

ARJUNA AWARDEE SUMAN RAWAT
A CASE STUDY

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Abstract

The purpose of the study was to highlight the contribution and achievements of Mrs. Suman Rawat toward the promotion of athletics. Data for the investigation was derived from primary and secondary sources. The focus was mainly around the family background, education qualification, achievements, around and professional career. Through interview and questionnaire was collected valuable data regarding contribution, achievement, leadership qualities and responsibilities of Mrs. Suman Rawat. The study will be a value able addition to the professional literature in sports and physical education. This study will be significant to motivate the new sports generation. Self-made questionnaire was used together personal and professional information.

Certification

This is to certify that Richu Sharma has completed M.P.ED. Dissertation titled “Arjuna Awardee SumanRawat a case study” under my guidance and supervision. To the best of my knowledge, the present work is the result of her original investigation and study. No part of the dissertation has ever been submitted for any other degree or diploma at any University.

Date...

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I was to express my gratitude to my parents for their constant inspiration to get things done and their pride in my accomplishments which has always been a source of inspiration and motivation for me. Very much thanks to my parents who have confidence in me irrespective of the fact what I do, has been constant source of encouragement to me.

Investigator

Richu Devi

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CHAPTER I

INTRODUCTION OF THE PROBLEM

Sports are an important tool for special empowerment through the skill and values learned, such as teamwork, negotiation, of participation in sport are thought to be especially important for girls, given that many girls, particularly in adolescence, have fewer opportunities than boys for special interaction outside the home and beyond family structures. Women and girls acquire new interpersonal networks, develop a sense of identity and access new opportunities, allowing them to become more engaged in school and community life.

India has produced some players with exceptional skill who have made their presence felt at the international events in individual sports such as Viswanathan Annand in chess, Geeth Seethe in Billiards, RamanathanKrishan, Vijay Amritraj, Leander paes, Mahesh Bhupathi and recently Sania Mirza who is making waves in tennis, Prakash Padukone and Pullela Gopichand in badminton; Rajyavardhan Rathore, Jaspal Rana Manshersingh (shooting), Anju George (long jump), Narain

Karthikeyan in Moto Racing, Chetan Pal Baboor in table tennis, Chiranjeev Milkha Singh in golf, and Maria Irudayam in carom etc. All these sports men and many other lent prestige and splendours to the Indian sports. But, in a country having a population of over a billion, these stars represent a microcosm of the stars at the world level. With the introduction of new equipment and techniques of coaching and training, there is hope that India will show a marked improvement in various disciplines of sports.

India is a developing nation and emerging as one of the super power in the world but if we compare the sports performance at international level there is not much to discuss and to tell about, as we don't have big achievement other than the gold medal. Since there are lots of talent in the interior of India, so talent search and some motivation is must to find out the gem which definitely

Lies among us At this point, it is out most important the story case study of good sports person should be highlighted and brought among the message so that it can serve as the motivational factor for the off soaring's and budding sportsmen Indian athletics has seen a lot of changes and down during his journey, so far. The history of Indian athletics dates back to the Vedic era, when the Indian people used to take part in various track and field event with due

course of time, the Indian Athletics started playing the modern day athletic event in India Like Long jump, High jump, Discus throw, javelin throw, distance running etc. After independence, the organization work of India athletics started. Various athletics association started to be established in India for the management of India athletics. The association in term established various Indian athletics training centres helped in bringing up new talents from the grass route level.

Suman Rawat is a former Indian athlete who won a bronze medal in the 1986 Asian Games in 3000m race. She was awarded Arjuna award for her achievements. She hails from Himachal Pradesh And silver medal in 1500 meters race in inter university Mysore 1983, open national Athletics championship at Kolkata gold medal 1500mtr race n 3000mtr, open nation Mumbai gold medal in 1500mtr n 3000mtr race and main record 9.55 and half marathon silver medal, all India Athletic championship, New Delhi gold medal in 1500 best record (4:29:1), all India cross country at Patna gold medal, national women meet gold medal in 1500, 3000mtr race etc

1.1 Early life and background

Suman Rawat born on 6 march 1961 in Arthikapahi Sunder Nagar Distt. Mandi (H.P).Whilst growing up in Arthikapahi village she spent time working on his parents farm. Currently working as joint Director in State sports Department Shimla. She is very hard working athlete they are five sisters and she is the elder one and as par in the Hindu society the elder child have all the burden of his family because he/she have to full fill the need of the family. SO in India it is very much challenging to be a girl and fulfill the needs of the family and her father is passed always in the year of 1983 and her mother got cancer but by facing all these problems and crossing the all huddles she got at the pick of her career. 1980 she won the gold medal in 3000m race and 1500m race when she came to her home her father welcomed her with so many happiness her father had dreamed that his daughter got gold medal in Asian games and After all these tragedies she came to in NIS Patiala and there are so many girls who are batter then her but she had dreamed to go on top.

In 1983 she did not selected in international competition in Delhi because of sickness she had dingo on that time so she decided to leave the game she is totally Demotivated by that

selection but then her mother motivated her to fight against all the negativity and get her ready to reached her father's dream and finally in 1986 she won bronze in Asian games

1.2 Career

Suman Rawat is a former Indian athlete who won a bronze medal in the 1986 Asian Games in 3000m race. She was awarded Arjunaaward for her achievements. She hails from Himachal Pradesh.

1.2.1Arjuna Award



Figure 1 Mrs. Suman Rawat Arjuna Awardy

- Won bronze medal in 1986 Seoul Asian Games in 3000 meter race in 1986.
- Won several medal in Athletics for Himachal at national level.
- Currently working as Joint Director in State Sports Department.

1.3 Significant of the study

The significance of the present study to know about the contribution of Suman Rawat in athletic. The study will be valuable in adding professional literature in sports and physical education. This will be a valid document of the past and reveal historical perspective to the coming generation in the field of sports and physical education. This study will be significant to motivate the new sports generation and the study will also be significant to inspire the coaches and athlete.

1.4 Statement of the problem

The study aim to determine some phases of the life history of the unit or the entire life process, whether the unit is an individual, a family, a social group, an institution or a community. The study is planned to as –A case of Suman Rawat Asian barons medal.

1.5 Objective of the study

- To find out the academic and sports achievement of Suman Rawat
- To investigate the contribution and professional career of Suman Rawat in Asian games
- To study the personality of Suman Rawat

1.6 Delimitations of the study

- Study will be delimited to the contribution of Suman Rawat in Asian games.
- The study will be enclosed to educational achievements of Suman Rawat.
- Study will be only delimited to sports achievement and Professional career of Suman Rawat.

CHAPTER II

REVIEW OF RELATED LITRETURE

Radhakrishna (1987) conducted a study on P.T. Usha achievements. It was found that P.T Usha is athlete who had won four medals one gold and three silver in Asian Games It conducted that P.T. Usha gives a contribute a lot of contribution for Indian athletics.

Jerry (1987) studied a biography of Johan H Scolinos emphasis on his unique philosophy of coaching and teaching as well as contribution in helping young propel. Study deals with Johan Scallions' early like and 'teenage years, his military experience, his coaching years at both Pepperdinecolleges in loss angles. Study also deals with Johan Scolinos' achievements like winning national acclaim for his coaching accomplishments.

Charles (1989) undertook the case study of V.J. Phillips who was an Indian Hockey player. The Purpose of the study was to reveal tremendous impact of V.J. Phillips on Indian field Hocket. The investigator conducted interviews with V.J. Phillips and his family members, KalyanaSundram, Hockey Coach and physical director of st Thomas Mount High School and also refered to published materials and photographs.

Sivaramakrishna,(1989) While studying Sunil Gavaskar's life, career and contributions to cricket, has extensively used in his methodology, interview technique, opinionare, Raymond cattle's 16 personality factor questionnaire, personal visits, readings from literary sources, journals, text-books, research reports and etc. this has been a source of great assistance to the investigator to follow the appropriate procedure in formulating this study. In recent years, family systems discussion has also been utilized with athlete team that's way sports can grow in popularity. A review of related literature has prominent sports personality. S. Pargat Singh was an Indian hockey player. The purpose of the study was to reveal tremendous impact of Padam Shree Pargat Singh on Indian hockey field. The investigator conducted interview with him and Arjuna Awardees S. Balvir Singh and also referred to published materials and photographs. It was revealed that father of S.Pargat Singh was the source of inspiration for Pargat Singh to achieve higher standard (Singh, 2008). Contribution of S.Balvir Singh who was an Indian hockey player the purpose of the study was to reveal tremendous impact of Padam Shree Balvir Singh on

Indian hockey field. The investigator conducted interview with his family members and coach (Singh. 2009).

Raymond (1992) Studies the life and professional career of Johan William Heisman, the famous football coach of United States of America. His study was to present the biography of Johan William Heisman, his contribution in terms of influence on football. Documents interviews with person who was closely associated with Johan Williams Heisman, family members, players and coached were also made use for collecting data. His coaching profession began in 1892 in Ohio. He was one of founding father of American football Coaching Association and he was it second president

Reddy (1993) Undertook a case study of Pothan Mathews Joseph T. a pioneer-physical Educationist in India. He studied the personality traits of Joseph, his philosophy and ability as a teacher and administrator. R.B Cattell's 16 personality factor analysis questionnaires were used to assess the personality traits of Joseph. A standardized Opinion rating questionnaires was developed and mailed to his contemporaries, student and physical educationist to assess his philosophy, teaching and administrative abilities.

Bijender (2000) conducted a case study on Dronacharya Prof. Karan Singh, eminent physical educationist and Sports Promoter and studied his biography, educational and professional qualifications, his contributions in the field of physical education and sports. Prof.Karan Singh's personal performances as well as the performances and achievements of his trainees have been highlighted. Prof. Karan had the rare combination of being outstanding sportsman and an excellent academician. "Hero of Rajasthan" represented India in the first Asian game 1951 held in New Delhi and won a gold medal in 4*400 m relay. Academically Master Degree holder, professional M.E. (physical education) and Diploma in Coaching (Athletics) from the National Institute of sports Patiala, made him a distinctive personally among physical educationists, coaches and sportsmen of the country. Till date he is the only male athlete in the country who won a gold medal in athletics.

Neema (2000) conducted a study on the topic contribution of Shahabad in promotion of hockey-a-critical study. Investigator conducts the interviews with former hockey player with the

help of self-made questioner. She was concluded that, Shahabad has produced many international players including Bhim Awardees. Playing facilities, sports equipments provided to the players is almost conventional. Shahabad has made certain serious efforts to popularize the game among young generation.

Singh (2004) undertook the case study of a Milkha Singh a legendary athlete for the purpose of the study was evaluate progress and achievements of legendary athlete Milkha Singh in athletics and his contribution to the field athletics in India. It was found that Milkha Singh Indian athlete who had won many medals Asian games and a great administrator and sports promoter

(Duesk, 2006) conducted a study on a biography of Marie Provaznik with particular emphasis upon her contribution to physical education. Both primary and secondary source of data were investigator, including the published and unpublished materials of Marie Provaznik, her personal and professional records, interview and correspondence with colleagues, associates, and students as well as the histories of the Czechoslovak national and sokal organization.

(Roberto, 2006) studied the life and career of Jose de Josue Clarke Flores more emphasis was given on leadership qualities in sports and most important contribution in national and international level. Questionnaire, personal interviews and documentary evidence were used for obtaining necessary data for this study. After analyzing the data investigator classified his wife and contribution under his early life, education, and professional life as a military man an engineer during his twenty-seven year of improvement in the field of sports. Jose de Josue Clarke Flores become first successful leader in sports in Mexico and then most popular leader in sports in whole American continents.

Carmon (2006) pertaining a study on a biography of Jose De J Clarke Flores with emphasis on his leadership in sports and most important contribution at national and international levels. The dissertation deals with his early life, education, professional life as a military man and an engineer, during his twenty-seven years involvement. In sports, first as a successful leader in maxico, he then became top leader in the whole of American continent.

Personal interviews, questionnaire and documentary evidence were employed in obtaining necessary data for the study.

Whitley (2006) presented a biographical picture of Charles Buell. The writer attempted to trace and identify the professional contribution of Buell and to examine his influence on physical activities for visually impaired. The historical method was utilized for his study. Data were organized using combination of topological and chronological order. The author procedure for gathering data were categorized in to five areas, the subject and his family, colleagues and professional associates, athletes, students and file and newspaper articles and publications.

Dhillon (2006) undertook the case study of Balvirsingh who was hockey player of Indian team. The purpose of the study was to reveal tremendous impact of Balvir Singh on India's field hockey. The investigator conducted interviews with the Balvir Singh and his daughter and published materials and photographs opinion rating questioner on Balvir Singh was used. It was revealed that Harbail Singh which was his guru and his inspiration to achieve higher standard. Balvir Singh won several awards and the distinction like Padma Shri in 1757 best sports man of the country in India 1982. He has been worked as director in Punjab sports department. He was member of Indian hockey team in 1948, 1952, 1956. He was captain of Indian hockey team at Melbourne in 1956 Olympic. He was golden tat trick in his hockey career.

Singh (2008) undertook the case study on S.Padma Shri Pargat Singh who was an Indian hockey player. The purpose of the study was to reveal tremendous impact of padmashripargat Singh on Indian field hockey. The investigator conducted interviews with Padma shripargat Singh and his family, members, hockey coach and Arjuna aware Balvir Singh and also refered to published materials and photographs. It was revealed that father of S. pargatsingh was the source of inspiration for padmashripargatsingh to achieve higher standard.

CHAPTER III

Method and Procedure

The aim of present study will be to know the contribution of Suman Rawat in Asian games case study will be designed to investigate the contribution and achievement Asian of Suman Rawat toward the promotion of Athletics in the country and also to study his philosophy with regard to sports as a profession in India and to enlist leadership and administration quality of Suman Rawat in this investigation biographical and interpretative method will be applied.

3.1 Design of the Study

The presented study was a descriptive type of study. For this the investigator will follow the follow the following steps.

3.1.1. Collection of data

Data of this-investigation will be deriving from the primary and secondary sources.

3.1.1.1 Primary source

The original information will be collected from The following primary sources are family for schooling information was visit to his house for the purpose of to collect data with the help of official records investigated and analyzed the personal records.

3.1.1.1.1 Official records

To get the first hand information investigator will be visit to his sports office Shimla and to know his sports achievements and his carrier.

3.1.1.1.2 Personal Records

Personal record of Suman Rawat will be also investigated such as certificates, honors, and a desired informative fact will also driving for analysis purpose.

3.1.1.1.3 Interview

The investigator will be personally contact with Suman Rawat for interview and conduct interview with well prepared interview schedule. The focus of interview will be mainly around family history, environment influences education ,playing day, achievement as a athletes and professional carrier in joint director in state sports department Shimla.

3.1.1.2 Secondary Sources

Investigator will be referred to the newspaper which carries information about national and international competition and other effective news concerned with Suman Rawat study will

referred literature, pictorial records and publishes material available in different libraries ,magazines and internet etc.

3.1.1.2.1 Pictorial Records

Various pictorial records of Suman Rawat will be investigated and some of the photographs relevant to different occasions were chosen for this study.

3.1.1.2.2 Published Material

A published material such as magazines and newspapers will be studied and information retained as document of the investigation.

3.1.1.2.3 Tool

Self-made questionnaire was used for personal and professional information.

CHAPTER IV

Results, Discussion, Interpretation and Recommendation

This process is investigating, recording, analysis and interpretation the events of the past for the purpose of discovering generation that are helpful in understanding the past and the present the limited extent in anticipating the future. The present chapter is therefore devoted to analysis and interpret reaching at definite conclusion.

THE FINDING OF THE STUDY HAS BEEN PRESENT IN THESE PARTS.

3.1 This section deal with academic achievement of Mrs. SumanRawat.

3.2 This section deal with sports achievement of Mrs. SumanRawat

3.3 This section deal with professional carrier of Mrs. SumanRawat

3.4 This section deal with awards and social activities.

3.5 This section has covered by the biography of Mrs. SumanRawat

3.6 View of Eminent Personalities.

3.6.1 Olympian SumanRawatArjunaAwardee

3.6.2 Mrs. Kantaverma Coach

3.6.3 Mrs Promilajusta Chauhan friend

3.6.4 Mr. ChanderPrekash Mehta

3.1 ACADEMIC ACHIVEMENTS:-

3.1.1 Secondary level Education Qualification

Year	Class	School	Board/University
1978	10 th	Govt. Senior Secondary School Patmore	H.P Board
1980	12 th	Govt. Senior Secondary School Patmore	H.P Board

3.1.2 Collage level Education Qualification

Year	Class	Board
1984	Graduation	R.K.M.V Collage

3.2 SPORTS ACHIVEMENT

3.2.1 National level Competitions

Year	Event	Competition	Venue	Medal
1982	1500 meter,	Asian Trials Games	New Delhi	Bronze medal,
1983	1500 meter and 3000 meter	Inter University	Mysore	Silver Medal
1983	1500 meter and 3000mtr	Open National Athletic Championship	Calcutta	Gold Medal
1984	1500 meter	Inter State Athletic Championship	Jamshedpur	Gold Medal
1984	1500 meter (new meet record 4:33:2) 3000 meter (new National record 9:48:2)	Inter State Athletic Championship	New Delhi	Gold medal

	1500 meter 3000 meter (meet record 9:55)	Open National Half Marathon	Bombay	Gold Medal Silver Medal
1985	1500 meter, 3000 meter. 1500 meter 3000 meter	Open National Inter State	Trivandrum Madras	Gold Medal Gold Medal
1985	1500 meter 3000 meter	Nation Games	New Delhi	Gold Medal
1986	1500 meter (new meet record 4:29:1) 3000 meter (new National record 9:36:8) 3000 meter 800 meter 1500 meter 3000 meter 400 meter	All India Open Athletic Championship All India Cross Country National Women Championship	New Delhi Patna	Gold Medal Gold Medal Silver Medal 400 meter

1987	1500 meter	All India Cross Country	Pune	Silver Medal
	3000 meter	Inter State Athletic	Ranchi	
	1500 meter	Championship		
	3000 meter	First Master Meet		
	1500 meter	Second Master Meet	Aliabad Delhi	
		Half Marathon		
	800 meter	Indore Marathon		
	(new meet record	Ruth Marathon		
	4:28:6)	National Women		
	1500 meter	Championship		
3000 meter				
(new record				
9:46:6)				
1988	1500 meter	All India Cross Country	Hyderabad	Gold Medal
		Run		
	3000 meter	Delhi Marathon		Silver Medal
1989	1500 meter	Women Championship	Ranchi	Gold Medal
	3000 meter			
	800 meter			Silver Medal

3.2.2 International level Achievements

Year	Event	Competition	Venue	Medal
1985	3000 meter	International	Europe	Bronze Medal
	(new National	Invitation Meet		
	record 9:47:97)			
	1500 meter	Asian Trek and	Jakarta	4 th Place
	3000 meter	Field		Bronze Medal
	(new National			

	record 9:36:97)			
1986	1500 meter 3000 meter (new National record 9:35:5) 3000 meter Battered Asian record by 10 sec and New National record by 22 sec 9:14:7)	International Permit meet Four National Meet 10 th Asian Game Marathon World Cross Country Race	New Delhi Seoul Switzerland	Gold Medal Bronze Medal Participation
1987	1500 meter 3000 meter 10,000 (New National record 38:39sec	World Cross Country Run Third SAF Games International Marathon	Poland Calcutta Pune	Participation Gold Medal Gold Medal
1988	1500 meter 3000 meter	World Cross Country Run	Auckland	Participation
1989	1500 meter 3000 meter	International Marathon	New Delhi	Gold Medal

3.3 Professional Career

- Mrs. Suman Rawat was Currently working as joint Director in State sports Department Shimla

3.4.1 Awards

- Mrs. Sumn Rawat Was Awarded with Arjuna Aword During the year of 1986 by President of India Shre. Venakataman.
- She has received Parshuram Aword.
- Mrs. Suman Rawat got cash prize by government of India.

3.4.2 Social Activities

- Mrs. Suman Rawat is improving the fitness level of the new generations of the sports persons.
- Mrs. Suman Rawat is already doing welfare preferable work for the sports persons.

3.5 Biography of Mrs. SumanRawat



Figure-2
Investigator during with Mrs. Suman Rawat

Mrs. Suman Rawat is one of the eminent personalities of Indian sports. She has many glorious achievements and records in athletics. Suman Rawat was born in an ordinary family on 6 march 1961 in Arthikapahi Sunder Nagar Distt. Mandi (H.P) whilst growing up. She in Arthikapahi village she spent time working on his parents farm.

They were five sisters. She did her schooling from Potmoor School, and did her higher studies from R.K.M.V collage Shimla and in 1983-1984 she did NIS course from Patiala.

When she played her 1st national is come at 5 in her heat (1500, 3000) race. In 1983 Suman Rawat participated in Asia games and got 3rdplace, and in 1984 she made new nationals records, and mesmerised everyone in crowd. In 1985 she won gold medal in nationals which was held in New Delhi. In 1985, 1986 and 1989 she won gold medal in 400m, 800m, and 1500m and 3000m which was held at Ranchi. In 1986, she participated in athletic meet which was held at Switzerland, and she re-represents India in different country Auckland, Poland etc.

She participated in 3 marathons in 24days and was winner (42km), and she was Indian 1st women who archived in so highest. She participated 27 times in national and international games and won 67 medals, and she got Arjun award and Parshuram award for this achievement. Currently working as joint Director in State sports Department shimla.

3.5.1 Motivational Factor

Mrs. SumanRawat with her family



Figure-4
Investigator during Interview with her family.

Mrs. Suman Rawat was very good Athlete. Her father motivated her for participating in different sport activities. Earlier she used to participate in athletic at her school time. Her father was also interested in sports and also took part in different games. She also gets motivated under kanta verma and with her father supervisions. They also used to motivate her to perform well in athletics.

3.6 Views of Eminent Personalities

Views of Kanta Verma Coach in Potmoor School



Figure-5
Investigator during interview with Kanta Verma

A Sport is an integral part of life. Sports help mankind to possess mental and physical alertness and develop strength. She is very talented and cooperative lady. Suman Rawat was trained by Kanta Verma as she was her coach and was her mentor to achieve his father's dream. In practice session her delay routine was to run for 20 to 30 km. Every week she completed cross

country for 2 or 3 times. She has been participated in many national and international competitions. She represented India in Asian games and SAF game. She becomes Gold medallist in 1500, 3000, 800, 400 meters she have so many National Records. She has a bronze medal in Asian games in 1983. She had interested in sports. Mrs. Suman Raawat is doing her duty with interest, honesty and punctuality. She is good in Study and extra curriculum activities and sports. Suman Rawat is very good Athlete in her time. She has great respect and love for all people and player. She is a long list of achievement both National and International level. Suman Rawat got Arjuna Award During 1983 and Parshuram Award.

Present Post of Kanta Verma – Asst. Director of physical education. (Elementary H.P).

View of Mrs. Chander Perkash Mehta Husband of Suman Rawat



Figure-6
Investigator during interview with Mr. Chander Perkashp Gupta

Suman Rawat was very good Athlete. She is very good hard working and good nature. Her nature and behaviour for Athletic is very and polite. She is very active, knowledgeable and experienced lady. She is always helpful for Athletes. She has given respect and Honours to people who work hard with honesty and sincerely. She has been always regular and punctual. She is doing deal with our daughter who is in university level. Our daughter is also a very good Player of Athletics and cricket.

Her husband dropped his career for making Suman Rawat career and for fulfilling her father's dreams, and he was her coach after marriage and he used to support fully in each and every condition n situation.

She was all-rounder; she used to participate in each and every sport activities for example volleyball, basketball, hockey etc.

She was one of the best athletes of Himachal Pradesh. She was elder sister and was responsible among all of them. She was so passionate towards her game that some time she used to sleep in her sports dress and shoes and even used to go for practice by not telling anyone.

She used to practice very hard, like she uses to run 50kms in morning and 20kms in evening.

Once when she was doing her practice in Delhi, the ladies thought that the girl is mad as she was holding pebbles in her hand while running, because those women's were not aware that running is event, and her husband was following her back in the car and **Kiran Bedi** thought that the guy was disturbing her while her practice, and then he clarified by telling her that he was her husband.

View of Mrs. Pushup Lata sister of Suman Rawat



Figure-7
Investigator during interview with Pushaplata (sister)

They were 5 sisters. His father was a business man. His father thought that he had son's not daughters; he raised their daughters as sons. Suman Rawat had her freedom, his father never stopped her for anything, was raised as a confidence girl. She was good in sports and other outdoor activity.

After the death of his father, Pushup Lata gave her training n trained her, she never let her done and motivate her till the pike and never made her felt that she do not had family.

As she was so engaged with her practice, she never saw weather it was day or night. She was so into sports she never saw the timing as she went out for practice mid night, and was stopped by police. She was even not given proper mean as she was only given was jiggery and chick pea to eat.

View of Mrs. Promila Justa Chauhan (Friend)



Figure-8
Investigator during Interview with Promila Justa Chauhan

Suman Rawat is very good Athlete in her time. She has great respect and love for all people and player. She is a long list of achievement both National and International level. Suman Rawat got Arjuna Award During 1983 and Parshuram Award.

She was a player with different personality and her name was so famous in (H.P) she never cared weather it was raining, humid she just use to go for her practice, she never missed any practice section. From (1977 to 1985)BC. She had a huge name in games in this period. She was always caption of H.P team, and she was never tired. Her thought was that she should learn more and more, and her competition was with herself. She used to gain more and more in less time n used to compete with herself For example – if she has finished a round in 1 mint then the next day she used to complete that in 50 seconds. She is very sincere, give respect to all teacher Elders, Parents and friends. She is very strong in every field.

View of Chandra Thakur (Close Friend)



Figure-9
Investigator during Interview Chandra Thakur

Suman Rawat is very good Athlete in her time. She has great respect and love for all people and player. She is a long list of achievement both National and International level. Suman Rawat got Arjuna Award During 1986 and Parshuram Award. She got gold medal in Asian games in 1983. She have several medal in National level. She was outstanding player. She was creative Punctual, responsible and very hardworking. Every week she completed cross country for 2or 3 times. She has been participated in many national and international competitions. She represented India in Asian games and SAF game. She becomes Gold medallist in 1500, 3000,800,400 meters she have so many National Records. She has a bronze medal in Asian games in 1983. She had interested in sports. She was very helpful. Mrs. Suman Raawat is doing her duty with interest, honesty and punctuality.

View of Madhu Saraswati (Junior)



Figure 10
Investigator during Interview with Madhu Saraswati

Suman Rawat was very good Athlete. She is very active, knowledgeable and experienced lady. She is always helpful for Athletes. She has given respect and Honours to people who work hard with honesty and sincerely. She has been always regular and punctual. She is doing deal with our daughter who is in university level. Our daughter is also a very good Player of Athletics and cricket. She is very sincere, give respect to all teacher Elders, Parents and friends. She is very strong in every field. She was one of the best athletes of Himachal Pradesh. She was elder sister and was responsible among all of them. She was so passionate towards her game that some time she used to sleep in her sports dress and shoes and even used to go for practice by not telling anyone.

Pictorial Record



Figure-11 The Arjuna awards 1986 were given away by the President Shre. Venkataraman, At Rashtrapati Bhawan April 19, 1988



Figure 12 Honor by CM of Himachal Pradesh (Raja Birbadhar Singh)



Figure 13 Cash prize by Government of Himachal Pradesh



Figure 14 Cash prize by Social Worker



Figure 15 Suman Rawat With her competitor



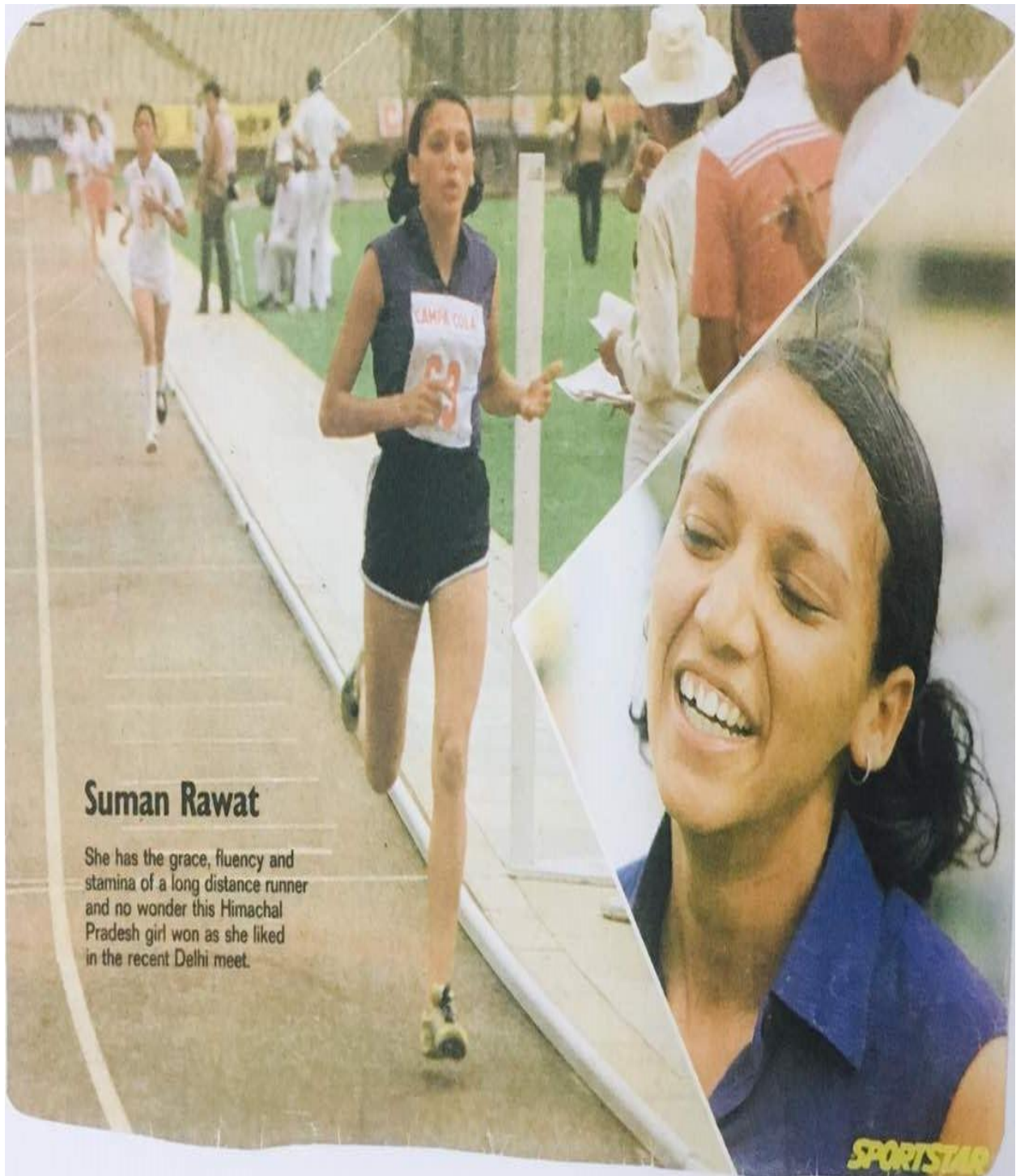
Figure 15 Suman Rawat with Director of Sports Sri. TL Vaidya



Figure 16 Honored by Principal of the school of Suman Rawat



Figure 17 Suman Rawat Compete in South Asian Games in 3000 meter.



Suman Rawat

She has the grace, fluency and stamina of a long distance runner and no wonder this Himachal Pradesh girl won as she liked in the recent Delhi meet.

Figure 18 Suman Rawat Express her victory in Delhi meet

How the medal war was won

Japan and South Korea competed in all the 25 events of the Seoul Asian Games, while China, a bit complacent, skipped combat sports such as taekwondo and boxing. Looking back, that was a huge mistake...

MODESTY is not a Korean virtue. If they think they are good, they will tell you. If they know they are substandard, they will not peddle excuses. The trait is evident in persons ranging from dignitaries to journalists to taxi drivers. Before the tenth Asian Games began in Seoul, the Korean refrain was, "China No. 1, Korea No. 2," then a dramatic pause, "Japan", then the thumbs down sign. On September 30, The Koreans, galvanised by their archers and those in table tennis, taekwondo and hockey, had achieved their objective: pushed Japan firmly down to slot 3. "China is too strong for us in certain

events," said Kim Jip, head of the Korean contingent. "But we hope to win more medals, in boxing especially, and close the gap in the next few days. As prognostications go, Kim Jip's was not even close enough, for the host nation, with just a day to go for the closing ceremony, had matched, at 82-81, China's haul of gold medals. This was on October 4, with China at the start comfortably perched on a 12-gold advantage over Korea. By the time the sun set on the city and darkness stole in, the nation of 42 million people had caught, what could be termed without apology, "Saturday night fever". The classy Korean boxers had punched and bruised their way to a marvellous sweep of the eleven golds at stake in

the roped square. Incredibly enough, China was threatened with a sucker punch on the last day, with just six events to go, the four relays and the marathon in track and field and the football final, all at the Olympic stadium. Yes, a special kind of adrenalin was coursing through the veins of the Korean people. Battles had been won or lost in other arenas, but now the "war" would be settled right there, at the main venue.

No favour: To some Korean analysts, it was a "no-win" situation. "The football gold will offset any that China will win today," said one of them as we shuffled our way to the Olympic stadium. "We don't expect China to win more than a gold medal and that I believe will come in the women's 4 x 100. They broke the Asian record in the heats, if you remember."

"Funny things have happened in sport, in football especially. The Saudis could still spoil your party," this writer shot back.

"No way. We are the better equipped team. The crowd will be right behind us. The legs of the Saudis will be paralysed and they wouldn't be playing their natural game," was the counterpoint.



From the slums of Seoul she rose to stardom in just three days: Lim Chun Ae (113), seen here running the 1,500 metres along with Suman Rawat (tricolour outfit) and others, won three gold medals. And to think the Korean coaches expected just two from the entire team...



Suman Mehta with her husband and child after winning the Rath Marathon at Delhi.

Suman Mehta (nee Rawat) is not only the pride of Himachal Pradesh but of the whole country as the most versatile athlete - Her range from the 800m to the marathon is simply amazing - An Indian version of Gretz Waite. Suman has achieved excellence for nearly a decade and won national titles from the half mile to the gruelling marathon.

On 17th January, this year she exploded another myth, and became the first mother to win the national title for the Rath marathon and within the span of a month, in her life best performance. At the finish line she was not only congratulated by her husband but her two years old daughter, who was amused at the fuss being made by the scribes about her mummy.

It was a fantastic victory as she was up against Sunita Godara, who has a string of victories in the South East Asia and had won the Asian title at 3rd Asian championship held at Bangkok in October '92, and had promised to break Asha Aggarwal's national record of 2 hrs. 40.26 minutes. Suman, no respecter of medals and reputations was determined to win at all costs. For this contest she had given up going to Bombay marathon, with greater purse and a car as the prize.

"I gave up the Bombay race to take on Sunita to prove that I was the best, and the break of nearly three years in which I had my daughter was not a hindrance for me," says Suman. Her main aim as her husband and coach informed the author before the race was to win the race. Breaking Asha's record was not on the cards. Ultimately Suman crossed Sunita at five thirty kms and won the race in 2

hrs. 43.02 min., second best time after Asha's national mark

The story of her life, when she struggled to win medals in the middle distance to become the most versatile runner among the Women is an inspiring story.

Humble Beginning

Her start was humbler and when she started winning medals at school few could predict a bright future for her. She had lost her father early in life and it was a struggle for her mother to support her four daughters. Lack of proper food and nourishment has probably left her frail and weak. At a height of 5 ft. 2 inches she did not represent an ideal build of a future champion, and her physical instructors invariably ignored her.

That only made her more determined than ever to excel in sports. The rise was not meteoric. It was a struggle all the way, till she bagged a bronze in the All India Open athletics championship at Delhi in 1982, before the Asian games, for the 1500m. Experts opined that there was some hope for her - after all. Next year in the Inter university championship, Suman won the silver medal for 1500m and the 3000m. This encouraged her a lot and she put a lot of hard work for the All India Inter-state.

For the first time the scribes took note of her when she won the Gold in the Inter-state for the 1500m and such an away from the brilliant national record of Gita Zutshi. And it became an obsession with her to improve her standard to be worthy of representing the country.

Lifemate
ON SATURDAY
IN
INDIAN EXPRESS CLASSIFIED



"Flying Sikh" Milkha Singh, Arjuna award winner Suman Rawat of Himachal (on his right) and others at the start of a run for flood relief organised by Eicher School in aid of the Himachal Pradesh Flood Relief Fund, at Parwanoo, on Friday. — ENS photo.



Suman Rawat Mehta with her husband and coach after she finished third in the 10,000m on the opening day of the inter-state athletics meet in New Delhi on Thursday.—TOI photo by K. K. Laskar.

Little threat to old-timers

By A Staff Reporter
NEW DELHI, March 4. A semi-dramatic comeback race was the high point of proceedings dominated by old-timers on the opening day of the 31st inter-state athletics meet here today.

The return of miler Suman Rawat-Mehta was perhaps the hottest topic of a meet bereft of many top juniors and quite a few senior athletes too. Fitter than ever and looking hardly any older than when she last ran here, Suman was the cynosure of all eyes as she took her mark in the 10,000m today.

And when she took an early lead, she looked all set to pick up where she signed off. But the heat and a chat of a girl called Leelamma proved too much for her to handle. Seven laps into the race, the barefooted Leelamma pulled away from the track and just kept moving away. In the end, there were almost 200m separating her and the second-placed Satyabhama who doggedly stayed ahead of Suman, pushing the much-talked-of girl to third spot.

Suman later admitted the heat got too much for her after five laps. But she still pronounced herself satisfied with her show. "I ran to win but basically it was a warm-up race for me," she said, disclosing

that it was the marathon that was closer to her heart.

Suman's best in the race is 35 minutes 49 seconds, a time she had clocked in 1989. Today, she finished in 36:44.4. Leelamma's winning time was 36:05.7, while Satyabhama clocked 36:40.6.

NO SPECTATORS: On a gusty day made more for basking in the sun than for serious competition, it was a relaxed pack of athletes that turned out at the Jawaharlal Nehru Stadium today. Sadly, the interest in athletics seems to be diminishing each year and there were no spectators to egg them on either. That showed in the performances and not a single record came on the opening day today.

With no encouragement from the stands, lesser-known figures remained in the shadows while old-timers had it easy. In the first race of the day, defending champion Bahadur Prasad won the men's 1,500m unchallenged. Bahadur timed three minutes 46.9 seconds for a lacklustre victory.

Shiny Wilson had it equally easy in the women's 400m. With Kerala's Beenamol having opted out, there was no one to threaten Shiny. Had Beenamol run, it would have been an interesting race as the junior is fast proving herself fit to be in the shoes of her

illustrious seniors. As it was, today Shiny strolled to victory in 54.4s. For a while, long-striding Dhanalakshmi looked game to taking on Shiny. But it was a brief spurt, nipped before it could take wing.

Young Jata Shankar of Delhi pulled off a surprise of sorts in the men's 400m. The sturdy junior beat back D. K. Malviya and P. L. Sebastian to win in 47.7s. Punjab's Armapreet Singh finished with the same timing. Jata Shankar lunged just ahead of the Punjab athlete.

Men: 400m: 1. Jata Shankar (Del) 47.7, 2. Armapreet Singh (Pun) 47.7, 3. Aravir Prasad (Del) 3:46.9, 4. P. L. Sebastian (Pun) 3:51.4, 5. Armapreet Singh (Del) 3:51.4, 6. K. Geetha (Ker) 1:21.0, 7. P. L. Sebastian (Pun) 1:21.0, 8. Shiny Wilson (Del) 1:21.0, 9. Beenamol (Ker) 1:21.0, 10. Dhanalakshmi (Del) 1:21.0, 11. Dhanalakshmi (Del) 1:21.0, 12. Dhanalakshmi (Del) 1:21.0, 13. Dhanalakshmi (Del) 1:21.0, 14. Dhanalakshmi (Del) 1:21.0, 15. Dhanalakshmi (Del) 1:21.0, 16. Dhanalakshmi (Del) 1:21.0, 17. Dhanalakshmi (Del) 1:21.0, 18. Dhanalakshmi (Del) 1:21.0, 19. Dhanalakshmi (Del) 1:21.0, 20. Dhanalakshmi (Del) 1:21.0.

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Suman makes a killing

THERE was more than one reason for Suman Mehta (nee Rawat) to win her fourth Rath Marathon title. When Suman eventually won, she had realised the goal she had set out to achieve on a cold, breezy Sunday morning in New Delhi. She had forced Sunita Godara to drop out at the 30-km mark and then went on to collect the winner's cheque of Rs. 15,000.

For someone, who "did not run for time but to beat Sunita", a personal best of two hours 43.04 minutes was indeed a bonus. "The conditions were very good and I knew I would do well. I wanted to win, no matter what my timing was. I knew Sunita's pace and was confident of my endurance. Once I overtook her, I knew she would drop out sooner or later," said Suman, and added that a closer finish would have helped her return in an even better timing. Her previous best was 2:34:33 recorded in the 1988 edition of the Rath marathon.

Having claimed a hat-trick of titles, beginning in 1987, the 31-year-old Sunita took a two-year break to look after her daughter Heena and has now come back with a vengeance. This was Suman's third marathon in 25 days and fourth within two months. She was second at Allahabad and Bangkok before winning the Pune marathon in December.

Suman's victory put into shade the effort of Keshav Singh, winner of the men's title. Rajputana Hilles Keshav, who did not start with much haste, was one of the nine runners at the turning point. Keshav left the pack behind at the 35-km mark and maintained the lead till the end despite a valiant attempt by Rajshwari Prasad Verma of Bihar Police. Perhaps the injury suffered by Prasad during the Allahabad marathon in November affected him.

The marathon, however, was not free from chaos and controversy.

More than 1,500 runners made it to the Nehru Stadium and there was confusion at the starting point following a false start. Some of the runners continued to run before order was restored, but it was only the beginning of the mismanaged show.

Never before has this prestigious marathon seen such haphazard arrangements on and along the route. The absence of traffic policemen made the runners wade through a stream of two-wheelers and four-wheelers which had strayed on to the marathon route.

The Sportsstar, February 20, 1989

To make matters worse, amid the whizzing sound of the buses and trucks, on the Delhi-Jaipur highway, some officials of the organiser parked their cars right before one of the water stations. As a result, a number of runners had to move over to the next water station for relief.

At the prize distribution ceremony there was a protest, following the announcement of the result of women's over-35 event. One of the competitors made a full-throated plea for a revision alleging that two of the prize winners had hitch-hiked from the turning point. After she filed a protest, the jury withheld the result, never to announce it.



Suman Mehta... fourth title in Rath Marathon. Keshav Singh (left), jersey No. 115) winning the men's event at New Delhi.



The results:
Marathon: Men: 1. Keshav Singh (2:22.24), 2. Rajaprasad Verma (2:22.34), 3. Shiy Kumar (2:23.11), 4. Arjun Angmo (2:54.21), 5. Indresh Dhillon (3:06.21)
Women: 1. Suman Mehta (2:43.44), 2. Rajshwari Prasad Verma (3:06.21)

Veteran: Men (between 40-49): 1. Shiv Charan (2:33.22), 2. Randeep Singh (2:53.44), 3. Rajnath Bhangalpat (2:53.44)

Half Marathon: Men: 1. Abhey Singh (1:06.03), 2. Rajesh Kumar (1:07.53), 3. Mansukh Sahai (1:07.53)

Women: 1. Sue O'Connor (1:34.44), 2. Anita Chandawat (1:47.44), 3. Kanchari Chaudhan (1:50.22)

College boys: 1. Harish Tiwari (1:12.00), 2. Krishna Kumar (1:13.22), 3. Manoj Kumar (1:13.33)

School boys: 1. Gulzari Lal (1:14.44), 2. Udai Pal (1:15.44), 3. Sukhbir Singh (1:16.77)

Women students: 1. Teering Dharma (1:23.77), 2. Meena Sharma (1:39.33), 3. Sudeep Dharma (1:40.88)

Veteran: Men (between 40-49): 1. Dharma Pal (1:18.44), 2. Bhuwan Chandra Pathak (1:20.00), 3. Ranbir Ahlawat (1:22.00)

(Above 49): 1. Lal Singh (1:31.02), 2. Balasubramaniam (1:44.05), 3. Narayan Sahi (1:40.88)

Rakesh R



Elizabeth Vasanthakumari (right) anchoring Tamil Nadu to the 4 x 400m relay gold. Right: Suman Rawat winning the 3,000m race. She also won the 1,500 and 800.



Punjab's Rajwinder Kaur in shot put, Tamil Nadu's Meena Gopal in the 100 metres hurdles, the Tamil Nadu quartet in 4x400 metres relay and Tamil Nadu's Elizabeth Vasanthakumari in 400 metres hurdles.

Razia's mark of 41.10 metres shattered her own previous best of 41.02 metres set at Gandhinagar in 1983. Razia achieved the distinction on her fourth attempt after a best of 39.86 metres in her first three essays.

Rajwinder obliterated a seven-year-old mark set by Bakhtawar Kharrbata. Bakhtawar's mark stood at 12.30 metres while Rajwinder hurled the iron ball to 13.71 metres. Rajwinder was an easy winner in the event where the second placed Neeta Basumatary of Assam achieved 11.60 metres.

Elizabeth cruised to the 400 metres hurdles' gold in 1m 06.9s to obliterate the previous mark of 1m 07.3s set by Tamil Nadu's Elsemma Joseph in Coimbatore last year.

Smooth sailing: Meena Gopal, who finished third in the shot put, broke a six-year-old mark in the 100 metres hurdles clocking 14.8 seconds. The old mark of 15.00 seconds stood in Karnataka's Angil Mary's name.

For the Tamil Nadu quartet of Elizabeth Vasanthakumari, Jessy Anamma and Purnita it was an easy affair in the 4x400 metres relay. The quartet broke

its own mark of 4m 08.8s set last year by clocking 4m 07.5s.

Saroj of Bihar gave an impressive display though she did not create any new record. She bagged the 200 metres and 400 metres gold medals clocking 25.8 seconds in the former and 59.8 seconds in the latter.

For K. K. Anamma of Tamil Nadu, the long jump gold came with her very first attempt of 5.24 metres in a field of 22 competitors. The best Anamma achieved in the subsequent attempts was 5.06 metres. In the 100 metres and high jump, it was Tamil Nadu athletes who triumphed. Jemma Joseph emerged the fastest woman of the meet, winning the 100 metres in 12.5 seconds in a close finish with Punjab's Kuljeet Kaur, who too clocked 12.5 seconds.

Mary Sellinaprine won the high jump by sailing over the bar at 1.56 metres. Mary's teammate Angela Lincy was second in 1.53 metres. Farajit Kaur proved Punjab's domination in throw by clinching the discus gold medal with a heave of 37.22 metres. Tamil Nadu's Laly Joseph was second with a heave of 34.88 metres.

One after another: Lorraine ruled supreme in swimming, the conduct of which left a lot to be desired. The swimmers complained of cold water and the tight schedule. There was little rest for the competitors between the

events. Lorraine won four gold medals on the opening day of the event at the Punjab University pool within a span of 45 minutes.

Lorraine's seven gold medals came in 200 metres backstroke (2m 49.66s), 100 metres breaststroke (1m 26.17s), 100 metres butterfly (1m 18.00 s), 400 metres freestyle (5m 31.14s), 200 metres freestyle (2m 33.67s), 200 metres individual medley (3m 12.31s) and 100 metres freestyle (1m 10.4s).

Lorraine was beaten to the second spot in the 100 metres backstroke by Aparna Kinare of Maharashtra. Aparna clocked 1m 18.40s against Lorraine's 1m 19.04s.

Sarita Kinare, also of Maharashtra, had it easy in the 200 metres breaststroke following Lorraine's withdrawal. Sarita won the event in 3m 12.31s.

Irresistible: Hockey witnessed a spate of hat-tricks. Punjab's Rajbir Kaur was the most devastating with a personal tally of 33 goals in the tournament. Against Orissa, Rajbir slammed 17 goals in Punjab's 25-0 victory. In the next match, Rajbir scored 12 goals as Punjab toyed with Manipur to win 26-0. The trend was same in other matches too where hat-tricks were scored by Helen Soy for Bihar, Anita for Chhattisgarh, Rupama for Assam, Jyoti for Punjab and Rajmohini Kaur for Uttar Pradesh. The only match which was

A big haul for Indian squad



In three races ranging from the 1,500 to 10,000, Sumn Rawat was untouchable. Here she's on way to her third gold, leading the bunch round the track in the 25-lap test.

ATLETICS in the SAF Games is really gaining momentum, and the Amateur Athletic Federation of India should lay more emphasis on it. If cheer-leader Col. B. C. Verma's view that these games are more to give exposure to the promising athletes is anything to go by, it must be said that they should be properly groomed before giving green signal to such meets. Athletes of the stature of P. T. Usha might take part in such meets with off-season practice and still could walk away with golds in all the five events that she figured — 200 m, 400 m, 400 m hurdles and in two relays. But that does not apply to others. Barring in 400 m hurdles, which was a new event, the times were bettered in the other four.

One thing should be remembered that the neighbouring countries are taking more interest in it. The Pakistani athletes were sent to West Germany

for pre-meet sprints, and they produced results. Against one silver and four bronze in the Kathmandu meet and two gold, four silver and two bronze in Dhaka, it came out with five gold, three silver and seven bronze medals this time, with better performances in 400 m, triple jump and 1,600 m relay. Of

Athletics

course, the performance of other countries like Sri Lanka (one gold, four silver, 11 bronze), Bangladesh (one gold, four silver, six bronze) and Nepal (one gold, five bronze) was not that impressive. India bagged 29 gold, 26 silver and eight bronze medals. It failed to secure any medal in two events — men's 400 m hurdles and 1,600 m relay for men. In 400 m hurdles Pakistan and Bangladesh athletes were too good for the

Indian challengers. Jagir Singh and Hari Das, who finished fourth and sixth respectively in 1,600 m relay, India's anchorman, Muralidharan collided with the Pakistan counterpart Mohammad Fayyaz about 10 metres from the finishing line and let slip the baton. Even if he had completed the race after picking the baton, he might have got a medal, but he crossed the line without the baton and the team was disqualified.

Find of the meet: Despite these disquieting factors, there were some redeeming features in India's performance. Out of total 16 meet records, India contributed 11 and in four events — three of which were introduced this time — the Indian athletes also obliterated the national mark.

The find of the meet should be the fragile-looking Angela Lincy, the 16-year-old high jumper from Tamil Nadu. Lincy, a student of the 12th standard, erased

खेल आकाश की नयी तारिका : सुमन रावत

दिल्ली में 27 अप्रैल से 30 अप्रैल, 1984 तक सम्पन्न हुई 22वीं अखिल भारतीय अंतर-राज्य टैक्वाट में हिमाचल प्रदेश की सुमन रावत ने महिलाओं की 3000 मीटर तथा 1500 मीटर की टैक्वाट में 9.58 मिनट तथा 4.83 मिनट में तय कर नया राष्ट्रीय रिकार्ड तथा प्रतियोगिता रिकार्ड बनाकर दोहरा खिताब हासिल किया था।

हिमाचल प्रदेश के मुख्यमंत्री श्री वीरभद्रसिंह ने 22 मई को एक समारोह में सुमन रावत को 25 हजार रु. का पुरस्कार प्रदान किया था। समारोह में सुमन रावत ने मुख्यमंत्री को यह आश्वासन दिया था कि वह स्वर्ण तथा प्रदोष की नौका को बनाए रखने के लिए निरंतर कौशल परिश्रम करती रहेंगी।

सुमन ने यह संकल्प लेने के तुरन्त बाद स्वर्ण में 25 मई रा शन हुई चीन दिल्लीय-23वीं अखिल भारतीय टैक्वाट प्रतियोगिता के पहले दिन हिमाचल प्रदेश का नौकल करने हुए महिलाओं की 3000 मीटर की टैक्वाट में पहला स्वर्ण पदक जीतकर अपने स्वर्ण-हरिणों का परिचय भी दे डाला। सुमन ने 3000 मीटर का प्रारंभ 9 मिनट 55.9 सेकण्ड में पूरा करके सर्वोच्च कीर्ति जबरा 1982 में स्थापित 9 मिनट 59 सेकण्ड का हिमाला रिकार्ड तोड़ दिया। उसका यह समय औसतिका स्थापनाहिन स्तर से 30.09 सेकण्ड कीछे रह गया। सुमन को स्वर्ण में भाग लेने की प्रेरणा अपने पिता स्व. श्री

प्रतापसिंह रावत से मिली, उन्होंने सुमन को एक अच्छी पाठक बनाने में भी अहम भूमिका निभाई। जिला मंडी के सुन्डनगर में 6 मार्च 1981 को जन्मी सुमन ने सिमला के पोर्टेयर हायर सेकेंडरी स्कूल तथा राजकीय कन्या महाविद्यालय से शिक्षा प्राप्त की। वह हिमाचल प्रदेश राज्य स्कूल बोर्ड की



भारतवासि चार वर्ष तक तथा हिमाचल प्रदेश विश्वविद्यालय टैक्वाट प्रतियोगिता में लगातार तीन वर्ष तक सर्वश्रेष्ठ पाठक रही। लक्ष्मीकट तथा उंचीकट में भी सुमन का प्रदर्शन सराहनीय रहा। वह हिमाचल प्रदेश राज्य टैक्वाट की स्वर्ण प्रतियोगिता में दो बार सर्वश्रेष्ठ पाठक भी चुनी।

सुमन ने चार हिमाचल प्रदेश का विभिन्न राष्ट्रीय टैक्वाट प्रतियोगिता में प्रतिनिधित्व

कर चुकी है। प्रथम बार राष्ट्रीय टैक्वाट प्रतियोगिता में भाग लेते हुए उसने 3000 मीटर तथा 1500 मीटर की टैक्वाट में पंचमवां स्थान भीला। लेकिन अगले वर्ष उसने इन दोनों ही टैक्वाट में चौथा स्थान प्राप्त किया और 1982 में एंश-वाइड स्वर्ण के प्रारंभिक चयन में दरिान 1500 मीटर की टैक्वाट में सोसरा स्थान प्राप्त किया।

वर्ष 1983 में अंतर विश्वविद्यालय टैक्वाट प्रतियोगिता में उसने 3000 मी तथा 1500 मी. की टैक्वाट में स्वर्ण पदक प्राप्त किया। इसी वर्ष कलकत्ता में अंतरराज्य टैक्वाट की स्वर्ण प्रतियोगिता में इन दोनों टैक्वाट में स्वर्ण पदक प्राप्त कर अपने कुलन्द डगार्ड का परिचय दिया। सुमन ने राष्ट्रीय तथा संयुक्त विश्वविद्यालय की नौकल शिबिरों में भी भाग लिया और अक्टूबर, 1983 में हुई स्वर्ण राष्ट्रीय प्रतियोगिता में 1500 मी. की टैक्वाट में स्वर्ण पदक प्राप्त किया।

सुमन हाकी तथा बालबाला को भी अच्छी खिलाड़ी है। वह दो बार बालबाला तथा तीन बार हाकी में हिमाचल प्रदेश का राष्ट्रीय प्रतियोगिताओं में प्रतिनिधित्व कर चुकी है। जाम्बा में अखिल भारतीय पैरा-ऑलिंपिक प्रतिस्पर्धा में भी वह विश्व स्तान प्राप्त कर चुकी है। हाल ही में सुमन ने एन आई. एम. विद्याना का टैक्वाट प्रतिस्पर्धा का दिव्योत्सा कोस पूरा कर लिया है।

—संजय शर्मा

छपते छपते



विलापी के एथलेटिक क्लब ने सुमन अग्निधि श्री कुट्टाविल्ह की सहायता की

सुमन रावत : 3000 मीटर वीडू में नए राष्ट्रीय रिकार्ड के साथ सुनहरी सफलता प्राप्त : प्रदीप



विलापी में जेम्बी मूड से 10 वर्षीय सुदामा रिकार्डों में सफलता प्राप्त

(10.02.4) से काम में काम एक ही मीटर आगे थी।

सुमन रावत के 10 वर्षीय नए सुदामा रिकार्डों में 2 मीटर 1.2 मी. थी, जो जेम्बी मूड लगा कर 1.6 वर्षीय सुदामा रिकार्डों के कॉलिकास (2.0.9 मीटर) को अंग कर लिया। सुदामा रिकार्ड को 1.6 मी. सुदामा से 4.00 मीटर वलेंट वीडू 5.2.6 मीटर में सुदामा कर जेम्बी रिकार्डों वीडू को सफलता की गार कर लेता है। वि.वि.स.



अदीक महत्त्व उपार्थक बन

विलापी की कुट्टाविल्ह की अध्यक्षता में भारतीय अथलेटिक प्राधिकरण की प्रबंध समिति की पहली बैठक (28 अक्टू) में कुछ महत्वपूर्ण निर्णय लिए गये बैठक के बाद प्राधिकरण प्राधिकारी अर्जुन लाल लालवार में 'संकेत भारतीय' संभावनाओं की संभावनाओं का शर विरुद्ध है।

- 1) विलापी की अदीक महत्त्व उपार्थक प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 2) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 3) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 4) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 5) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 6) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 7) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 8) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 9) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।
- 10) विलापी की प्राधिकरण की प्रबंध समिति का गठन किया गया है।



सुमन रावत ने तीन हजार मीटर वीडू में स्वर्ण पदक प्राप्त किया। सुमन विजय मंच पर मध्य में।

एफ. आई. एथलीटों के अभ्यास, प्रशिक्षण तथा चुनाव के लिए एक अलग समिति गठित करें। भले ही व्यवस्था का कार्य वह अपने पास ही रखें। एडवर्ड मिस्वेरा, रतनील भाटिया, जो क्वार्टी (एकमात्र भूतपूर्व एथलीट, जो दोबारा खेल पत्रकार बने भी एम ए स्वामी के अलावा) ताचडू जैसे को एथलीटों एवं प्रशिक्षकों का चुनाव करने तथा युवा प्रतिभाओं को बेहतर अवसर प्रदान करने की योजना बनाने का दायित्व स्वीकार जाना चाहिए। सबसे महत्वपूर्ण पक्ष, जिसे ए. ए. एफ. आई. ने अनदेखा किया है, वह है एक दूसरी पक्ष का निर्माण। दामोदर मोहवा जैसे एथलीट को अधिक विदेश भेजना चाहिए था। कामगार पर तब, जब 1960 में ट्रायल गेम्स में उन्होंने इतना बढ़िया प्रदर्शन किया था। किन्तु दुर्भाग्य है कि उसके बाद उनके विषय में कुछ सोचा ही नहीं गया।

भारतीय एथलेटिक की आवश्यकता है अधिकारियों के रूप में एथलीटों की नियुक्ति तथा प्रशिक्षण के जानकार भूतपूर्व एथलीटों को दायित्व - जिनका इस क्षेत्र में काफी योगदान रहा है उन्हें ए. ए. एफ. आई. की कमेटियों में स्थान दिया जाना चाहिए। जिनमें को एथलीट मंच पर नियमित प्रतिस्पर्धा का आयोजन किया जाए। असाधारण यह है कि तुनिशियन स्पर्धा काफ़ी दिनों से विवक्षित है।

दिल्ली में अब विभिन्न प्रमुख प्रतिस्पर्धाओं के लिए अच्छे स्टेडियम हैं। ए. ए. एफ. आई. को तीन-चार प्रतिस्पर्धाओं के लिए भीलका, पार्लिकान, बीन, बांसी, सिगापुर तथा अन्य पहाड़ी देशों को आमंत्रित करना चाहिए। यही



विश्राम के क्षण : कैरल की महिला टीम 400 मीटर बाधा वीडू के बाद आराम करते हुए।

एक तरीका है अपने एथलीटों को अंतर्राष्ट्रीय स्तर पर अनुभव दिलाने का। सरकार एफ ए ए. आई. जब उन्हें प्रशिक्षण एवं प्रतिस्पर्धा में भाग लेने के लिए लंबे समय तक विदेश भेजने के पक्ष में नहीं है।

भारतीय एथलेटिक फेडरेशन को अभी बचा रास्ता तय करना है। उन्हें न केवल अपनी कमियों को जड़ में निकालना है, बरन् देश में स्वस्थ खेल वातावरण का निर्माण भी करना है। एथलीट तरीकों का सेन है किन्तु अधिकारियों के असहानुविधपूर्ण रवैयों का नुकसान खेल को भुगतें? इस समय केवल एक ही प्रश्न रहता है कि किस अधिकारी को कर्ता जाना है? किन्तु अब अधिक एथलीट, अधिक प्रतिस्पर्धी और अधिक अंतर्राष्ट्रीय अनावरण की तुरंत आवश्यकता है।

Bahadur Prasad, a triple gold-medallist in the last event at Dhaka, is still a force to reckon with.

big disappointment, despite a great effort, and disaster it was at Jakarta earlier this year in the Asian championship. Like Usha in her prime, Bahadur is being forced to run in too many events. Unlike Usha, Bahadur runs the middle and long distance. A 10 km takes its toll; without adequate preparation he was forced to run the distance at Jakarta and paid the price in the subsequent 5000m in the longer run, this kind of ill-prepared 5000-10,000 combination will surely lead him nowhere. Perhaps the damage has already been done to his morale, if not his body.

India may yet dominate the distance events and the throws in the men's section, but over the shorter distances the Sri Lankians have made great strides over the past few years. And we are not yet talking about the island nation's women.

Despite the odd spark provided by a Selvaraj or a Vikram Singh, the men's sprinting standards have not looked up the past decade and more. Only success can bring men's events into the limelight and the AAFI does not even talk about the men's 100 and 200 metres before an Asian meet or the Asian Games nowadays. The SAF Games should be slightly different, though.

Kamini Reddy's 21.10 sees at Dhaka in 1985, and Natarajan's 10.65 victory in Islamabad have been the best for India in the men's sprints. Natarajan himself has been back in action the past two seasons, showing improvement, but not enough to cause ripples in athletics circles. He, of course, has a lot to complain regarding officialdom.

Barring Paramjeet Singh, India does not have a quarter-miler of promise at the moment. Where is P. I. Sebastian? Paramjeet has shown excellent consistency for two seasons, is clock-

Suman Rawat had a rare treble in Calcutta.



ing in on the sub-47s level and should pose a stiff challenge to Sri Lankan Sugath Thakaratne, the Asian bronze medallist.

As mentioned earlier, Bahadur Prasad should still be hard to beat in anything from 1500m upwards and there are men like Gulab Chand, Bhairon Singh Lone and Gejen Singh waiting in the wings in the distance events.

In jumps, India has shown a decline in South Asian calculations since the better days of Shyam Kumar in long jump. Consolation, if at all there could be, can come from the fact that Pakistan also has not produced any jumpers of note in recent years, especially the hop-step-and-jump variety. Haider Ali Shah was a towering figure among the triple jumpers from that country.

Though they have not shown any great improvement, barring the 'mysterious' spark provided by Shakti Singh and Ajit Bhaduria last year, the Indians have the capacity to dominate all the throwing events in the SAF Games. Come to think of it, they have been way above the rest in South Asia the past two seasons, in shot put and discus not in particular. Anything less than a sweep will lead to yet another debate.

When we talk of Indian women athletes and the SAF Games, the name that automatically crops up is Shiny Wilson's. Beginning with Kathmandu in 1984, she has not



Charminar Challenge Inter-State Athletics... Charmin



Kerala team (from L. Shiny Abraham, Sany Joseph, Valsamma and P.T. Usha) winners in the 4 x 100m relay. BELOW: Valsamma, glides over the hurdles to win the 400m hurdles

athlete from Kerala, Sany Joseph who set the pace for the 1600 metres. Sany in her own, right was second to Usha in the 200 metres and third, after Lizzy Verghese, in the short sprint.

In addition to what their top stars performed, Kerala also indicated depth in the sport, some of the younger athletes, particularly in the Under 16 group, showing great promise. One such youngster was Rosely, in the long jump under the guidance of coach Kutty, the man who made Valsamma a star. Rosely is a long jumper with tremendous potential, claiming the title with a clearance of 2.54 metres. Beena K.R. who won the 200 metres is another good prospect and so is Beena Peter who broke Shiny's record for the 800 metres. Elamma Verghese, an Under-14 girl,



short of her Asian Games record but it also highlighted the fact that along with P.T. Usha, she is the only other person to have retained the form shown in the Asian Games.

If P.T. Usha and M.D. Valsamma were the top flight athletes for Kerala, Shiny Abraham, the 17-year-old youngster was the toast of everyone on the third evening. This promising athlete, already having made a name for herself in the earlier inter-state and the Food Corporation of India Meet in Delhi, only confirmed expert opinion when she smashed Geeta Zutshi's national mark in the women's 800 metres, clocking 2:04.9.

The US based Zutshi, now having shifted to 3000 metres would have been surely hard pressed to retain her title in the half mile and also in the 3000 metres where Suman Rawat of Himachal Pradesh set a new national mark with a timing of 9:42.2, a performance yet to be equalled by Geeta in the USA. Suman duly completed a distinctive double, later winning the 1500 metres in a new meet record.

Back to Shiny. This youngster had found the necessary incentive when she also came under the old inter-state mark while pacing second to Usha in the quarter mile. As a member of the relay team she contributed considerably to the records, as did another splendid



Suman Rawat of Himachal Pradesh (63) about to overtake Karnataka's Uma Dayi (79). She won the 3000m event with considerable ease, clocking 10:07.5 sec.



Completed star as P. T. Usha. And that her effort came on the opening day in the discus throw event after a long spell of drought in records added a few more cubits to its value.

Vijaymalra looked determined when the event began and achieved a throw of 44.80 in her third essay, eclipsing the 42.60m that stood in the name of Anusuya Bai since 1977. But Vijaymalra faded in the shot put, surrendering the crown to Punjab's Rajvinder Kaur, a 20-year-old Anantnagar A. somewhat under the gun. Punjab's Rajvinder Kaur beat Vijaymalra in the last throw to a distance of 12.60 metres. Vijaymalra's best effort of 12.60 m came in the fifth throw.

Records apart, there were quite a

few intense contests. Prominent among them being the sprints, which Andhra's Rami Reddy cornered with a demonstration of power, strength and speed. The top quality but Rami Reddy, drawn in ances especially against Jayaraman of Tamil Nadu and Anil Shetty of Karnataka who flanked him.

As the shot went, Rami Reddy flung himself ahead and strode into perfect rhythm as he pounded down the second curve for a comfortable win at 22.1s. Equally emphatic was his field was much stronger than in the 200 metres.

Barring Hari Nagarwala and Anand

Shetty, it included quite a few prominent names. But Rami Reddy, the 50 metre mark, and came out victor for the second gold medal which he richly deserved. Rami Reddy was not very optimistic of a 11-under performance on account of the track conditions and the strain of running in the heats on the same day but finished with a time of 10.9 seconds, followed by Nishant Pasha of Tamil Nadu and Sunil Rao of Maharashtra. The challenge expected of Chinute Magdole of Maharashtra did not come up. Chinute took the fourth place at 11.2 s.

For the long striding lass from Himachal Pradesh, Suman Rawat, the customary double (1,500 and 3,000) came only after some fierce competition. In fact, at one point in the 3,000 metres, Bihar's Vijay Neelamani Kalkho almost outmanned Suman Rawat. Unfortunately, a slip up in lap count followed by the ball rung by a thoughtless

Himachal Pradesh's Suman Rawat leads the field in the 1,500 metres. Vijay Neelamani Kalkho (green vest) is Suman's main challenger.

spectator upset the calculations of Kalkho who surrendered the advantage in the 1,500 metres too. Suman had to beat a spirited challenger from Neelamani Kalkho. Only 0.2 seconds separated the winner and runner up.

Competent. It is clear Neelamani Kalkho is emerging as a major force. She showed her competence in the 5,000 metres, introduced for the first time. Six of the nine runners who faced the starter completed the course but Neelamani Kalkho, running at consistent pace, finished ahead of the second runner by about 100 metres.

Talking of women, one cannot fail to recount the four medal triumph of P. T. Usha. That she was not among the records in two meets may surprise many. But Usha admitted lack of form owing to interruptions in her training schedule. Her decision to do away with sprints was interpreted as the lack of confidence against the new duo, Ashwini and Sany Joseph. Indeed, she did not in the short sprint with victory going to Sany Joseph of Kerala. Usha, however, breezed her way to the tape in the 400 metres, flat and hurdles, and really victories for Kerala.

Another star who releases competition in Karnataka's Beeth. Beeth, heptathlete, Beeth projected her combats in as many events as possible. Triumph in the 100 metres hurdle.

12 INDIAN EXPRESS, Chandigarh, Wednesday, August 13, 1988

Suman sets new record

NEW DELHI, Aug 12 (PTI). Suman Rawat of Himachal Pradesh won the gold medal in the women's 1,500 m event setting a new meet record on the opening day of the 25th All-India Open Athletics Championships at the Jawaharlal Nehru Stadium here today.

Rawat, who has already qualified for the Seoul Asian Games, was timed 4:29.1 seconds and was well ahead of Railways' V. N. Khaiko, who took the silver in 4:31.2, failing by just a second to book her meet the qualifying mark (sixth place of the 1982 Asian) set by the Indian Olympic Association (IOA). R. A. Molly, also of Railways, earned the bronze with a timing of 4:36.1.

Rawat's was the only record on a day when finals of seven events were held and which saw all big names walking away with gold medals with ease.

In the women's 400m, Food Corporation of India's Shiny Abraham, who too has made sure her place in the Seoul team, predictably won the gold with a timing of 53.4 seconds. She was five seconds ahead of Vandana Rao of Karnataka who bagged the silver. M. D. Valsamma of Railway Sports Control Board (RSCB) got the bronze clocking 54.1.

The gold and silver medals in the women's discus went to the Soviet duo of Dmitrieva and T. Lesovaja respectively. Dmitrieva cleared 59.52m while Lesovaja cleared 48.74m. India's best bet Vijay Mala Bhanot of Delhi cleared 44.72m and was within the IOA standard of 39.20.

The gold in the men's 10,000m went to Vidya Dhar of Police who was timed 29:56.4. Vinod Pokhriyal of Services Sports Control Board (SSCB) finished a distant second to take the silver (30:03.5) and Danvir Singh of RSCB got the bronze (30:08.0). The qualifying mark set by the government is 29:38.17 and the IOA requirement is 30:00.9.

In the pole vault, Vijaypal Singh, the only Indian to cross the five-metre mark in the recently-held World Junior competition in Athens, took the gold clearing 4.70 m. S. S. Tanwar of HSEB took the silver (4.50 m) and Rajinder Tokas the bronze (4.40 m).

As expected, H. K. Patel of Orissa took the gold in men's long jump clearing a distance of 7.44 m. But he failed to qualify for the Seoul Asian. Railways' M. C. Sebastin earned the silver with 7.21 and P. V. Wilson of Police the bronze (7.11 m).

The government-set standard in this event is 7.87 m while IOA has asked for 7.55 m.

In the men's shot put, Bahadur Singh, gold medalist in the last Asian Games, took the top honours heaving a distance of 18.30m. Balwinder Singh of Police, who set an Asian record in the four-nation meet here recently, finished a poor fifth (17.68m). The silver went to Iqbal Singh of Steel Plants Sports Control Board (SPCB) clearing 18.25m and Jaspal Singh of RSCB the bronze (18.07m).

But Bahadur, Balwinder and Jaspal along the fourth-placed Gurmet Singh of Punjab (17.76m), are well within the qualifying mark set by the Government (17.21m).

Personal records



REGISTERED POST

राष्ट्रपति का उप प्रेस सचिव
Deputy Press Secretary to the President
No. 179/DPS/RKB

राष्ट्रपति सचिवालय
राष्ट्रपति भवन
नई दिल्ली-110004
President's Secretariat
Rashtrapati Bhavan
New Delhi-110004

April 21, 1988

Dear Km. Rawat,

The Arjuna Awards 1986 were given away by the President, Shri R. Venkataraman, at Rashtrapati Bhavan on April 19, 1988.

In this connection, I am desirous to enclose two photographs of yours receiving the award from the President, which have been autographed by him. We hope you will find them worthwhile.

With best wishes,

Yours sincerely,

R.K. Bhatnagar
(R.K. Bhatnagar)

Kumari Suman Rawat
12 F.F. Spring Field
Chhota Shimla-2
(Himachal Pradesh)



เพื่อประกาศเป็นเกียรติยศว่า
THIS IS TO CERTIFY THAT

SUMAN RAWAT (MAIITA)

ประสบความสำเร็จในการแข่งขันวิ่ง "กรุงเทพมหานครมาราธอน" เมื่อวันที่ 29 พฤศจิกายน 2535
HAS SUCCESSFULLY COMPLETED RACE IN "BANGKOK MARATHON" 29th NOVEMBER 1992

42.195 K

เวลา Time	2	ชั่วโมง Hrs.	51	นาที Min.	59	วินาที Sec.
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Gen. *Pichitr Kullavanijaya*
PICHITR KULLAVANIJAYA

President of The National Jogging Association of Thailand
Chairman of the Organizing Committee

Asst. Gen. *Chaichan Mookhasmit*
CHAICHAN MOKKHAMMIT
Secretary of The National Jogging Association of Thailand

Thongchai Panswad
Prof. Dr. THONGCHAI PANSWAD
Race Director



CONCLUSION

Mrs. Suman Rawat belongs to a middle class family. Her father was a business man. Investigator feels that this study will motivated to all sports person and physical education student to participate in athletics and other sports and full dedication and determination to develop the name of nation in sports. This study will give the regard to Mrs. Suman Rawat for her lot of contribution in develops of Athletics in India. Suman Rawat participated in SAF games and secured Gold medal. Suman Rawat has participated in eleventh international Athletics Competition. In this competition she received 4 Gold medal and 3 bronze medal and other 4th place and participation. She participated in many national competitions and received so many medals. She has so many new national record in National and International. She has very well sense of humor and obedient to the parents, Senior and coaches. She is loving to the juniors like little son and her daughter, every sportsperson like has very much. She is taking blessing of all Indian people.

View of eminent personalities about Mrs. Suman Rawat has a great passion for athletic and a very hard working, discipline, good learned woman. Mrs. Suman Rawat is give respect and honors to people who work hard with honesty and respect and love for all people. Mrs. Suman Rawat always tried to better facilities and eminent athletic coaches to upcoming athlete.

DISCUSSION AND INTERPRETATION

Mrs. Suman Rawat is a Great sports personality. She preferred athletic for her carrier due to inspiration of her Husband. Her husband supported her in every step of their sports carrier. He also acts as coach of her after their marriage life. Mrs. Suman Rawat is one of the eminent personalities of Indian sports. She has many glorious achievements and records in athletics. Suman Rawat was born in an ordinary family on 6 march 1961 in Arthikapahi Sunder Nagar Distt. Mandi (H.P). Whilst growing up. They was five sisters. She in Arthikapahi village she spent time working on his parents farm.

When she played her 1st national is come at 5 in her heat (1500, 3000) race. In 1983 Suman Rawat participated in Asia games and got 3rd place, and in 1984 she made new national records, and mesmerised everyone in crowd. In 1985 she won gold medal in nationals which was held in New Delhi. In 1985, 1986 and 1989 she won gold medal in 400m, 800m, and 1500m and 3000m which was held at Ranchi. In 1986, she participated in athletic meet which was held at Switzerland, and she re-presents India in different country Auckland, Poland etc.

She participated in 3 Smarathons in 24 days and was winner (42km), and she was Indian 1st women who archived in so highest. She participated 27 times in national and international games and won 67 medals, and she got Arjun award and Parushnama award for this achievement. She was outstanding player. She was creative Punctual, responsible and very hardworking. Am always there for her help.

She is very talented and cooperative lady. Suman Rawat was very responsible. The purpose of this study was to high light the contribution and achievement of Mrs. Suman Rawat towards the promotion of athlete in the country. Data for the investigator interview Suman well prepared interview scheduled.

The focus of mainly around family, achievement, education motivation factor, awards, interview with view of Kantaverma School coach, sister pushaplata and friend promilajusta and

Questionnaire valuable data regarding contribution and achievement and athlete, leadership qualities and personality. She got five medals from government with Arjuna Award.

Mrs. Suman Rawat is improving the fitness level of the new generation of the sports persons and already doing welfare preferable work for these sports persons. She is a great personality, as well as a sports officer she is also proving a great mother and a great wife. She provides her full time to her family. She has a quality to play a role of life as, be a great and true friend, father and as a daughter, which one sees when she is close to her and his family. Now days Mrs. Suman Rawat is working as Sports Director of in Shimla.

CHAPTER V

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INTERVIEW SCHEFDULE

Respected Madam,

This interview schedule is entirely for the purpose of research work in the fired of physical education. I request you to give the answer you're your experience/views/suggestions so that true and fair results may be obtained.

It is assured that information given by you through this form will be kept secret. Please apare valuable time co-operate for this interview and oblige.

Thanking you in advance.

From:

Richudevi

M.P.Ed Student

Department of Physical Education

Lovely Professional University Phagwara (Punjab)

APPENDEX

Question related to personal Information

1. What is your full name?
2. When you were born and what was your family status that time.
3. What is your permanent address?
4. How many members are in your family and specify their name?
- 5, what is your qualification and when you have completed your study?
6. What is your achievement as different level?

Questions about sports achievement

1. How you feel when you get these Award Arjuna.
2. Olympic Games
3. Asian games
4. World cup
5. Inter-national tournament
6. All India inter- University Ames.
7. Inter collage competition.
8. Senior national school games.

9. Junior national school games.

10. State level competition

11. District level competition

a) Adventure activities

b) Culture activities

c) Social activities

d) Present activities

Question related to the personal life

1. What is your opinion of speaking other language in home?

2. How do you spend your vocation

3. What do you like as read related to literature?

4. Do you like to write feelings?

5. Do you love to have guest in your home for entertainment?

6. How do you express your anger?

7. What do you wrong to someone, how do you apologize to you

8. What do you when you anger

9. 10. If someone done wronged to you how do you apologize to you?

11. How much time you require to forgive someone.

12. Do you suffer from any chronic disease or Condition?

13. How do support your own health and nutrition?

14. What is your definition of Wealth?

15. How do you spend money?
16. How do you money
17. Do you use credit card.
18. What is your understanding of proper Health and Nutrition?

Question about Married life

1. What is your concept of marriage?
2. What are you expectation from marriage.
3. What is the role of religion in your married life now?
4. What is the role of the husband in your athletics period?
5. Who is the best method to discipline children?
6. What is your relationship between yourself and the other community in your area?
7. Who are the people to whom you are financially responsible?
8. What type of relationship do you went you build with your children?
9. What is your relationship with your children now?

Questions related to the friend-

1. What is your friend? (list at least five?)
2. How did you get to know them
3. Why are they your friends?

4. What do you like most about them after you left Shimla?
5. What is the level of your relationship with them now?

Questions about the Indian Athletic

1. What do you think that there is a constant decline in the standard of athletic?
2. What do you think that the athletic federations are working properly?
3. Who can create proper environment for the development and promotion of athletic?
4. Do you feel that growing polarity of cricket is responsible for the down fall of Indian athletic?
5. In your view does the government provide adequate funds for the promotion of H.P
6. What do you suggest to improve the functioning of the athletics federation association?

Question about early life

1. What education did your father and mother.
2. How many people lived in your home
3. Who were your teacher/coaches during your studies that motivated you?
4. What is your hobby?
5. What was your first job

6. What awarded have you received.
7. Did anyone inspire your game at the initial stage as a athlete.
8. The major athlete, who inspired you work hard and why.

9. What were the major difficulties that faced us an athlete?
10. Which environment has a greater impact on your game athlete and why.
11. What are you doing now?
12. What were difficulties you face during your play life?
13. How much your parents and teacher cooperate you to do well in athletics.
14. Do you face difficulties in your life which unable to you go ahead?
15. Who inspire you is there anyone or it is your internal motivation to athletics.
16. There is idea in your life that you behind of your success.
17. There are many myth in games and sports would you believe in these myth in your playing life.