Ramayana and Mahabhart. The

Bhim and Karna Maharathi had no equals. Balram, elder brother of the Lord Krishna was a renowned wrestler of his time. If we go through Ramayana, we find that Hanuman, commonly known as “Mahabir”, Bali and Sugreev were famous wrestlers.

The 13th-century ‘Malla Purana’ references a cluster of Gujarati Brahmin wrestlers famous as Jyesthi Malla. Freestyle wrestling entered the country in 1932 and Wrestling Federation of India was formed in 1948. Before the Indo-Pak partition the heavy weight wrestler was honored by title of Rustam-E-Hind. After it the title of Hind-Keshri was started. With passage of time many wrestling federations were formed in India. The new titled ‘Mahanbharat Kesri’ as well as ‘Mall Samrat’ was formed. Nowadays Secretary General of Wrestling Federation of India is Shri Raj Singh but all the responsibilities of federation are assumed by President Sh. Brij Bhushan Sharan Singh, MP.¹

Shri Raj Singh (born 15th August 1947) was a wrestler, coach and wrestling administrator in India. Chand was born in Nangal Thakran village of Delhi-39. He started his wrestling under the guidelines of Guru Hanuman (1901–1999) who coached many medal-winning wrestlers and practices as wrestler at 'Birla Mills Vyayamshala', Kamla Nagar, Delhi, which subsequently known as the Guru Hanuman Akhara. Both as a wrestler and as a coach, Shri Raj Singh was a legend as he created a template for modern Indian wrestling, by mixing traditional Indian wrestling style, pehlwani with international wrestling standards. Shri Raj Singh Secretary General Wrestling Federation of India receiving award from President of India Shri Pranab Mukherjee on dated 31-Aug-2013.

STATEMENT OF THE PROBLEM

“DRONACHARYA AWARDEE SHRI RAJ SINGH: A CASE STUDY”.

OBJECTIVE OF THE STUDY

The objective of the present study is to investigate the performance of Dronacharya Awardee Shri Raj Singh.

RESEARCH METHODOLOGY

RESEARCH DESIGN

To investigate the contribution and achievements of Dronacharya Awardee Shri Raj Singh towards the promotion of wrestling and sports in the country a case study is designed in which historical biographical, analytical and interpretive techniques are utilized.

¹ Retrieved from: http://www.wrestlingfederationofindia.com/about_us.php?id=18

POPULATION

The wrestling coaches, sportspersons, villagers, relatives and friends of Shri Raj Singh in India constitute the population of the present study.

SAMPLE DESIGN

Sample design is a plan for drawing a sample from a population. A part of population representing is known as a sample. For the present study, 300 respondents are selected as the sample. Out of the total 300 respondents, 42 are coaches, 182 sportspersons, 76 relatives and friends.

SAMPLING TECHNIQUE

A sample of 300 respondents (182 sportspersons, 42 coaches, 76 relatives and friends) is selected through non-probability convenient sampling technique from sportspersons, coaches, relatives and friends respectively in India, who are categorized on the basis of their age, designation and residential status.

SAMPLE UNIT

Sportspersons, coaches, relatives and friends are taken as sample units. Every single person from 300 respondents is taken as the sample unit.

DATA COLLECTION

1. **Secondary data:** The required secondary data is collected through personal records (degree, honours, books and articles), published material (books, pamphlets, articles, newspapers and reports on Dronacharya Awardee Shri Raj Singh), pictorial records and official record.
2. **Primary data:** This study based primarily on primary data. The primary is collected through interview techniques and opinion rating questionnaires to be filled by 300 villagers, relative, family member, friends, physical education teachers, coaches and players to know their responses and reactions

STATISTICAL TREATMENT

Appropriate quantitative techniques are used to analyses available data to reach to the findings of the research. Data from primary and secondary sources is analysed, interpreted and evaluated with required statistical tools like tabulation, graphic presentation, measurement of central tendency, percentage etc.

ANALYSIS AND INTERPRETATION**OFFICE BEARER**

1. Secretary General, Asian Associated Wrestling Council (AAWC)
2. Ex. Secretary General, Wrestling Federation of India
3. Ex. FILA Honourary Referee & Jury Member
4. Ex. President, Delhi Amateur Wrestling Association
5. He was the Secretary Sports, Sports Control Board of MTNL from 1999 to 2007.
6. Represented as Team Leader of Indian Wrestling Contingent in 2012 London Olympic Games. The Indian Wrestlers won 2 Medals (1 Silver & 1 Bronze).
7. Represented the Country as National Chief Coach of Indian Wrestling Teams in various International Events.
8. Represented the Country as FILA Exceptional Referee for 16 years
9. Nominated Jury Member in various International Tournaments
10. Represented as Coach with National Team for 20 Years
11. Acted as Director Competition (Wrestling) in 2010 Delhi Commonwealth Games and various international events held in India
12. Represented Country as a Coach in Olympic Games, World Championships, World Police Games, Commonwealth Games, Asian Games, South Asian Games and other Continental Championships more than 150 times.
13. Nominated as FILA Delegates for South Asian Games, Shaheed Bhagat Singh Tournament and other International Tournaments.
14. Represented as Team Leader of Indian Wrestling Team in 2012 Senior World Female Wrestling Championship, Edmonton [Canada] and the team won 2 Bronze Medals. The Indian Female Wrestling Team ranked 7th place in the competition and qualified for the World Cup. Top 8 teams of the World Championship were eligible for participation in the World Cup.
15. Retired Police Officer & CSO-cum-Secretary, MTNL Sports Control Board
16. Associated with Wrestling Federation of India since 1978
17. Represented as Chief Coach of Indian Wrestling Team in the 1978 Bangkok Asian Games.
18. Represented as Chief Coach of Indian Wrestling Team in the 1982 Delhi Asian Games.

19. Represented as Chief Coach of Indian Wrestling Team in the 1982 Commonwealth Games held at Brisbane (Australia) where the Indian Team was Champion by winning 6 Gold, 2 Silver & 2 Bronze Medals.
20. Represented as Chief Coach of Indian Wrestling Team in 1992 Barcelona Olympic Games in which 4 Free Style and 2 Greco Roman Wrestlers were qualified and participated.
21. Represented as Chief Coach of Indian Wrestling Team in the World Police Games where Indian Team won 5 Gold Medals.
22. Represented as Chief Coach of Indian Wrestling Team in the 1991 Commonwealth Wrestling Championship held at Christchurch (Newzeland) where Indian Team became Champion by winning medal in all weight categories.
23. Represented as Chief Coach of Indian Wrestling Team in the Commonwealth Wrestling Championship held at Australia where the Indian Team again became Champion by winning medal in all weight categories.
24. He has associated with the Indian Wrestling Team as Chief Coach for the period from 1977 to 1998. During this period, the Indian Wrestling Team participated in Olympic Games, Asian Games, Commonwealth Games, Asian Championships, Commonwealth Championships, World Police Games, SAF Games and other international wrestling events and the wrestlers trained by me brought many laurels for the country.
25. He has been associated with the BSF Wrestling Team. Amongst them few are Arjuna Awardees and some of them honored by various awards by the State Govt. Under my supervision, amongst the 10 weight categories, 7-8 wrestles of BSF Wrestling Team used to represent India in World Championship, World Championship, World Police Games and other international events constantly 10 years. The BSF Wrestling Team was 14 times constantly Champion in All Indian Police Games and National Championships. Most of the BSF Wrestlers represented Delhi Wrestling Team in the National Wrestling Championship and brought laurels for their respective States as well as the country.

AS COACH OF TEAMS

As coach, he trained the wrestlers of the following teams:

1. Delhi University Wrestling Team: from 1974 to 1976.

2. Delhi State Wrestling Team: from 1977 to 1999.
3. BSF Wrestling Team: from 1977 to 1999.
4. Indian wrestling Team: from 1978 to 1998.
5. Birla Vyamshala from 1974 to 1984.

AS A PERSONAL COACH

He was the personal coach of many selected wrestlers, such as Lalu, Rajesh, Mahavir, Sucha Singh, Ashok Kumar, Prem, Ombir, Jagmender, Rajender (Chand), Jagdish Kumar, Rajender Prasad, Jai Prakash, Satpal, Kartar Singh, Kaptan Singh, Vijay, Karamvir, Mahavir, Ramphal, Rakesh Kumar, Dharamchand, Surender, Sukhchain Singh, Jagjit Singh, Ramesh Babu, Vinod Kumar, Ramesh Kumar, Satbir, Rakesh, Rambhraj Hooda, Sanjay Kumar, Anil Kumar, Jagdeep.

AS A WRESTLER

As a wrestler He has participated in various World & World University Games 1971 & 1973. Obtained 5th position in Junior World Wrestling Championship held at Tokyo [Japan], 1971 Asia is strong wrestling continent and a large number of Asian wrestlers get Gold, Silver & Bronze Medals at the Olympic Games and World Championships. Being as Secretary General of AAWC, the Indian Wrestlers will get maximum benefit in the forthcoming World Championship, Asian Games and Olympic Games.

AWARDS

1. Lifetime Achievement Award in Wrestling honored by Chandgi Ram Welfare Trust
2. Prithvi Raj Chauhan Puraskar by Delhi Olympic Association, 1979
3. Bharat Rattana Dr. Ambedkar Award
4. Honored by FILA in 1985, 1987, 2009 and 2010
5. Honored by IOA in 1985-86
6. Honored by Wrestling Federation of India
7. Honored by DG, BSF in each year from 19789 to 1999 as Chief Coach of BSF Wrestling Team and Jt. Director (Sports).
8. Mewar Award by Rajasthan Wrestling Association, 1992.

THE WRESTLERS TRAINED BY THE UNDERSIGN, INTERNATIONAL RECORD

1978 as a chief coach, Asian Games, Bangkok

Gold- Two (Karter, Rajender)

Silver- One (Satpal)

1979 as a coach, first Asian Championship, Jahalendher

Gold- Nil

Silver- Eight

1980 as coach, International Championship, Karachi (Pakistan)

Gold- Three

Silver- Two

Bronze- Two

1981 as coach, Asian Championship, Lahore

Gold- Three

Silver- Two

Bronze- Two

1982 as chief coach, Commonwealth Games, Brisbane (Australia)

Gold- Five (Sarang, Mahavir, Ashok, Rajender, Jagminder)

Silver- Two (Karter, Satpal)

Bronze- Two (Jai Parkash, Rajender)

1982 as chief coach, 9th Asian games, New Delhi

Gold- One (Satpal)

Silver- One (Karter)

Bronze- Two (Ashok, Rajender)

1986: Shri Kartar Singh won gold medal in Asian games in 1986 held at Seoul (Korea) in 100 kg weight class and others to bronze medal for the country.

1987: so many medals for the country in Asian Wrestling Championship held at Bombay in 1987, Subhash Verma (BSF wrestler).

1988: many trainees are participated in Olympic at Seoul and other international tournaments.

1990: One bronze medal got (Ombir Singh) and others are 4th, 5th and 6th position BSF wrestler are participating in beings Asian games 1990 held at China.

1991 chief coach: Indian wrestling team won Championship held at New Zealand 1991 in his guidance with gold, silver, bronze medals.

1992: He represented India as chief coach of Indian wrestling team for 1992 Olympic game at Barcelona, Shri Subhash Verma in 100 Kg. weight class and got fifth position for the country (BSF wrestlers). He trained them.

1978-96: As a coach he has produced number of wrestler of International standard. Those who are won the medals in the different International tournaments for the country and also accompanied the Indian team with him (coach) Satpal, Kartar, Jagminder, Satbir, Ashok, Mahavir, Subhash Verma, Rajesh, Rajender, Pt. Sukh chain, Rambhuj, Sanjay, Sucha Singh, Jagdeep, Ashok Verma, Raj Singh, Vishnu, Atmaram, Karambir, Dhannvir, Rajendrer Singh (Chand).

The above was wrestlers won the medals for the country in international tournaments and trained by him and also more than hundred wrestler trained by him from the 1976 to 1996, in BSF and out of BSF of International and national standard level.

CONCLUSION

According to the purpose of the present study the investigator has adopted the direct interview method and opinion rating questionnaires consist on Dronacharya Awardee Shri Raj Singh contribution towards sports and physical education, his contribution for promotion of wrestling in particular and sports in general in the country. To investigate the contribution and achievements of Dronacharya Awardee Shri Raj Singh towards the promotion of wrestling and sports in the country a case study is designed in which historical biographical, analytical and interpretive techniques are utilized. A case study is an in-depth comprehensive

study of a person, a social group, an episode, a situation, a programme, a community, an institution or any other social unit. It is a particular of its kind. A case study may be based on a human being, a group of individuals, a nation, a race, a particular class of persons, communities and institutions which are treated as a unit of case analysis and informative report of the status of an individual subject, with respect to his total personality. He was the personal coach of many selected wrestlers, such as Lalu, Rajesh, Mahavir, Sucha Singh, Ashok Kumar, Prem, Ombir, Jagmender, Rajender (Chand), Jagdish Kumar, Rajender Prasad, Jai Prakash, Satpal, Kartar Singh, Kaptan Singh, Vijay, Karamvir, Mahavir, Ramphal, Rakesh Kumar, Dharamchand, Surender, Sukhchain Singh, Jagjit Singh, Ramesh Babu, Vinod Kumar, Ramesh Kumar, Satbir, Rakesh, Rambhaji Hooda, Sanjay Kumar, Anil Kumar, Jagdeep. As a wrestler He has participated in various World & World University Games 1971 & 1973. Obtained 5th position in Junior World Wrestling Championship held at Tokyo [Japan], 1971 Asia is strong wrestling continent and a large number of Asian wrestlers get Gold, Silver & Bronze Medals at the Olympic Games and World Championships. Being as Secretary General of AAWC, the Indian Wrestlers will get maximum benefit in the forthcoming World Championship, Asian Games and Olympic Games.

REFERENCES

- Dhillon, Par minder (2001) “Balbeer Singh- Legendry Hockey Player- A Case study”, Ph.D. Thesis, Punjab University, Chandigarh.
- Kumar Naveen (2015) “Wrestler Yogeshwar Dutt Arjuna Awardee an Olympic Medalist: A Case Study” Ph.D. thesis MDU Rohtak 2015.
- Singh Rajender (2006) “,Padma Shree Kartar Singh, Legendary Wrestler, Sports Administrator and Sports Promoter - A Case study”, “Ph.D. Thesis, Punjab University, Chandigarh”.
- Sivaramakrishnan,S.(1989) “Sunil Gavaskar – His Life Caret and Contributions to Cricket.” Unpublished Doctoral Thesis, Madurai University , Madurai.
- Habeedullah Mohammad (2007), “life History of Olympian Syad Abdus Slam and His Contribution to Indian Football,” Ph.D. Thesis Osmania University, Hydrabad.
- Jayendrasinh P. Thakor et. al (2013), “A Case Study of an Arjuna Award Winner Parul Parmar”, *International Journal for Research in Education*, Vol. 2, Issue:2, February 2013.

Reddy, B.R. (1993) "Pothen Mathew Joseph. Pioneer Scientific Physical Education in India – A Profile." Unpublished Doctoral Dissertation, Jiwaji University Gwalior-India.

Singh Jagbir (2004) "Padma Shree Milkha Singh, Legendary Athlete Sports Administrator and Sports Promoter-A Case Study", "Ph.D. Thesis, Punjab University, Chandigarh."

Parul (2007) "Arjuna Awardee Mamta Kharab A Golden Girl - A Case Study", M.Phil., Dissertation, Kurukshetra University Kurukshetra.

Kumar Ajay (2008) "A Case of Arjuna and Dronacharya Awardee. Sh. M.K. Kaushik," Ph.D. thesis M.D. University, Rohtak.

Navin (2013) "Wrestling and its Promotion in India, a case study of Arjuna Awardee Ashok Kumar" Ph.D. thesis MDU Rohtak 2013.

Kumar Sanjay (2013) "A left Arm Spin and promotion of Indian Cricket- A Case study of Mr. Rajinder Goel" Ph.D. thesis MDU Rohtak 2013.

Radha Krishnan, M.K. (1987), "The Case study on P.T. Usha- A sports star", Unpublished, Master's Thesis, YMCA College of Physical Education Madras University, Madras.

Singh, Bijender (2000), "Dronacharya Professor Karan Singh Eminent Physical Educationalist & sports promoters, A Case study".

Dhillon, Parminder (2001) "Balbir Singh – Legendry Hockey Player – A Case Study," Ph. D. Thesis, Punjab University, Chandigarh.

Singh, Surjit (2002), "Padma Shree Sardar Bahadur Singh- Eminent Sports person, coach & Sports Promoter – A Case Study", "Ph. D. Thesis, Punjab University, Chandigarh."

Singh, Jagbir (2004), "Pradam Shree Milkha Singh – Legendary Athlete sports Administrator & Sports Promoter – A Case Study", "Ph. D. Thesis, Punjab University, Chandigarh."

Parul (2007): "A case study on Mamta Kharab a Golden Girl". A Dissertation Department of Physical Education, Kurukshetra University, Kurukshetra, 2007.