

APPENDIX – A

A CASE STUDY ON LEGENDARY VOLLEYBALL PLAYER AND COACH LAXMAN AND ARJUNA AWARDEE ‘RANVEER SINGH’

QUESTION TO BE ASKED TO THE SUBJECT:

Instruction: Please read the question carefully and answer:

I. Personal Bio Data :

- | | | |
|----------------------------------|---|---|
| 1) Full Name | : | Ranveer Singh |
| 2) Address | : | |
| a) Present | : | Volleyball, House P.A.C.
Mahanagar Lucknow |
| b) Permanent | : | B1/36, Vineet Khand
Gomtinagar Luknow |
| c) E-mail ID | : | |
| 3) Date of birth | : | 12-02-1951 |
| 4) Place of birth | : | |
| a) Village | : | Simbhalka |
| b) Post | : | Shamli |
| c) District | : | Muzaffar Nagar |
| d) State | : | Uttar Pradesh |
| 5) Father’s Name | : | Late Om Singh |
| 6) Father’s occupation | : | Farmer |
| 7) Mother’s Name | : | Late Shanti Devi |
| 8) Mother’s Occupation | : | House wife |
| 9) Parents | : | |
| 10) Height in cms | : | 193 cms |
| 11) Weight in kgs | : | 100 kgs |
| 12) Marital status | : | Married |
| 13) If married, no. of children: | | |
| a) Male | : | No |
| b) Female | : | Two |

- 14) Daughter's name : 1) Jyoti Priya Singh (I.P.S)
2) Priyanjali Singh

II. Qualification :

- 1) Educational qualification : Intermediate
- 2) Details of school/college where: Gandhi Inter College Khekra,
studied and classes obtained Baghpath (U.P)
- 3) Did you discontinue your studies : Yes / No
If 'Yes', when? &
what was the reason : In the year of 1972,
I became a part of volleyball team of
U.P. Police which resulted in
dropping of my graduation studies
B.A. Ist Year
- 4) Where you a scholarship holder : Yes / No
If 'Yes', what kind of
scholarship you got? :

III. Family background :

- 1) What was the annual income of : 50,000 annual
your family
- 2) How many brother and sisters : 5 brothers and 2 sisters
you have
- 3) a) Brothers Elder One Younger Four
- b) Sisters Elder One ... Younger Four
- 4) Where they sports persons? : All brothers, volleyball players
If 'Yes' give details
- a) Elder ... Rohatk Singh Volley ball District Level
- b) Younger Rajveer Sing Volley ball National Level
- Late, Rajkumar Singh Volley ball National Level
- Devnder Singh Volley ball National Level
- Sudheer Singh Volley ball National Level
- a. Where your parents sports person? : Father's was volleyball player
If 'yes' give details : (Regional level player)
- b. Main occupation of people at your native place:

Sl.No.	Various levels	Venue	Year	Group	Place secured
1.	College	Meerut	1968	Inter	Ist
2.	University				
3.	Inter university				
4.	State	Kanpur	1969		IInd
5.	National	Guwahati	1970		IIIrd
6.	International	Varanasi	1971		Ist
7.	Did you feel you were above to participate at National and International level when you were participating at state level competitions?		:	Yes / No	
8.	What were the personal preparations you did before going in for competition?		:	Warming up	
9.	Were you deprived of getting medal/ awards any time? if 'Yes', when ?		:	Yes / No 1976 National Championship	
10.	Did you have any bad experience by which you lost your medal?		:	Yes / No	
	a. Fear of competition		b.	Lack of guidance	
	c. Climatic conditions		d.	Official faults	
11.	Can you remember any occasion, which reduced your performance i.e., due to your habits, remarks, calamities, or something else?		:	Yes in 1981, common wealth games I had an ankle pain	

Achievements and options :

1.	Are you satisfied with your achievements?	:	Yes / No
2.	Details of your sport records established	:	
3.	When influenced you more for your achievements	:	Forever

Food Habits :

1. Are you a vegetarian or non-vegetarian? : Veg/(with egg) Non-veg
2. Did you take any special during training period : Yes / No
If 'Yes', give details Pure Ghee
3. Did you take any kind of medicated vitamins, protein, or mineral food for your organic betterment? : Yes / No
If Yes give details :

Habits :

1. At what time you get up in the morning?
 - a. During training period : 4 O' clock
 - b. At present : 6 O' clock
2. At what time do you go to bed?
 - a. During training period : 10 O' clock
 - b. At present : 11 O' clock
3. Do you read books or journals before going to bed? : Yes / No
4. Do you get sleep just after going to bed? : No
5. Do you have the habit of having a snap after lunch? : Yes / No
6. Do you have the habit of writing dairy : Yes / No
7. Do you have the habit of reading magazines and periodicals? : Yes / No
8. Please list out your hobbies in the order of preference :
a. Volleyball b. Music c. Dance d. Friends
9. Were you playing any other games beside volleyball volley ball? If 'yes, which game recreation games, and levels of participation are you practicing at present? : Yes / No

Feelings :

1. Do you believe in God? : Yes / No
If Yes did you pray to god before going for competitions? : Yes / No
2. Do you feel relaxed when you go around with your friends : Yes / No
3. Do you have close friends? : Yes / No
 - a. Jagpal Singh
 - b. A. Ramanna Rao
 - c. Suresh Mishra
4. Do you prefer a soften coach or a strict coach : Strict coach
5. Do you require your coach to accompany you for the competition : Yes / No
6. Before going in for competitions do you like to head the last minute advice from your coach : Yes / No
7. Do you get any kind of motivation at the time of competition, if your parents or friends are there? : Yes / No
8. How do you prepare yourself mentally before going in for competition : Yes / No
9. Do you mingle with your opponents before going in for competition : Yes / No
10. Do you like to hear the instructions from the officials at the time of competitions? : Yes / No
11. How do you feel when
 - a. You are leading heavily : Comfortable
 - b. You are closely followed : Comfortable
 - c. You are trailing heavily : Very bad
 - d. You are tailing narrowly : Very bad
12. Do you feel always that you can achieve what you wish? : Yes / No
13. Do you feel always that you can achieve what you wish? : Yes / No

14. Do you find it difficult to talk to your fans : Yes / No
15. Does your mood changes frequently : Yes / No
16. When you are upset emotionally, do you tame much time to recover? : Yes / No
17. Do you express your emotions freely : Yes / No
18. Do you have the habit of day dreaming? If yes what kind of things you generally dream about : Yes / No
19. Do you feel lonely when you are with people? : Yes / No
20. Do you like traveling? : Yes / No
21. Do you worry about your health : Yes / No
22. Do you feel shy to talk to strangers : Yes / No
23. Do you find difficulty in saying right things at the right time : Yes / No
24. Do criticisms regarding your sports career or coaching profession disturb you? : Yes / No

APPENDIX – B

QUESTIONS TO BE ASKED TO MR. RANVEER SINGH'S COACH

1. Name and qualification : A. Ramanna Rao
(Arjuna Award 1977, Dronacharya Award 1990).
B.Sc., Coaching Diploma in Volleyball from NIS
2. Present employment & address : L.P.G. Distributorship,
50-1-12, Ilapuram Complex, Gandhi Nagar, Vijayawada (A.P) 520003
3. Since how long you know Mr. Ranveer Singh : 1970
4. Did you ever tell any life history of great volley ball player? : Yes / No
5. Please give a brief account of the strategies in volleyball you have taught to Mr. Ranveer Singh : Yes / No
6. Did Mr. Ranveer Singh reveal his problems easily to you or does he feel embarrassed to reveal them and what sort of problems he hesitates to talk about normally? : Yes / No
7. Please indicate his attitude towards the following aspects :
 - a. Game : Very seriously
 - b. Training and work schedule : Very seriously
 - c. Officials : Polite, well disciplined, well mannered
 - d. Opponents : Seriously
 - e. Competitions : Very seriously
8. Did Mr. Ranveer Singh have all good and healthy habits : Yes / No
If No, mention, in your opinion, his bad habits you have noticed in him : Yes / No
9. Was Mr. Ranveer Singh a well disciplined player? : Yes / No

10. Was he reporting promptly for the training sessions? : Yes / No
11. What was the way in which Mr. Ranveer Singh: treated his friends? : Friendly / Hostile
12. Whether he has an aggressive kind of behaviour or submissive kind. : Aggressive/submissive
13. Is he was a law abiding boy? : Yes / No
14. Is he reserved in nature? : Yes / No
15. Is he irritable in nature? : Yes / No
16. Does he like jokes? : Yes / No
17. Does he feel shy while taking to strangers? : Yes / No
18. Does he like to be along : Yes / No
19. Does he fond of imported things? : Yes / No / Often / Always
20. Does he like to work hard? : Yes / No
21. Does she like children? : Yes / No
22. Does she like company while practicing? : Yes / No
23. What will be his reaction when his colleagues win? : Yes / No
24. Does he smoke? : Yes / No
25. Doe she shout back to the officials : Yes / No
26. Is he is a man of helping nature : Yes / No
27. Does he fight against injustice? : Yes / No / Sometimes
28. What would be the stage of mind of Mr. Ranveer Singh during competitions?
 - a. When he wins : Exalts/Enjoys/Be Clam
 - b. When he loses : Desperate/worried/clam
29. Can you say the likes and dislikes of Mr. Ranveer Singh in a particular aspect? : He is very well disciplined and a good sports person, one thing I admired about him that he has a sporting sprit.
30. Mention the topics which Mr. Ranveer Singh frequently : Sports

APPENDIX – C

QUESTION TO BE ASKED TO MR. RANVEER SINGH / INTIMATE FRIENDS/TEAM MATES

1. Name : Mr. Shyam Sunder Rao
“Arjuna 1974 Dronacharya 1995 Awardee”
2. Address : Co-operative Bank Colony, Nagole
Hyderabad – 68
3. Present status : National Volleyball team coach
4. How long are you associated with Mr. Ranveer Singh : 40 years
5. When did you meet him first : 1970, National Championship
6. Frequency of your meeting with him, during his participation and at present : Then : We used to meet during National camps held in various cities of our country.
At present : Now we often meet each other during national championships or sometimes in Lucknow.(U.P.)
7. What were the topics of your discussion with him? : Sports
8. Behaviour of Mr. Ranveer Singh in a group, is he was a dominating type of person in group? : Yes / No
9. Was he a listening type of person : Yes / No
10. Have you seen his quarrelling with any boy/girl : Yes / No

APPENDIX – D

QUESTIONS TO BE ASKED TO MR. RANVEER SINGH'S WIFE

1. Name : Ena Singh
2. Qualification : M.A. English D.P.Ed.
3. Are you employed : Yes / No
4. Is your husband cooperative : Yes / No
5. Are you satisfied with your husband's achievements? : Yes / No
6. Did you like your husband as a volleyball player & coach? : Yes / No
7. Does he discuss any matter regarding sports with you? : Yes / No
8. Did you accompany your husband when he was a player to attend sports meets? : Yes / No
9. Do you attend sports championship along with your husband as a coach : Yes / No
10. Were you a sports person? : Yes / No
 If Yes in which game/sports you had proficiency and what level you had participated : Former volleyball international player 1970 against Sri Lanka volleyball team 1971, against Paris volleyball team
11. Anything else you would like to know about your husband : Everything

APPENDIX – E

**QUESTIONS TO BE ASKED TO MR. RANVEER SINGH'S OFFICE
BEARERS**

1. Name : Mr. Vinod Mishra
2. Qualification : Graduate (B.A.)
3. Since how long know Mr. Ranveer Singh : 1988
4. When did you meet Mr. Ranveer Singh first? : 1988 (Raibareli, U.P)
5. Duration of your meeting with Mr. Ranveer Singh at present : Since last 2 years on every working day
6. Behaviour of Mr. Ranveer Singh in group : Friendly
7. What are the topics you discuss with Mr. Ranveer Singh usually? : Sports
8. Mention about the topic which Mr. Ranveer Singh avoids to over or listen? : Back biting
9. Is he a dominating type of person? : Yes / No
10. Does he like to word hard? : Yes / No
11. Is he reserved in nature? : Yes / No
12. Is he irritable in angry nature? : Yes / No
13. If you feel anything about Mr. Ranveer Singh and his personality please specify : Honest, laborious, dedicated, dynamic outstanding personality

APPENDIX – F

CATTELL (1969), SIXTEEN P.F. FORM- 'C'

- 1) I think my memory is better than it every was
 - a. Yes
 - b. In between
 - c. No
- 2) I could happily live along, for from anyone, like a hermit.
 - a. Yes
 - b. Occasionally
 - c. No
- 3) If I say the sky is “down” and winter is ‘hot’, I would call a criminal
 - a. Gangster
 - b. A saint
 - c. A cloud
- 4) When going to bed I :
 - a. drop off to sleep quickly
 - b. In between
 - c. Have difficulty falling asleep
- 5) When driving a car in a line of traffic, I feel satisfied:
 - a. To remain behind most of the other cars
 - b. In between
 - c. Only after I’ve reached the front of the other car
- 6) At a party I let others keep the jokes and stories going
 - a. Yes
 - b. Sometimes
 - c. No
- 7) It’s important to me not to live in messy surroundings
 - a. True
 - b. Uncertain
 - c. False
- 8) Most people I meet a party are undoubtedly glad to see me.
 - a. Yes
 - b. Some times
 - c. No
- 9) I would rather exercise by :
 - a. Fencing and dancing
 - b. In between
 - c. Wrestling and baseball
- 10) I smile to myself at the big difference between what people do and what they say they do.
 - a. Yes
 - b. Occasionally
 - c. No
- 11) In reading about an accident I like to find out exactly how it happened.
 - a. Always
 - b. Sometimes
 - c. Seldom
- 12) When friends play a joke on me, I usually enjoy it as much as the others, without feeling at all upset.
 - a. True
 - b. In between
 - c. False

- 13) When someone speaks angrily to me, I can forget the matter quickly.
- a. True b. Uncertain c. No
- 14) I like to 'dream up' new ways of doing things rather than to be a practical follower of well tried ways.
- a. True b. Uncertain c. False
- 15) When I plan something. I like to do so quite without any outside help.
- a. Yes b. Occasionally c. No
- 16) I consider myself less 'high strung' than most people.
- a. True b. In between c. False
- 17) I get impatient easily with people who don't decide quickly.
- a. True b. In between c. False
- 18) I have sometimes, even in briefly, had hateful feelings towards my parents.
- a. Yes b. In between c. No
- 19) I would rather tell my innermost thoughts to :
- a. My good friends b. Uncertain c. A diary
- 20) I think the opposite of the opposite of "inexact" is
- a. Casual b. Accurate c. Rough
- 21) I always have lots of energy at times when I need it.
- a. Yes b. In between c. No
- 22) I am more annoyed by a person who:
- a. Tells off color jokes and embraces people b. Uncertain c. Is late for an appointment and inconveniences me
- 23) I greatly enjoy inviting guests and amusing them.
- a. True b. Uncertain c. False
- 24) I feel that:
- a. Some jobs just don't have to be done so carefully as others b. In between c. Any job should be done thoroughly if you do it as all
- 25) I have always had to fight against being too shy
- a. Yes b. In between c. No

- 26) It would be more interesting to be :
- a. A priest b. Uncertain c. A colonel
- 27) If a neighbor cheats me in small things, I would rather humor him than show him up.
- a. Yes b. Occasionally c. No
- 28) I like a friend who.
- a. Is efficient and practical in his interests b. In between c. Seriously thinks out his attitudes towards life
- 29) It bothers me if I hear others expressing ideas that are contrary to those that I firmly believe.
- a. True b. In between c. False
- 30) I am over conscientious, worrying over my past acts or mistakes.
- a. Yes b. In between c. No
- 31) If were god at both, I would rather.
- a. Play chess b. In between c. Go blowing
- 32) I like to join with people who show lively group enthusiasm.
- a. Yes b. In between c. No
- 33) I put my faith more in :
- a. Insurance b. In between c. Good fortune
- 34) I can forget my worries responsibilities whenever I need to.
- a. Yes b. Some times c. No
- 35) It's hard for me to admit it when I am wrong.
- a. Yes b. Some times c. No
- 36) In a factory it would be more interesting to be in charge of :
- a. Machinery or keeping records b. In between c. Talking to and bring new people
- 37) Which word does not belong with the other two?
- a. Cat b. Near c. Sun
- 38) Minor distraction seem :
- a. To irritate me b. In between c. Not to bother me at all

- 39) I am quite happy to be waited on, at appropriate times, by personal servants.
- a. Often b. Sometimes c. Never
- 40) I would rather live in a town:
- a. Artistically laid out, but relatively poor b. Uncertain c. That is rough, prosperous, and booming
- 41) People should insist more than they now do that moral law be followed.
- a. Yes b. Some times c. No
- 42) I have been told that, as a child, I was rather:
- a. Quite and kept to my self b. In between c. Lively and always active
- 43) I enjoy routine, constructive work, using a good piece of machinery or apparatus.
- a. Yes b. In between c. No
- 44) I think most witnesses tell the truth even if it becomes embarrassing
- a. Yes b. In between c. No
- 45) When I meet a new person I would rather:
- a. Discuss his politics and social views b. In between c. Have him tell me some good, new jokes
- 46) I try to make my laughter at jokes quieter than peoples
- a. Yes b. In between c. No
- 47) I never feel so wretched that I want to cry
- a. True b. Uncertain c. False
- 48) In music I enjoy
- a. Military band marches b. Uncertain c. Violin solos
- 49) I would rather spend two weeks in the summer
- a. A bird watching and walking in the country with friends or two b. Uncertain c. Being a leader of a group in a camp
- 50) The effort taken in planning ahead:
- a. Is never wasted b. In between c. Is not worth it

- 51) Inconsiderate acts or remarks by my not make touchy and unhappy.
- a. True b. Uncertain c. False
- 52) When I know I'm doing the right thing easy.
- a. Always b. Sometimes c. Uncertain
- 53) I would rather be :
- a. In a business office,
organizing b. In between c. An architect,
drawing plans in
quite
- 54) House is to room as tree is
- a. Forest b. Plant c. Leaf
- 55) Things go wrong for me:
- a. Rarely b. Occasionally c. Frequently
- 56) In most things in life I believe in :
- a. Taking a gamble b. In between c. Playing it safe
- 57) Some people may think I talk too much
- a. Likely b. Uncertain c. Unlikely
- 58) I admire more :
- a. A clever, but
undependable man b. In between c. A man who is
average, but strong
to resist temptation
- 59) I make decisions
- a. Faster than many
people b. Uncertain c. Slower than most
people
- 60) I am more impressed by :
- a. Acts of skill and
grace b. In between c. Acts of strength
and power
- 61) I am considered a cooperative person.
- a. Yes b. In between c. No
- 62) I enjoy talking more with polished, sophisticated people than without spoken,
down to earth individual.
- a. Yes b. In between c. No
- 63) I prefer to
- a. Keep my problems
to myself b. In between c. Talk about them to
my friends

- 64) If a person doesn't answer when I make a suggestion, I feel I've said something silly.
- a. True b. In-between c. False
- 65) I learned more in my school days by :
- a. A going to class b. In between c. Reading books
- 66) I avoid getting involved in social responsibilities and organizations.
- a. True b. Sometimes c. False
- 67) When a problems gets hard and there is a lot to do try:
- a. A different problem b. In between c. Different attack on the same problem
- 68) I get strong emotional mood anxiety, anger laughter etc, that seem to arise without much actual cause
- a. Yes b. Occasionally c. No
- 69) My mind doesn't work so clearly at some times as it does at others.
- a. True b. In between c. False
- 70) I am happy to oblige people by making appointments at times they prefer, even if it is a bit inconvenient to me
- a. Yes b. Some times c. No
- 71) I think the proper number to continue the series 1, 2, 3, 6, 5 is :
- a. 10 b. 5 c. 7
- 72) I have occasionally had a brief touch of faintness, dizziness, or light headedness for no apparent reason.
- a. Yes b. Un certain c. No
- 73) I would rather do without something that put a waiter or waitress to a lot of extra trouble
- a. Yes b. Occasionally c. No
- 74) I live for the here and now more than most people do
- a. True b. Uncertain c. False
- 75) At a party, I like :
- a. To get into worthwhile conversation b. In between c. To see people relax and completely let go
- 76) I speak my mind no matter how many people are around
- a. Yes b. Some times c. No

- 77) If I would go back in time, I'd rather meet :
- a. Columbus b. Uncertain c. Shakespeare
- 78) I have to stop myself from getting too involved in trying to straighten out other people's problems
- a. Yes b. Sometimes c. No
- 79) In a store or market, I would prefer to :
- a. Design and do window displays b. Uncertain c. Be a cashier
- 80) If people think poorly of me, I can still go on in own mind
- a. Yes b. In between c. No
- 81) I fan old friend seems cold and reserved to me, I usually.
- a. Just think "he is a bad mood" b. Uncertain c. Worry about what I may have done wrong
- 82) More trouble arises from people
- a. Changing and meddling with ways that are already satisfactory b. Uncertain c. Turning down new, promising methods
- 83) I greatly enjoy talking to people about local problems
- a. Yes b. Sometimes c. No
- 84) Prism, stick people don't seem to get along well with me
- a. True b. Sometimes c. False
- 85) I guess I'm irritable than most people
- a. True b. Uncertain c. False
- 86) I may be less considerate of other people than they are of me
- a. True b. Sometimes c. False
- 87) I would just as soon let someone else have all the worry of being in charge of an organization of which I am a member
- a. True b. Uncertain c. False
- 88) If the two hands on a watch come together exactly every 65 minutes (according to an accurate watch) the watch is running
- a. Slow b. On time c. Fast

- 89) I am bored
- a. Often b. Occasionally c. Seldom
- 90) I find it wise to avoid too much excitement because it tends to wear me out.
- a. Yes b. Occasionally c. No
- 91) People say that I like to have things done my own way
- a. True b. Occasionally c. No
- 92) At home, with a bit of spare time, I :
- a. Use it chatting and relaxing b. In between c. Arrange to fill it with special job
- 93) I am shy, and careful about making friendship with new people
- a. Yes b. Occasionally c. No
- 94) I think that what people say in poetry could be put just as exactly in plain prose
- a. Yes b. Sometimes c. No
- 95) I suspect that people who act friendly to me can be disloyal behind my back
- a. Yes, generally b. Occasionally c. No, rarely
- 96) I think that even the most dramatic experiences during the year leave my personality much the same as it was
- a. Yes b. Sometimes c. No
- 97) It would seem more interesting to be a :
- a. Naturalist and work with plants b. Uncertain c. Public accountant or insurance man
- 98) I get unreasonable fear or distastes for something for example, particular animals, plants and so on
- a. Yes b. Sometimes c. No
- 99) I like to think out ways in which our world could be changed to improve it
- a. Yes b. In-between c. No
- 100) I prefer games where :
- a. You're on a team or have a partner b. Uncertain c. Each person is on his own
- 101) At night I have rather fantastic or ridiculous dreams
- a. Yes b. Occasionally c. No

- 102) If left in a lonely house I tend, after a time to feel bit anxious or fearful
- a. Yes b. Sometimes c. No
- 103) I may deceive people by being friendly when I really dislike them
- a. Yes b. Sometimes c. No
- 104) Which word does not belong with other two?
- a. Think b. See c. Bear
- 105) If Mary's mother is Fred's father's sister, what relation is Fred to Mary's father?
- a. Cousin b. Nephew c. Uncle

APPENDIX – G

V.P. BHARGAVA (1994), ACHIEVEMENT MOTIVATION

- | | |
|--|--------------------------|
| 1) What I want most in my life is | |
| A) To get an ideal home life | <input type="checkbox"/> |
| B) To be a popular man in the society | <input type="checkbox"/> |
| C) To do something requiring efforts | <input type="checkbox"/> |
| 2) I would like to solve | |
| A) Those problems which will give new experiences | <input type="checkbox"/> |
| B) The socio economic problems of my country | <input type="checkbox"/> |
| C) Very difficult puzzles and quizzes | <input type="checkbox"/> |
| 3) I am happiest when | |
| A) Making other happy | <input type="checkbox"/> |
| B) I become the centre of others attention | <input type="checkbox"/> |
| C) Successful in my work. | <input type="checkbox"/> |
| 4) I often strongly think of | |
| A) Being one respected political leader | <input type="checkbox"/> |
| B) Being a famous social leader | <input type="checkbox"/> |
| C) Accomplishing something great | <input type="checkbox"/> |
| 5) My air of life is | |
| A) To make a long record of successful achievements | <input type="checkbox"/> |
| B) To attain high status in society | <input type="checkbox"/> |
| C) To serve the nation | <input type="checkbox"/> |
| 6) I like to praise those who | |
| A) Have earned a name of repute in their own field | <input type="checkbox"/> |
| B) Have some principles in life | <input type="checkbox"/> |
| C) Have devoted themselves in the service of mankind | <input type="checkbox"/> |
| 7) I want to know | |
| A) How I can be successful to whatever I undertake | <input type="checkbox"/> |
| B) The honest means of accumulating wealth | <input type="checkbox"/> |
| C) The easiest way of achieving the world peace | <input type="checkbox"/> |
| 8) Before starting a difficult task | |

- A) I would plan to work out its details.
- B) I would think about the difficulties that may come in the way.
- C) I would invite suggestions from others.
- 9) It is my nature to
- A) Do things for my friends
- B) Undertake tasks which require great skills
- C) Keep things neat and clean
- 10) I wish I could always be
- A) Eager in successfully doing difficult jobs
- B) Eager to be sympathetic to sick and poor people
- C) Eager to visit new places, see new persons and get new things
- 11) I feel upset when
- A) I am blamed by my own people
- B) I am neglected
- C) I fail to reach my desired goal
- 12) I want to accomplish the task
- A) In a neat and clean fashion
- B) To do it more better than others
- C) To finish it before the time fixed
- 13) I like to
- A) Read fictions and do courageous works
- B) Think of my future
- C) Visit different places of the world.
- 14) I usually think
- A) That I should get honor and respect like a leader
- B) That I should perform something great and unique
- C) That I should help and look after the sick and injured
- 15) I like to be
- A) Very systematic and orderly in the work I undertake
- B) Very faithful and sincere to my friends and colleagues.
- C) Best in my performances and assignments

- 16) I like that
- A) I may earn money
- B) I may do most important work
- C) I may become the master of myself
- 17) I am always
- A) Ready to fight for the noble and reasonable cause
- B) Ready to enhance and develop my ability
- C) Prepared to remove casteism and other social evils.
- 18) I am sure that during next five years
- A) I will be earning lot of money
- B) I will be an expert in my field
- C) I will be independent
- 19) I want that
- A) My institution may be more democratic
- B) The environment of my town be more peaceful and healthy
- C) The environment of my house may allow me to study more and more
- 20) I like things which
- A) May make me rich and more possessing
- B) May make me to get respect that of a leader
- C) May be achieved by others with great difficulty
- 21) I get satisfaction most in
- A) Remaining in the company of famous and popular persons
- B) Doing the most difficult tasks
- C) Testing others and to give guidance to them
- 22) I give preference to
- A) Difficult tasks over simple and easy tasks
- B) Remain in the company of elderly and experienced persons
- C) Get encouragement from my friends and others
- 23) I genuinely believe that for me
- A) Liberal and kind to my friends at all times
- B) Sympathetic to sick and poor people
- C) Successful in doing difficult works

- 24) I am most happy when I
- A) Get a chance to enjoy with others by wits and humors
 - B) Get honor and respect after performing difficult tasks successfully
 - C) Get the chance to get a high position
- 25) I feel
- A) Upset when I am not getting success in the examinations despite of hard work.
 - B) Sad at the death of somebody near and clear to me
 - C) Enraged when some of my friends to not get justice
- 26) In general I may be described as a
- A) Tolerable person
 - B) Humble and polite person
 - C) Optimistic person
- 27) I sincerely wish
- A) To be a most wealthy person
 - B) To be happy and most fortunate person
 - C) That I may attain the high achievements in a surprising manner
- 28) I wish that I may be
- A) Liberal and kind to my friends at all times
 - B) Sympathetic to sick and poor people
 - C) Successful in doing difficult works
- 29) While working in a group I wish that
- A) I may perform the best work than others
 - B) I may be the leader of the group
 - C) I may do the work in the most systematic way
- 30) I consider myself better than others who
- A) Are unsocial by nature
 - B) Do not feel the responsibility
 - C) Do not fix any aim of life and do not work to get it
- 31) I get pleasure in
- A) The company of children
 - B) Solving difficult problems

- C) Living with jovial people
- 32) I believe
- A) Love is more better than justice
- B) My future depends on some special achievement
- C) It is better to be sincere and faithful than to be popular
- 33) Generally I
- A) Critically analyze others decisions
- B) Am polite in behavior
- C) Do the work till it is completed successfully
- 34) In most of the social situations, I
- A) Try to be traditional
- B) Try to become a bit able to do work in accordance with the social traditions
- C) Try to attract and get others attention by my work
- 35) I like to
- A) Become a big authority in some business or work
- B) Do my activities in a systematic way
- C) Make friendly sympathetic behavior with sad people
- 36) My real wish
- A) Is to get the highly paid work
- B) Is to enjoy the bliss of happy married life
- C) Is to attain reputable attainments
- 37) I want that I should become so able that
- A) I may use such words the meaning of which nobody should be able to understand
- B) I may be able to do better work than others
- C) I may forgive him who wants to harm me
- 38) I
- A) May try my level best to become a big person in my field
- B) May try to remain firm in following the truth
- C) May try to help the helpless people to the best of my capacity

- 39) Generally, I wish that
- A) I may be a worshipper of god
 - B) I may serve the poor without caring for any return
 - C) I may get additional success in some work
- 40) I avoid
- A) Such persons who are pleasure seekers only and are without responsibility
 - B) Those situations which are not competitive
 - C) Those persons who are mentally illusion and unsystematic
- 41) I want that other may think about me as
- A) Laborious person
 - B) Very good natured person
 - C) Very intelligent and capacity person
- 42) I feel very good when
- A) I relate my personal experiences to others
 - B) I am told to make others to understand something
 - C) I have to do any difficult work
- 43) I always
- A) Do the activities in my own systematic way
 - B) Try to please everybody with my behavior
 - C) Try to do my work in the best possible way
- 44) I evaluate my ability by saying
- A) My teachers are partial and side others
 - B) Whatever the grade has been given to me is related with labor I have put in
 - C) The grade given to me is less than the labor I have put in
- 45) I am
- A) Morally a correct person
 - B) Determined to get my high goal in life
 - C) Tolerable to those person who try to hit me
- 46) I am full of anxiety for
- A) Knowing my deficiencies so that I may remove them

- B) Doing more important work
- C) Becoming the centre of attraction in the group
- 47) I been out the pain because
- A) Nobody should feel painful feelings given by me
- B) I may escape from others allegations
- C) I may remove difficulties and get first class success
- 48) I am
- A) Courageous, but would avoid unnecessary dangers and risks
- B) Quite punctual and never late for work, school and appointments
- C) Quite mean and organized in what I do
- 49) I am of the opinion that for pleasure and happiness one must
- A) Get the basic amenities of life
- B) Enrich the records one achievements
- C) Support charities
- 50) In whatever work I under take
- A) I like to do very best
- B) I like to assume full responsibility for it
- C) I like to make advance plans

APPENDIX – H

LEVENSON'S (1973), LOCUS OF CONTROL

- 1) Whether or not I get to be a leader depends on my ability
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly agree | Agree | Undecided | Disagree | Strongly disagree |
- 2) My life is controlled by accidental happenings.
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly agree | Agree | Undecided | Disagree | Strongly disagree |
- 3) I feel like what happens in my life is determined by powerful people.
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly agree | Agree | Undecided | Disagree | Strongly disagree |
- 4) Whether or not I get into an accident depends on how good driver I am.
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly agree | Agree | Undecided | Disagree | Strongly disagree |
- 5) When I make plans, I am certain to make them work.
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly agree | Agree | Undecided | Disagree | Strongly disagree |
- 6) There is no chance of protecting my personal interests from bad luck happenings
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly agree | Agree | Undecided | Disagree | Strongly disagree |
- 7) When I get what I want, it's because, am lucky.
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly agree | Agree | Undecided | Disagree | Strongly disagree |
- 8) Although I might have good ability, I will not be given leadership responsibility without appealing to those in positions of power.
- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly agree | Agree | Undecided | Disagree | Strongly disagree |

- 9) How friends I have may depend on how nice a person I am.
- Strongly agree Agree Undecided Disagree Strongly disagree
- 10) I have found that what I think is going to happen will happen.
- Strongly agree Agree Undecided Disagree Strongly disagree
- 11) My life is controlled by powerful others.
- Strongly agree Agree Undecided Disagree Strongly disagree
- 12) Whether or not I get into a car accident is a matter of luck.
- Strongly agree Agree Undecided Disagree Strongly disagree
- 13) People like myself have no chance of protecting our personal interests when they conflict with those of strong pressure groups.
- Strongly agree Agree Undecided Disagree Strongly disagree
- 14) It is not wise for me to plan too far ahead, because many things turn out to be a matter of bad fortune.
- Strongly agree Agree Undecided Disagree Strongly disagree
- 15) Getting what I want required pleasing people above me.
- Strongly agree Agree Undecided Disagree Strongly disagree
- 16) Whether or not I get to be leader depends on whether I am lucky enough to be in the right place at the right time.
- Strongly agree Agree Undecided Disagree Strongly disagree
- 17) If important people were to decide they didn't like me, I probably wouldn't make many friends.

Strongly agree Agree Undecided Disagree Strongly disagree

17) I can pretty much determine what will happen in my life.

 Strongly agree Agree Undecided Disagree Strongly disagree

18) I am usually able to protect my personal interests.

 Strongly agree Agree Undecided Disagree Strongly disagree

19) Whether or not I get into a car accident depends mostly on the other driver.

 Strongly agree Agree Undecided Disagree Strongly disagree

20) When I get what I want, it's usually because I worked hard for it.

 Strongly agree Agree Undecided Disagree Strongly disagree

21) In order to have my plans work, I make sure that they fit in with the desires of people who have power over me.

 Strongly agree Agree Undecided Disagree Strongly disagree

22) My life is determined by my own actions.

 Strongly agree Agree Undecided Disagree Strongly disagree

23) It's a matter of fate whether or not I have a few friends or many.

 Strongly agree Agree Undecided Disagree Strongly disagree

APPENDIX – I

C.M. BASAVANNA (1975), SELF CONFIDENCE

- | | | |
|-----|---|--------------|
| 1) | It is rather difficult for me to make new friends | True / False |
| 2) | I can be natural while at a party | True / False |
| 3) | I am never at conflict with myself | True / False |
| 4) | I enjoy mixing with people | True / False |
| 5) | In social conversation I am usually a listener than a talker | True / False |
| 6) | I can usually find a ready answer for remarks made to me | True / False |
| 7) | When thing go wrong I pity of blame myself | True / False |
| 8) | I have a horror of failing in anything I want to accomplish | True / False |
| 9) | I often cross the street avoid meeting some people known to me | True / False |
| 10) | I find it very difficult to speak in public | True / False |
| 11) | I feel insecure within myself | True / False |
| 12) | I find it hard to do my best when people are watching | True / False |
| 13) | I can recover easily and quickly from social blunders | True / False |
| 14) | I do not care much for what other think of me | True / False |
| 15) | I have difficulty in making to most people | True / False |
| 16) | A stray in the background in social gatherings | True / False |
| 17) | I feel embarrassed to enter into assemble when all are already seated | True / False |
| 18) | I have difficult in saying the right thing at the right time | True / False |
| 19) | I tend to worry over possible troubles | True / False |
| 20) | I frequently feel thwarted because I am unable to do as I desire | True / False |
| 21) | I think of myself as a successful person | True / False |
| 22) | I am much affected by the praise or blame of many people | True / False |
| 23) | My feeling are rather easily hurt | True / False |
| 24) | I can face a difficult situation without worry | True / False |
| 25) | I am hesitant about forming decisions | True / False |
| 26) | I can bored very much of time | True / False |

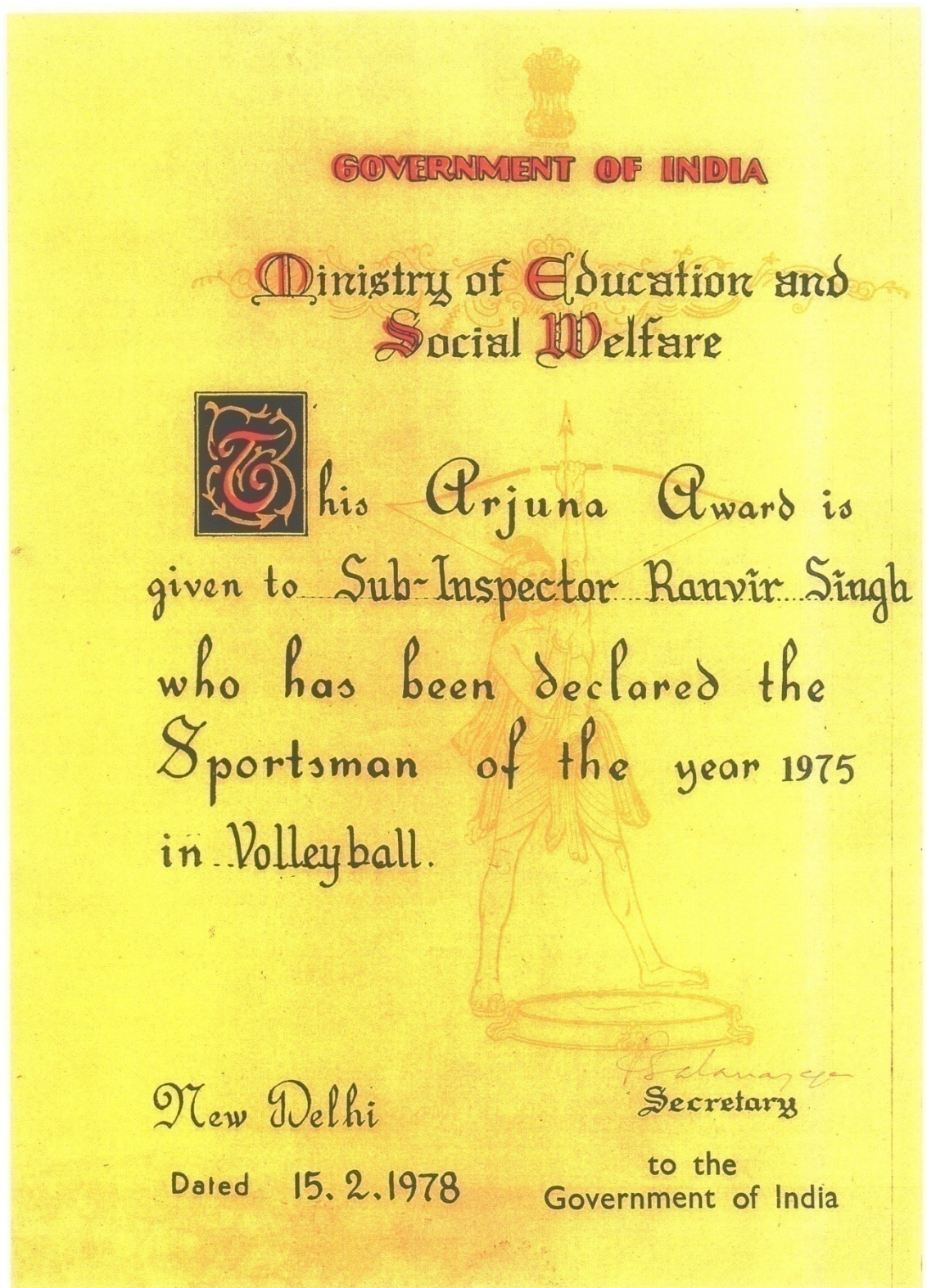
- 27) I can tackle new situations with a reasonable degree of assurance True / False
- 28) I am often unable to decide until it is too late for action True / False
- 29) I tend to be quick and certain in my action True / False
- 30) I always feel that I can achieve the things I wish True / False
- 31) I feel no obstacle an stop me from achieving my final goal True / False
- 32) I am generally confident of my own ability True / False
- 33) I often feel that in life's competition I am generally the loser True / False
- 34) I frequently feel unworthy True / False
- 35) I worry over humiliations more than most person True / False
- 36) I feel physically inferior of my friends True / False
- 37) I find it hard to continue work when I do not get enough encouragement True / False
- 38) I am bothered by inferiority feelings True / False
- 39) My people believe that I am as much a success as I could be True / False
- 40) I can play my best in game or contest against an opponent who is much superior to me True / False
- 41) I am always ready to decide what my next step should be True / False
- 42) I can adjust readily to new situations True / False
- 43) I often feel rather awkward True / False
- 44) I am afraid that other people will dislike me True / False
- 45) My friends have made better life adjustment than my self True / False
- 46) I am happy to lucky person True / False
- 47) I can relax myself easily True / False
- 48) I bluish very often True / False
- 49) When upset emotionally, I take much time to recover True / False
- 50) I day dream very often True / False
- 51) I am readily moved to tears True / False
- 52) When a critical situation is past, I often think what I should have done but didn't True / False
- 53) I often feel my movements are clumsy True / False
- 54) I don't have initiative True / False
- 55) I usually work things out for myself rather than get someone to show me True / False

- 56) I am a dominant person True / False
- 57) I am usually discouraged when the opinions of others differ from my own True / False
- 58) I am often confused True / False
- 59) People frequently blame me for things unjustly True / False
- 60) I feel that my parents are disappointed in me True / False
- 61) In envy the happiness that others seem to enjoy True / False
- 62) Criticism disturbs me greatly True / False
- 63) I get discouraged easily True / False
- 64) I can get a job any day True / False
- 65) I seem to make friends about as quickly as other do True / False
- 66) I shrink from facing crisis or difficulty True / False
- 67) If given chance I could do something that would be of great benefit to the world True / False
- 68) If given chance I could do something that would be of great benefit to the world True / False
- 69) I have several times given up doing a thing because I thought too little of my ability True / False
- 70) No one seems to understand me True / False
- 71) I need someone to push me through the things True / False
- 72) Life is a strain for me much of the time True / False
- 73) I have had blank spells in which my activities were interrupted and did not know what was going around me True / False
- 74) I am worried about sex matters True / False
- 75) I have period of such great restlessness that I cannot sit longer time on a chair True / False
- 76) I refuse to play some games because I am not good at them True / False
- 77) I find it hard to keep my mind on a task or job True / False
- 78) I seem to be about a smart other around me True / False
- 79) I usually feel well and strong True / False
- 80) I think too much over everything True / False
- 81) My daily life is full of things that keep me interested True / False
- 82) I am certainly lacking in self confidence True / False

- 83) Almost always I find myself worrying about something or the other True / False
- 84) I have often lost good chances because I would make up my mind soon enough True / False
- 85) I spend much of the time worrying over the future True / False
- 86) I do not tire quickly True / False
- 87) I think I have an attractive personality True / False
- 88) I do not think too long over my problem True / False
- 89) I have feeling of hopelessness True / False
- 90) I cannot express my emotions freely True / False
- 91) When my friends criticize me I take it well True / False
- 92) I am a responsible person True / False
- 93) Generally I quite sure of myself True / False
- 94) Usually I am dissatisfied when myself True / False
- 95) I have the feeling that I am just not facing things True / False
- 96) I have enough faith in myself True / False
- 97) I am often in low spirits True / False
- 98) I often feel helpless True / False
- 99) I am often disorganized True / False
- 100) I can usually make up mind and stick to it True / False

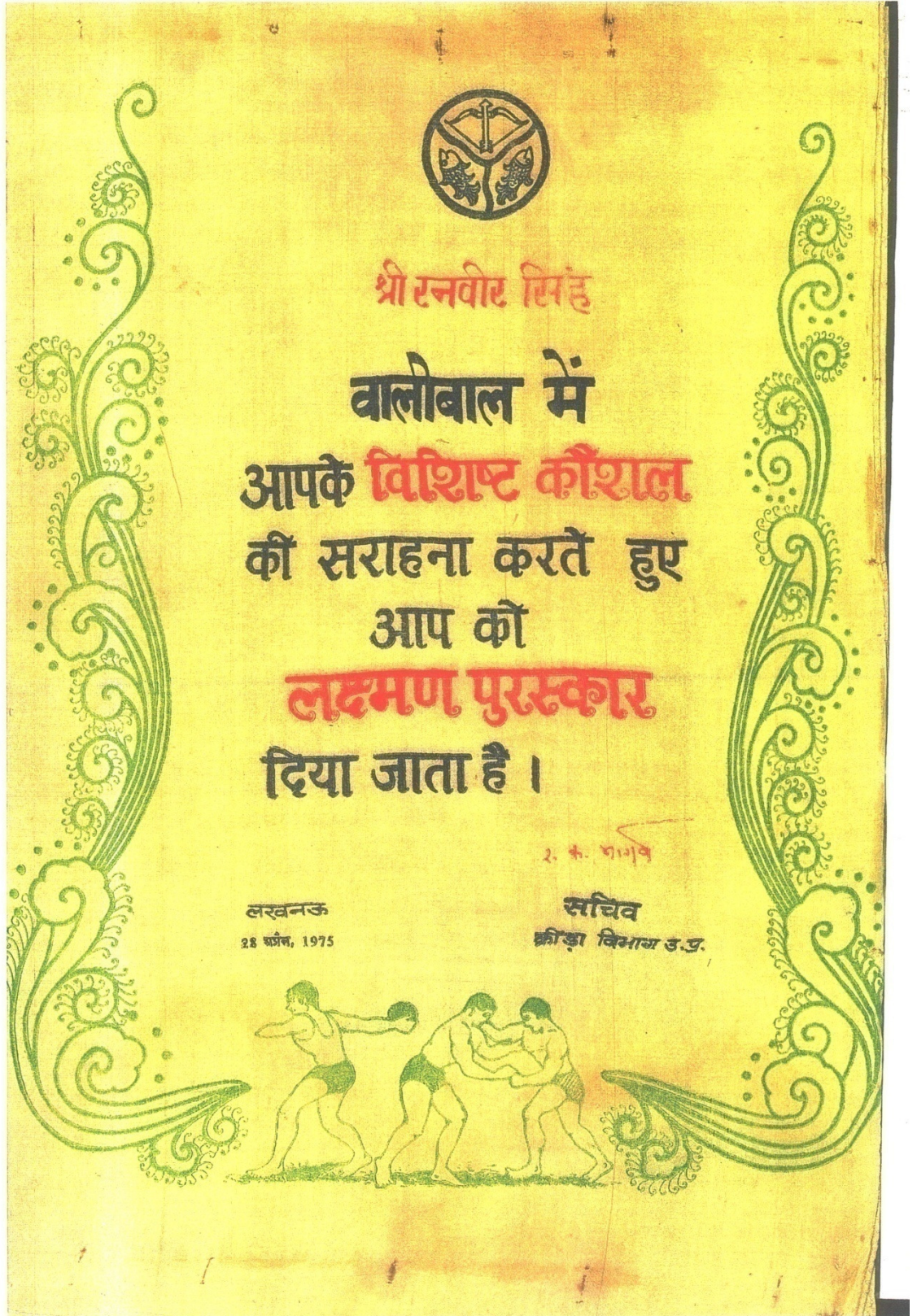
APPENDIX - J

SCAN COPY OF CERTIFICATE 'THE ARJUNA AWARD'



APPENDIX – K

SCAN COPY OF CERTIFICATE 'THE LAXMAN AWARD'

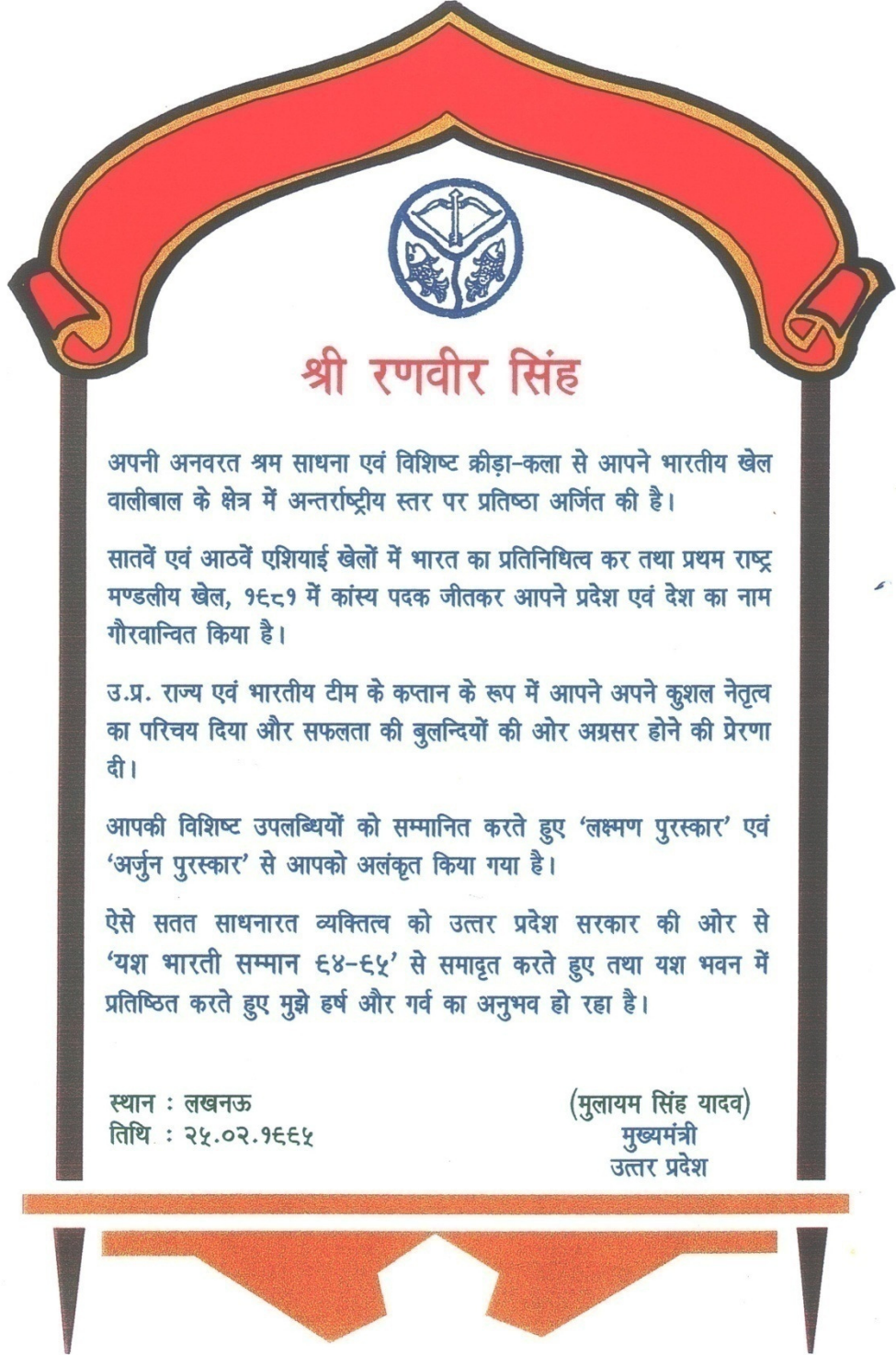


APPENDIX - L

SCAN COPY OF CERTIFICATE
'THE PRESIDENT POLICE MEDAL AWARD'

APPENDIX – M

SCAN COPY OF CERTIFICATE 'THE YASH BHARTI AWARD'



APPENDIX – N

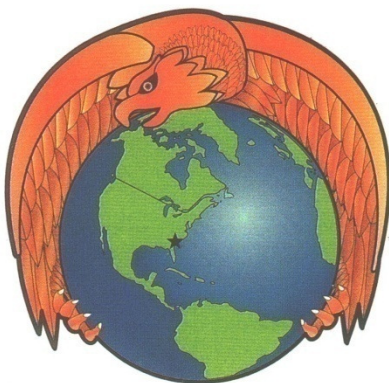
SCAN COPY OF CERTIFICATE ATLANTA OLYMPIC (Security Officer)



Presented in appreciation to

RANVEER SINGH

for outstanding cooperation in support of
the protective responsibilities of the
United States Secret Service
during the 1996 Summer Olympic Games
in Atlanta, Georgia



Elroy B. Bowson

Director, United States Secret Service

APPENDIX – O

OLD PHOTOGRAPHS OF Mr. RANVEER SINGH



Being honoured Arjuna Award in 1975 by the Hon'ble President Sri Neelam Sanjeeva Reddy



Being honoured Laxman Award In 1974 by the Hon'ble Governor Sri Chenna Reddy

APPENDIX – O (Continued)

Being honoured by the Hon'ble Governor of U.P. Sri Moti Lal Vohra Police Award for prestigious services in 1993



Being honoured by Hon'ble governor of U.P Sri Suraj Bhan Singh Police award for outstanding services in 1999

APPENDIX – O (Continued)



Ranveer Singh in Asian Indian Volleyball team
Bangkok 1978



Captain, Indian Volleyball team, Asian Volleyball
Champion ship (Bahrein) 1978

APPENDIX – O (Continued)

Ranveer Singh while servicing Asian Games Bangkok 1978



Ranveer Singh in Asian Games, Bangkok as an Indian volleyball team and coach C. Buchchiramaya 1978

APPENDIX – O (Continued)



Ranveer Singh being honoured in Junior- National Volleyball championship 2007 Vijayawada (A.P.)



Ranveer Singh being honoured in Commonwealth Volleyball championship (2007) Kolkata

APPENDIX – O (Continued)



Coaching camp 1978 by all India Volleyball players and .chief coach C.Buchchiramaya .
I Astt Coach Sri Shyam Rao . II Astt. Coach Sri A. Rahman

APPENDIX – O (Continued)

Ranveer Singh (Winner Uttar Pradesh Police Teem 1975) in all India Volleyball tournaments, Delhi

APPENDIX - P

NEWS MATERIALS ON Mr. RANVEER SINGH PUBLISHED IN VARIOUS NEWS PAPERS AND MAGAZINES

NAV BHARAT TIMES, New Delhi Thursday 16 Febuary 1978
 President Shri Neelam Sanjeeva Reddy distributed Arjuna Award to 21 players on Wednesday for 1975 -76

प्रसिद्धी और सम्बन्ध के प्रकाशित
 न. नं. (सी) १८५

सारे भारत में सबसे अधिक प्रमाणित विक्रीवाला हिंदी दैनिक

विमान सेवा: राजस्थान, पटना, राँची, और आगे ३ १६ से
 अहमदाबाद, कलकत्ता और आगे रेल द्वारा ५ १६ से
 काठमांडू, बंगलौर, मद्रास तथा कन्नड़का के आगे विमान द्वारा १० १६ से

नवभारत टाइम्स

नयी दिल्ली, गुरुवार १६ फरवरी १९७८ माघ २७ शक सं. १८६६

वील १६

अधन बिना किसी
 वैदभावके किया जाय

(प्रथम पृष्ठ का अंश)
 भारत यात्रा पर आये अंतरराष्ट्रीय
 ऑलिम्पिक समिति के अध्यक्ष लार्ड
 एलानिन ने भी इस मत की पुष्टि
 की थी।
 शिक्षा मन्त्री ने कहा कि सरकार
 की योजना में लोगों के विकास के
 लिए समीक्षित समस्या कागी।
 १९७५ के निम्न खिलाड़ियों को
 अर्जुन पुरस्कार प्रदान किये गये :-
 अनसूया बाई (एथलीटिक्स),
 रीचन्द्र (एथलीटिक्स - आज अन्-
 तिमित) देवेन्द्र आहुजा (बैडमिंटन)
 ल. ए. इकबाल (बाल बैडमिंटन),
 नृमान सिंह (बाल्बटबाल) गावस्कर
 क्रिकेट) अमरसिंह (साइकल)
 मयराट (गोल्फ) दुर्बनाथ (विमान-
 चक्र) रूपी सैनी (हाकी) गोंविन्दा
 हाकी) तथा नागरकर (सो-नो)
 गिरंग इनामदार (सो-नो) मंजरी
 विन्डपाल सिंह (पोलो) स्मिता
 साहू (तेराकी) राणा (तेराकी) और
 लया (तेराकी) रणवीर सिंह
 बालीबाल) और दुर्लबीर सिंह
 भारोत्थोलन)
 १९७६ के लिए निम्न खिलाड़ियों
 ने अर्जुन पुरस्कार दिये गये :-
 नील जूही (शिवलीटबल) बहा-
 नुर सिंह (एथलीटिक्स) अजी शीमा
 बैडमिंटन) किन्दु दास (बाल बैड-
 मिंटन) शान्ता रंगास्वामी (क्रिकेट)
 च. एम. सोनी (बुद्धसवारी) आरबु-
 न (सो-नो) सलोमं बलजा (टेबल
 टेनिस) जिम्मी जाज (बालीबाल)
 रीर के. बालामुगानन्दनम (मारो-
 थलन).



२६ खिलाड़ियों को अर्जुन पुरस्कार

राष्ट्रपति श्री नीलम संजीव रेड्डी ने बुधवार को १९७५ व ७६ के लिए २६ खिलाड़ियों को अर्जुन पुरस्कार प्रदान किये। पंचम में (आयें से आये) श्री. पी. गोंविन्दा (हाकी), सुनील गावस्कर (क्रिकेट), क. शान्ता रंगास्वामी (महिला क्रिकेट) और रणवीर सिंह (बालीबाल)।

(हजारों खेल संवाददाता द्वारा)
 नयी दिल्ली, १५ फरवरी राष्-
 ट्राई अघन के दरबार हाल में आयो-
 जित एक विशेष समारोह में राष्ट्रपति
 श्री नीलम संजीव रेड्डी ने १९७५
 व ७६ के सर्वश्रेष्ठ चुने गये २६ खिला-
 ढियों को अर्जुन पुरस्कार देने हुए
 कहा कि राष्ट्रीय टीम का अघन
 बिना किसी संतयाय के किया जाना
 चाहिए।
 दिल्ली विश्वविद्यालय का सगा-
 तार पाचारण भार मॉलाना आजाद
 हाकी जीतने का गौरव मिला।
 राष्ट्रपति ने १९७५ के १४ पुरुष
 खिलाड़ी और ५ महिलाओं को तथा

पुरस्कार
 किया कि टेनिस और क्रिकेट जैसे
 खेलों के आयोजन पर काफी ध्यान
 देना है। इसके साथ-साथ हमने अपने
 प्राचीन खेलों को लोकप्रिय बनाने
 का प्रयास जारी रखना चाहिए।
 वास्तव में हमारे श्रामीण खेल ही
 हमारी सामाजिक आवश्यकताओं के
 अधिक अनुकूल हैं।
 राष्ट्रपति ने १९७५ के १४ पुरुष
 खिलाड़ी और ५ महिलाओं को तथा

१९७६ के छह पुरुष व ५ महिलाओं
 को अर्जुन पुरस्कार दिया।
 केन्द्रीय शिक्षामन्त्री श्री प्रतापचं-
 द चन्द्र ने इस बात पर कुछ प्रकट
 किया कि कई खेल संगठन आपसी
 विवाद में डल रहे हुए हैं और मुकदमों
 बाजी में व्यस्त रहते हैं। सरकार
 प्रयास कर रही है कि ये विवाद आपस
 में बातचीत से सुलभ जायें।
 सरकार खेलों में हस्तक्षेप न करने
 का कटिबद्ध है। लेकिन सरकार
 यह अवश्य चाहती है कि सार्वजनिक
 धन का अपव्यय न हो। हाल ही में
 (यथे अंतिम पृष्ठ कालम तीन पर)

APPENDIX - P (continued)

AMRIT PRABHAT Wednesday 30th September 1981
 Mr. Ranveer singh (Uttar Pradesh police) got the bronze medal for outstanding performance in common wealth volleyball, India

(८) अमृत प्रभात बुधवार, ३० सितम्बर १९८१

उ० प्र० पुलिस के रणवीर का अमोक्षा प्रदर्शन

राष्ट्रमण्डलीय वालीबाल में भारत को कांस्य पदक

(अमृत संवाददाता)
 लखनऊ, २९ सितम्बर। एक अग्रेज अरसे बाद अंतर्राष्ट्रीय वालीबाल कोर्ट पर भारत का प्रदर्शन विश्व के विभिन्न देशों में न केवल भारतीय रहस्य, बल्कि १९९ के २० सितम्बर तक हुई प्रथम राष्ट्रमंडलीय वालीबाल प्रतियोगिता में भारत ने कांस्य पदक भी जीतने का गौरव हासिल किया। स्वर्ण पदक कनाडा ने और रजत पदक नाइजीरियाई टीम ने जीता।

भारत को विजयी मंच तक पहुंचाने में जिस एक खिलाड़ी ने अहम भूमिका निभायी वह उत्तर प्रदेश पुलिस का रणवीर सिंह था। कुछ समय पहले जब रणवीर सिंह को एडो में दर्ज ठठा था, तो लगने लगा था कि उत्तर प्रदेश के इस 'महान' वालीबाल खिलाड़ी का खेल जीवन अब नरट प्रायः है, इस बात को स्वयं रणवीर ने भी स्वीकारा था। 'महान' शब्द का इस्तेमाल इसलिए जरूरी है क्योंकि अग्रेज के वालीबाल खेलने की कद-काठी वाले रणवीर अकेले पिछले १० वर्षों से भारतीय वालीबाल टीम में प्रवेश का नाम रोशन किया हुए हैं।

इस आठ दिवसीय प्रथम राष्ट्रमंडलीय वालीबाल प्रतियोगिता में कुल १६ टीमों ने ४ मुंधों में बंटकर खेला। भारत विश्व प्रथम में था और जिसका यह विजेता बना, उसमें तीन अन्य देश थे केनिया, स्काटलैंड व इंग्लैंड (जर्मियर)।

मॉन्टेर फाइनल में विजयी

रणवीर के बाद भारतीय टीम सेमीफाइनल में कनाडा से हारकर विजेता पद के बावें से पीछे हट गयी, लेकिन तीसरे स्थान के लिए हुए मुकाबले में उन्होंने ओमान को हरा कर कांस्य पदक जीत ही लिया।

भारतीय टीम लंदन खाना होने



रणवीर सिंह

के पूर्व सोवियत संघ गयी थी, जहाँ वह १ से १० सितम्बर तक 'ब्रिटिश मैच' खेलती रही। यह ब्रिटिश मैच खिलाड़ियों के लिए, मजबूत एड-जस्ट करने के लिए जरूरी था। इसके पूर्व भारतीय टीम के प्रशिक्षण के लिए राई (हरियाणा) में प्रशिक्षण विधिरे लगा हुआ था।

जिबिर के लिए रणवीर सिंह को भारतीय वालीबाल संघ ने आमंत्रित किया था। वह जिबिर में जाने को बहुत इच्छुक

नहीं थे, लेकिन पुलिस कोर्स में दर्ज जिबिर में भेजने में विशेष विचारणीय विचारायी। यही नहीं उनके महत्त्वपूर्ण ने उन्हें 'स्पेशल डाइट' कीर पूरी सतृणियत भी प्रदान की। फलतः यह शिकला कि रणवीर सोवियत संघ एवं लंदन में 'बेस्ट परफार्मेंस' जी जी में उपलब्ध रहे।

भारत की विजय इस मामले में भी महत्त्वपूर्ण है क्योंकि लंदन में वलवन्त सिंह (पंजाब) व बरिणार (रेलवे) व सुनील (राजस्थान) नहीं थे। यह लंदन में ही जिबिर छोड़कर लंदन चले गये थे। लंदन गयी भारतीय टीम में निम्नलिखित खिलाड़ी रणवीर सिंह, जी० ई० भीरर, भार्के० पुरोहित प्रभाकर, राजू, वलवन्त सिंह, मनोहरन, निनकरन, बी० आर पाटिल, बलदेव, सिंह जैकब जाम्बुल, अम्बुल रजाक एवं अमर सिंह।

पुलिस कोर्स रणवीर को हर प्रथम सुविधा देने को तत्पर है ताकि वह अपना नैतिकत गेव, खेल विखला सके। यह कला उत्तर प्रदेश पुलिस टीम की तरफ से दर्तीक की से ५ अक्टूबर तक होने वाली अखिल भारतीय वालीबाल प्रतियोगिता में हिस्सा लेने के लिए जा रहे हैं।

APPENDIX - P (continued)

THE PIONEER, Lucknow 7th October 1988

Do not abuse the sportsmen, abuse the system : Ranvir

THE PIONEER, 7-10-88
Lucknow

Being a former Indian volleyball captain and recipient of Arjun and Laxman awards, Mr. Ranvir Singh is eminently qualified to comment on Indian sports. Here in a hard hitting article he attacks the Indian sports system.

TAKE it for me. Without a sports policy, India can never have a medal in Olympics. I would request the angry and hurt Indians not to abuse the Indian sportsmen without knowing the corruption that is rampant in the sports power corridors.

During the Olympics there has been a sort of fever in every tea stall, betel shops, and around "theias". Even those people were talking about Olympics who do not know where Seoul is and what Olympics is all about. The one common note is their ire against Indian sportsmen. Often it takes the form of abuse. And that too of the nature that even a policeman would refrain from using. I admit that I too have not been spared.

Two shopkeepers who know that I have represented the country and who are also aware that I have been abroad asked me the other day "Babuji, is there no way that we can have a medal? Can no 'Sifarish' work towards the particular aim? Suppose some official or Minister can drop a word that so and so athlete has been sent from India and he should be provided a medal". My reaction was of stunned silence. How can I tell the man that such things happen only in our country.

The other day a motorcycle mechanic asked me "why our sportsmen do not win medals". My reply was terse "you do your work and forget about Indian sports". The man was obviously hurt "why not sir, even I know a few things about sports". Again I was speechless.

That motorcycle mechanic knows me. He also knows that I have played for my country. I could have asked him as whether he had ever offered me a glass of juice. Today I ask the people what they have done for the sportsmen.

How I became a volleyball player and came to represent this country or for that matter I bagged the biggest sports award of this land is a different story. Suffice is to say that till I got what can safely be any Indian sportsmen dream — the coveted Arjun Award — I had no coach. My so-called coaching came from senior players. Yet I performed creditably in International circles. That only goes to prove that we don't lack talents.

This applies not only on me but for every other India. In the smallest of world's nations we have talents. What matters is the preparation which goes in making them world beaters. As is known a man is moulded by his environment. In other countries players are made and planning is done, whereas in India a talent becomes a star through entirely his own merit.

THE UGLY WAR

After that begins the war of relations and contacts, regionalism and favouritism. Only those hugely merited are able to hold their own. Anything less has to toe the whim and fancies of the powers that be. The sportsman by and large spend money from their own pocket to bring glory to the state and country.

But then how many are bothered about country's honour? The officials are only bothered about themselves and their families. In our country, the sportsmen just emerge. They are never made. But if you want country's name in the International sport chart you will have to have a policy. Worse is that in our country, they hardly hesitate in destroying a man who is plying only on his merit and not on the backing of some top bran.

When corruption is so rampant

in our country than how can sport remain unaffected? We oblige each others at the cost of sports. If the South has hold in one sport it obliges North in another and vice versa. From selection to gaining a berth in foreign-bound team is a humiliating process. Sportsmen have to pay commission from foot to playing kit.

What to say of our officials. There are men who even if are given wine mixed with sportsmen's blood will drink it usually. My experience says that 80 per cent of sportsmen go abroad to play for their country while 99 per cent go only to buy foreign goods and sight seeing trips. I have been witness to this not once but on innumerable occasions.



Ranvir Singh

There are officials who can not offer even a glass of juice to four players. Then there are those officials who are there in power since the last 30 years. Time and again name of those come in the list whose sole aim is to go for foreign trip and sight seeing. They have nothing to do with country's name or prestige.

Even the biggest of sportsmen has only six or eight years span while these officials have a lifetime of disservice. Those are largely those people who are retired or are in those services where they have to do nothing. Those people who are not sincere to their professions how can they be serious about country's sports.

What sportsmen can do in these circumstances or how can they give fine performances. The main reason is — you want results. But how can we demand good results from sportsmen who are given no facility, no diet and a 'Thekadar' takes commission and offers poor food? The quality of sports equipment is bad. There is commission in the pocket money which is given to sportsmen. The kit which the Indian sportsmen don is of the worst kind of material. How can you expect result in this these situations?

As far as appoint coach and manager is concerned again that word was 'obligi' comes into use. In my career I have seen innumerable cases whose careers have been spoiled because of whims of the officials. Has there been any legislature against it. If any legislature at all has to be made it should be made against those who in case the country does not perform well should resign or at least the sports minister should set the trend.

Instead of offering prizes to sportsmen it would be better if we offer facilities so that their future is assured. According to their standard of play they should be regarded.

As for me, suffice is to say that after playing and representing state and country for the last 15 years the state has awarded me with claret statue of Laxman award in 1974 and then the Indian Government rewarded me with an Arjun Award in 1975. Till now I have not received the money which goes with it — Rs. 30,00 and Rs. 5,000 respectively. Only on September, I did I write a letter to Mrs. Margaret Alva, Sports Minister, and told her about it. She was shocked.

This is the state of affairs. The most shocking of course is that these officials give the cheques to say we-will-win-medal-stuff before leaving abroad. There are also some officials who in order to study sports get recommendations from Indian Olympic Association — who in turn want their votes — and go for trips abroad.

APPENDIX - P (continued)

Press reporter talked to Ranveer singh on December, 1988

चक्रव्यूहों में घिरा प्रदेश का 'अर्जुन'

29/12/88
4/12/88

रणवीर सिंह उत्तर प्रदेश के पहले और अकेले - 'अर्जुन' हैं। यानी भारतीय खेलों का सर्वोच्च अर्जुन पुरस्कार पाने वाले बालीबाल खिलाड़ी रणवीर सिंह उत्तर प्रदेश के अकेले खिलाड़ी हैं। भारतीय बालीबाल टीम के कप्तान पद तक पहुंचे रणवीर सिंह का खिलाड़ी जीवन तो अब रहा नहीं, पर एक प्रशिक्षक की हैसियत से वह आज भी मैदान पर नजर आते हैं। इन दो धूमिकर्मों में रहकर 'खेल' में क्या खेल ही रहा है यह उन्होंने बखूबी देखा है। प्रस्तुत है उनसे बातचीत के कुछ मुख्य अंश

बालीबाल खिलाड़ी रणवीर सिंह से बातचीत

बालीबाल मैच खेला जाना था, उस वक़्त जब भारतीय बालीबाल टीम का चयन हुआ उसमें मुझे भी शामिल किया गया। १९७४ में तैयारी के लिए १९७८ में मैक्सिको एशियाई खेलों में मैंने भारतीय टीम का प्रतिनिधित्व किया। १९७९ में जब मैं बहरीन खेलने गया तो मेरे पास प्रस्ताव आया कि मैं बीस हजार डॉलर प्रतिमाह पर बालीबाल खेलूँ। परन्तु मैंने इसे उचित नहीं समझा।



जाएगी। १९८५ से १९८८ हो गया मगर पदोन्नति न हुई। आज भी मैं कम्पनी कम्पनी के पद पर कार्यरत हूँ। मंच पर खड़े होकर-बड़े-बड़े भाषण देने से, नई-नई नीतियाँ बनाने से कुछ नहीं होगा। लेकिन हम सरकार को ज्यादा ध्यान न देकर खेल संबंधी एवं निदेशालयों में बैठे महाप्रभू अधिकारियों को दोषी ठहराएँ तो अनुचित न होगा।

सरकार पैसा देती है मगर शायद ही यह पैसा उसी निश्चल उपदेश की पूर्ति के लिए खर्च होता हो। सरकार को चाहिए कि केवल स्टैडियम बनाने, पैसा दे देने से खेल और खिलाड़ियों का स्तर नहीं सुधरता, बल्कि इन प्रभू अधिकारियों पर निगाह रखना और यह देखना भी जरूरी है कि नीतियों का सही रूप से मासन हो रहा है या नहीं।

○ आपने बालीबाल क्लब से खेलना शुरू किया?
○ सन् १९६८-६९ की बात है उन दिनों में देश इण्टर क्लोज, श्यामली (मुजफ्फरनगर) का छात्र था और मैं ऊँची कूद में हिस्सा लिया करता था। मेरी कूद को बालीबाल प्रशिक्षक श्री विजय माल सिंह व श्री चन्द्र जी ने देखा और सोचा मुझे बालीबाल खेलने का प्रशिक्षण दिया जाना चाहिए। तभी से मैंने बालीबाल खेलना शुरू किया।

○ इतने अच्छे प्रस्ताव को आप ने क्यों ठुकरा दिया?
○ मुझे अपने देश के लिए खेलना था न कि पैसों के लिए। मगर मुझे क्या पता था कि जिस देश के लिए मैंने इस प्रस्ताव को ठुकराया है वहाँ भी कभी ठुकराया जाऊँगा। मेरे अनेक साथी खिलाड़ी पंजाब के बलवंत सिंह (रत्ने), जिमी जार्ज (राजस्थान), सुशा मिश्र, अम्बुल वासित (दोनों रत्ने), मैनुअल खेलने चले गए। १९७५ में उ. प्र. बालीबाल टीम ने मेरे ही नेतृत्व में स्वर्ण पदक जीता। १९७९ में अखिल भारतीय पुलिस खेलों में उ. प्र. की टीम ने स्वर्ण पदक पुनः मेरे नेतृत्व में प्राप्त किया।

○ आप कुछ और उपेक्षित खिलाड़ियों के नाम बता सकते हैं?
○ एक नहीं कई नाम गिना सकता हूँ। देश में ऐसे खिलाड़ियों की कमी नहीं है। हाकी में रवीन्द्रपाल, सैय्यद अली, आर. पी. सिंह, बालीबाल में रामेश्वर दत्त, मो. इलियास, ओम प्रकाश शर्मा, वैनुल आब्दीन, चन्द्रवीर सिंह आदि ऐसे खिलाड़ी हैं जिन्होंने प्रदेश व देश में ही नहीं अन्तरराष्ट्रीय खेल जगत में नाम हासिल किया। इन्हें पुरस्कार के नाम पर ठोकरें ही मिलीं।

○ बालीबाल में आपकी अब तक की क्या उपलब्धि रही है?
○ प्रदेश स्तर पर एक बालीबाल खिलाड़ी के रूप में मैंने १९६९ में प्रवेश किया और वाराणसी में हुए उ. प्र. राज्य स्कुली खेलों में भाग लेकर अपनी टीम को विजय दिलाई। इसके बाद ही मयाना (मिड) में पढ़ता अखिल भारतीय बालीबाल टूर्नामेंट तथा मोहन सिंह स्मारक बालीबाल प्रतियोगिता में सम्मिलित होकर विजय श्री हासिल की। सन् १९७० में मोहन मीकिन्स लि. की ओर से खेले हुए उसी वर्ष राष्ट्रीय बालीबाल प्रतियोगिता में भाग लेने वाली उ. प्र. टीम का प्रतिनिधित्व किया।

○ आपने 'सम्पन्न पुरस्कार' व देश का सर्वोच्च खेल पुरस्कार 'अर्जुन' प्राप्त किया उसके बाद भी निरन्तर उपेक्षा के अलावा आप को कुछ हासिल नहीं हुआ, इसके लिए आप किसे दोषी मानते हैं?
○ सन् १९७४ में मुझे प्रदेश का 'सम्पन्न' पुरस्कार और सन् १९७५ में 'अर्जुन' पुरस्कार चुनीस गायसकर के शाप ही प्राप्त हुआ। अर्जुन पुरस्कार पाने वाला मैं उत्तर प्रदेश का पहला खिलाड़ी हूँ। जब मुझे पुरस्कार मिला तो हमारे प्रतिष्ठ

'अर्जुन' भी 'सम्पन्न' भी - फिर भी उपेक्षित रणवीर सिंह
अधिकारियों ने तय किया कि वे सम्पन्न पुरस्कार पर ३,००० रु. व अर्जुन पुरस्कार पर ५,००० रु. की धनराशि देंगे। उस वक़्त खुशी के माहौल में शायद हमारे पुलिस अधिकारियों का ध्यान नहीं रहा कि पुलिस महामिदेशक को २,००० रुपए से अधिक पुरस्कार देने का अधिकार नहीं है, लिहाजा यह राशि देने के लिए शासन को लिखा गया। शासन खिलाड़ियों का कितना ध्यान रखता है यह तो आप देख ही रहे हैं, न अभी तक मुझे पुरस्कार की राशि प्राप्त हुई और न ही पदोन्नति।

○ सुना है कि आप भारतीय खेल जगत पर कोई पुस्तक लिख रहे हैं?
○ जी हाँ, आप ने ठीक सुना है। मैं एक किताब लिख रहा हूँ 'हिन्दुस्तान खेल जगत में पीछे क्यों'। इस किताब में मैंने जो लिखा है वह एक कड़वा सच है। किस ढंग में टीमों का चयन होता है, डार के कारण, खिलाड़ियों को भी जाने वाली सुविधाओं आदि का विस्तृत जायजा इस किताब में मिलेगा।

○ सन् १९८५ में जब श्री नारायण दत्त शिवारी प्रवेश के मुजाम्मबी थे, उन्होंने मुझे १५ अगस्त १९८५ को २५००० (पच्चीस हजार) रुपए पुरस्कार स्वरूप दिए और आमवासन दिया कि मेरी पदोन्नति हरान्त की

प्रस्तुति : टी. बी. सिंह

APPENDIX – P (continued)

DAINIK JAGRAN, Gorakhpur, 23rd April, 1993
Ranveer singh (Arjuna Award Holder) said State Police lagged behind in games in lake of clear policy.

(१०) दैनिक जागरण, गोरखपुर, २३ अप्रैल, १९९३ खेलकूद

अर्जुन एवार्डी रनवीर सिंह ने कहा

स्पष्ट नीति के अभाव में प्रदेश पुलिस खेलों में पीछे

गोरखपुर, २२ अप्रैल। प्रदेश पुलिस विभाग के पास कोई स्पष्ट खेल नीति नहीं होने की वजह से खेलों के मामलों में दिसो दिन प्रदेश पुलिस पिछड़ती जा रही है यह कहना है अर्जुन एवार्ड से सम्मानित पूर्व अंतर्राष्ट्रीय वालीबाल खिलाड़ी रनवीर सिंह का।

प्रदेश पुलिस का खेल स्तर ऊंचा उठाने का जिम्मा अपने हाथ में सन्हाले तथा प्रदेश पुलिस स्पोर्ट्स अधिकारी के पद पर विराजमान रणवीर सिंह ने कहा कि खेलों के उद्धान के लिये पुलिस विभाग के पास जब तक कोई स्पष्ट खेल नीति नहीं होगी। तब तक पुलिस विभाग में खेलों का उद्धान संभव नहीं है।

वर्ष १९७४ में लक्ष्मण एवार्ड तथा १९७५ में अर्जुन एवार्ड से सम्मानित इस पूर्व खिलाड़ी ने एक संवाक के जवाब में कहा कि मैं अपनी तरफ से इस बात का पूरा प्रयास कर रहा हूँ कि विभाग में खेलों का स्तर सुधरे। इसके लिये मैंने विभाग के पास कुछ योजनाएँ बनाकर भेजी हैं या आप ऐसे कह सकते हैं कि एक नीति सुझाई है जिसमें एक प्रमुख यह है कि पुलिस विभाग खिलाड़ियों को सीधी भर्ती दिये जाने का रास्ता



खिलाड़ी विभाग से पलायन करते रहेंगे जैसा कि होता चला आ रहा है।

उन्होंने कहा कि यदि अपनी खेल नीति के बारे में और स्पष्ट करु तो मैं प्रदेश पुलिस विभाग में ऐसी खेल नीति चाहता हूँ कि केरल तथा पंजाब आदि प्रांतों में है रणवीर ने कहा कि जवान भरकर उन्हें खिलाड़ी नहीं बनाया जा सकता। खिलाड़ी वहीं होता है जिसमें प्रतिभा होती है जबदस्ती किसी को खिलाड़ी नहीं बनाया जा सकता।

श्री सिंह ने कहा कि प्रदेश पुलिस विभाग के पास विभिन्न खेलों के उपकरणों की कमी नहीं है। देखा जाये तो हमारे पास ओलंपिक स्तर के खेल उपकरण हैं नहीं है तो स्तरीय खिलाड़ी। और इसके लिये सिर्फ एक ही रास्ता है कि विभाग प्रतिभाशाली खिलाड़ियों को सीधे भर्ती किया जाये तथा उनकी जरूरतों और भावनाओं को समझना जाये।

अभी हाल ही में लखनऊ में संपन्न हुये अखिल भारतीय पुलिस खेल के प्रदर्शन के बारे में रणवीर ने कहा कि हां हमारा प्रदर्शन कुछ खास नहीं रहा केवल वालीबाल और जिम्नास्टिक में कुछ ठीक रहा।

एक प्रश्न के उत्तर में श्री सिंह ने कहा कि यह सही है कि विभाग के पास बहुत स्तरीय कोच नहीं है लेकिन यह जरूरी नहीं है कि कोई अच्छा खिलाड़ी बाइया कोच भी साबित होगा। ऐसा तो नहीं कि आप वालीबाल पर ही ज्यादा ध्यान देते हो, के जवाब में उन्होंने कहा कि ऐसा नहीं मैं सभी खेलों के खिलाड़ियों को प्रोत्साहित करता रहता हूँ।

बुम फिरकर प्रदेश पुलिस विभाग में खेलों के उद्धान के लिये खिलाड़ियों की सीधी भर्ती का रास्ता खोलने की बात करने वाले रणवीर सिंह ने कहा कि यदि ऐसा हो गया तो छह महीने के अंदर प्रदेश पुलिस में खेलों का स्तर सुधार के दिखा दूंगा। ऐसा नहीं कर पाया तो अपने पद से त्याग पत्र दे दूंगा।

वर्ष १९८९ से प्रदेश पुलिस में खेलों के उद्धान का जिम्मा आप आड़े है अब तक क्या उपलब्धि आग की रही के जवाब में श्री रणवीर सिंह कुछ देर चुप रहे और फिर बोले कुछ खास नहीं इसकी वजह यही है कि हमारे पास स्तरीय खिलाड़ी नहीं है।

खोला जाना चाहिये और राष्ट्रीय तथा अंतर्राष्ट्रीय स्तर पर पदक जीतने वाले खिलाड़ी को उचित प्रोन्नति दी जाये। बगना अच्छे

NAV JEEVAN, Lucknow Thursday 21ST April 1993
Ranveer singh (Chief Coach) of Indian police volleyball team

नवजीवन, लखनऊ, गुरुवार २९ अप्रैल १९९३ (७)

रनवीर भा. पुलिस वालीबाल टीम के मुख्य प्रशिक्षक

लखनऊ, बुधवार। आल इण्डिया पुलिस स्पोर्ट्स कण्ट्रोल नई दिल्ली के सचिव ने उ. प्र. पुलिस के स्पोर्ट्स आफिसर, प्रदेश पुलिस के प्रथम 'अर्जुन' पुरस्कार विजेता रनवीर सिंह को भारतीय पुलिस वालीबाल टीम का मुख्य प्रशिक्षक, नियुक्त किया है। श्री सिंह भारतीय पुलिस टीम को प्रशिक्षण देंगे जो त्रिचूर (केरल) में ९ से १५ मई तक होने वाले विभागीय राष्ट्रीय बैम्पियनशिप में भाग लेंगी।

श्री सिंह, उ. प्र. पुलिस के खेलों से जुड़े प्रथम अधिकारी हैं जो भारतीय पुलिस टीम के मुख्य प्रशिक्षक नियुक्त हुए हैं। उल्लेखनीय है कि श्री सिंह ने अपने खेल स्तर को बनाये रखने के साथ-साथ पुलिस में भर्ती उदीयमान खिलाड़ियों श्री अम्बरीश भदौरिया, अन्जनी सिंह, श्री वीरपाल सिंह व श्री बृज किशोर साहू के साथ-साथ अन्य खिलाड़ियों को राष्ट्रीय स्तर का खिलाड़ी बनाया है।

APPENDIX – P (continued)

DAINIK JAGRAN, Muzzaffar Nagar 1st August 2008
Ranveer Singh said, "Politics made the games worst."

मुजफ्फरनगर जागरण

दैनिक जागरण

मेरठ, 1 अगस्त, 2008
www.jagran.com

3

खेल को बनाना होगा राष्ट्र गौरव का विषय, ग्रामीण प्रतिभाओं को दिए जाने चाहिए मौके राजनीति ने खेलों का बेड़ा गर्क किया : रणबीर

मुजफ्फरनगर, जागरण कार्यालय: रणबीर सिंह खेल के मैदान पर मुजफ्फरनगर के सबसे शक्तिशाली हस्ताक्षर हैं। वॉलीबाल के मैदान पर तीन शक तक रणबीर का डंका बजा। भले ही भारत की वॉलीबाल टीम ओलंपिक के लिए कभी खालीफाई न कर पाई हो लेकिन अर्जुन अवाडी रणबीर सिंह को अटलांटा ओलंपिक (1996) में वॉलीबाल के मैदान का सिक्वोरिटी ऑफिसर बनाया गया था।

उत्तर प्रदेश पुलिस में सहायक निदेशक मोटर्स के पद पर लखनऊ में कार्यरत रणबीर ने शक के लिए कई पदक जीते। खेलों की बदहाली न बिक आते ही रणबीर सिंह बेबाकी से कहते हैं कि राजनीति ने खेलों का बेड़ा गर्क कर दिया। वर्तमान खेल परिदृश्य व ओलंपिक पर रणबीर भी दैनिक जागरण से बातचीत हुई। प्रस्तुत है इनसे बातचीत के अंश...

जागरण : ओलंपिक में भारतीय संभावनाओं पर आपकी क्या राय है ?

रणबीर : कई खेलों में भारतीय खिलाड़ियों से उम्मीद की जा सकती है। खिलाड़ियों पर अगर हल हो चर्क कर ओलंपिक की तैयारी कराई जाए तो संभावनाएं बढ़ जाती हैं।

जागरण : उम्मीद के मुताबिक खेल प्रतिभा

सामने नहीं आ रही है ?

रणबीर : देश में अजीब स्थिति है। जहां सुविधाएं हैं, वहां प्रतिभा नहीं और जहां प्रतिभा है, वहां सुविधा नहीं। बस, खेलों को नुकसान हो रहा है।

जागरण : खेलों की बदहाली के लिए कौन दोषी है ?

रणबीर : राजनीति ने खेलों का बेड़ा गर्क कर दिया है। क्षेत्रवाद, जातिवाद को आधार मानकर खिलाड़ी आगे किए जा रहे हैं। इस होड़ में प्रतिभाएं दम तोड़ रही हैं। खेलों के विकास के लिए पुराने खिलाड़ियों को भी आगे लाना होगा।

जागरण : खेलों को बचाने के लिए क्या किया जाए ?

रणबीर : खेलों को राष्ट्र गौरव का विषय बनाया जाना चाहिए। प्रत्येक खेल जब राष्ट्र गौरव का विषय होगा तभी इसके विकास को यह खुलेगी।

जागरण : आपकी नजर में प्रतिभाएं कहाँ हैं ?

रणबीर : कुरुती, एथलीट, कबड्डी और वॉलीबाल जैसे खेलों की प्रतिभाएं ग्रामीण क्षेत्र में मिलेंगी। ग्रामीण स्तर पर प्रतिभाओं के प्रोत्साहन के लिए कुछ किया जाना चाहिए। इसके बिना देश में खेलों का भला होने वाला नहीं है।

रणबीर का खेल सफर

- 1971-वॉलीबाल की टीम इंडिया में चयन
- 1974-यूपी सरकार का लक्ष्मण पुरस्कार
- 1975-अर्जुन पुरस्कार
- 1979-टीम इंडिया के कप्तान
- 1993-पुलिस के चीफ ट्रेनर
- 1995-राश भारती
- 1996-ओलंपिक में दायित्व
- 1999-राष्ट्रपति पुलिस पदक
- 2004-यूपी पुलिस में एडी स्पোর্ट्स



याद अटलांटा ओलंपिक की

मुजफ्फरनगर : रणबीर सिंह को 1996 में हुए अटलांटा ओलंपिक में सिक्वोरिटी ऑफिसर बनाया गया था। आज भी उन्हें यह पल याद है। रणबीर कहते हैं कि अटलांटा में 26 खेलों में 211 प्रतिस्पर्धाएं हुई थीं। 197 देशों के खिलाड़ियों ने भाग लिया था। उन्होंने देखा कि दूसरे देशों में खिलाड़ियों को बूढ़े-बूढ़ेकर ओलंपिक जैसी प्रतिस्पर्धा के लिए तैयार किया जाता है। अटलांटा में ही सिट्टेड पेस ने इंडिया को पदक दिलाया था। उन्होंने विश्वस्तरीय वॉलीबाल को बेहद नजदीक से देखा था।

APPENDIX – P (continued)

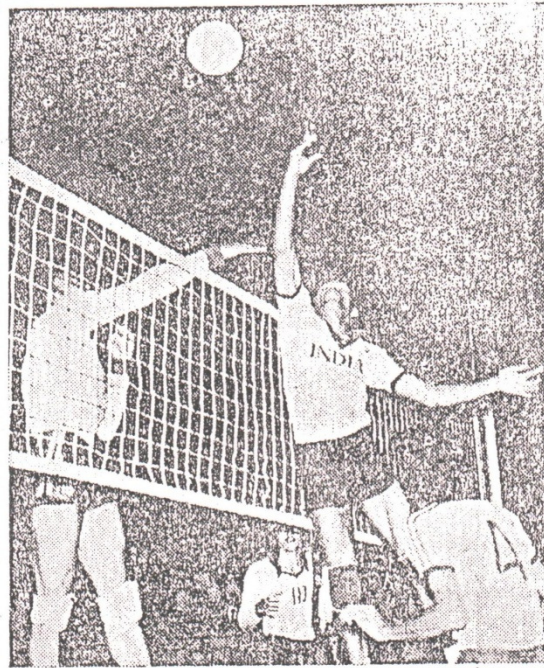
THE INDIAN EXPRESS, New Delhi 25th May 1971

A Mohan Meakin player spikes the ball against Rayons (Kota) in the Sanjeev Kumar Volleyball Tournament at the Northern Railway Stadium in New Delhi on Monday. — Express photograph.

APPENDIX - P (continued)

**Rank for
R Singh 1986.**
ARIH, October 6
Police inspector
who won a wrestling
at concluded Asian
will be promoted
deputy superinten-
gh won the gold
kg class wrestling.

**award for
Suman 1986.**
October 6 (UNI)
government today
nour Suman Rawat
ronze medal in the
00 metres race at
ames by announc-
ard of Rs 50,000.



1981. HT
India's Ranvir Singh tries to block a smash from Moscow
Dynamo's skipper, Gergelyuk Valery, in the fifth and final
volleyball Test in New Delhi on Tuesday.

vs USSR, Mysore (October 8 at Government, Mysore).

**Ranbir to
lead India
in V'ball Test**

TRIVANDRUM, Sept 23
(U.N.I.) — Arjuna Award winner Ranbir Singh will lead India in the fourth volleyball Test against the Soviet Union to be played here on October 4.
Other members of the team are: Arjuna Award winner Balwant Singh, Manuel (Railway), Suresh Mitra, R. K. Purohit, Suman Singh Yadav, Prabhakar Raju, Abdul Basith, Sreedhar, Manohar, Chitra Pandyan and Baldev.
The Kerala Minister in charge of sports, Mr. A. C. Sivanthandras, stating this in newspaper here today said former Indian international T.D. Joseph (Papan) will be the manager and Kojandaramiah, coach.
On the eve of the Test the U.S.S.R. team will play an exhibition match against the India youth team to be led by Haryana's Bilkar Singh.
The team: A. M. Gopi, Abdul Razak, Uday Kumar, Cyril C. Vellor, S. Krishnan, B. Sampat Kumar, Balamuralidharan, Arul Sood, Hangami Lal and P. Jagadish.

Ranbir Singh all the way

By KEVAL KAUSIK
MUMBAI, December 18.

HIMACHAL PRADESH'S maiden entry into the semi-finals and Ranbir Singh's brilliant display for U.P. were the high spots of the National Volleyball Championship at the Y.M.C.A. courts here today.

Himachal, a new force to reckon with, overpowered a fighting Delhi side in four games while U.P., losing the opening game in an unbelievable manner, they failed to score a single point inflicted a crushing blow to Haryana.

So in the semi-finals tomorrow, Himachal will take on Kerala and U.P. will oppose Rajasthan. In the women's group, the semi-final lineup for Punjab vs Kerala and Railways vs West Bengal.

The resourceful Kerala team carried too many punts from the Railways to win in straight games while Rajasthan knocked out Bihar, also in straight games.

The clash between U.P. and Haryana had a queer story. Backed by a big home crowd, Haryana raced through with the first game. The trend completely swung in U.P.'s favour in the next game in which Haryana managed just three points. With Ranbir excelling both at the net and in defence, and Sakhvi and Rajveer providing good support, U.P. again were in command and took the third game 15-3.

The struggle was stern in the fourth as Haryana fought desperately for survival. It was exciting fate as the teams were level 7-7. Then the Haryana defence cracked, against Ranbir's powerful smashes and U.P. scored eight points in a row.

Dem Singh, Ramashwaram, Chaman and Jagpal all played well to help Himachal win. For Delhi, Rohtas, Ravinder, Swatanar and Baby, all strove hard and their efforts helped them snatch the second game.

In the women's section, West Bengal knocked out Haryana after dropping the first game while Punjab won their quarter-final match against P&T in four games. Railways, last year's winners, recorded an easy 15-1, 15-8 victory over Andhra Pradesh.

Results of quarter-finals:
Women: Punjab beat P&T 15-11, 15-12, 9-15, 15-4; Kerala beat Tamil Nadu 18-16, 15-10, 10-15, 15-8; West Bengal beat Haryana, 13-15, 15-4, 15-5, 15-1; Railways beat Andhra Pradesh 15-1, 15-1, 15-8.

Men: U.P. beat Haryana 10-15, 15-3, 15-7; Rajasthan beat Bihar 17-15, 15-13, 15-6; Kerala beat Railways 15-5, 15-13, 15-6; Himachal beat Delhi 15-8, 4-15, 15-6.

APPENDIX – P (continued)

AMAR UJALA, Kanpur 4th October 2007

Police became champion because of the game of 57 years old Ranveer Singh

अमर उजाला लखनऊ कानपुर, बृहस्पतिवार, 4 अक्टूबर, 2007 7

57 वर्षीय रणवीर के खेल से पुलिस चैंपियन

लखनऊ। 57 वर्षीय अर्जुन पुरस्कार विजेता खिलाड़ी रणवीर सिंह के शानदार खेल की बदौलत उत्तर प्रदेश ने बुधवार को यहां केडी सिंह बाबू स्टेडियम पर गांधी मेमोरियल वालीबाल प्रतियोगिता के फाइनल मैच में संघर्षपूर्ण मुकाबले के बाद सिगनल रेजीमेंट को 25-16, 25-

16, 25-21 अंकों से पराजित करके चैंपियन होने का गौरव प्राप्त किया जबकि महिला वर्ग का खिताब केडी सिंह बाबू रेड ने केडी सिंह बाबू ब्लू को 25-11, 25-11 से पराजित कर प्राप्त किया। पुरुष वर्ग में इससे पहले सेमी फाइनल मैचों में उत्तर प्रदेश पुलिस ने एमसी लखनऊ को कई

मुकाबले में 25-17, 25-17, 25-13 अंकों से तथा सिगनल रेजीमेंट ने स्पोर्ट्स कालेज रेड को 19-25, 24-26, 25-22, 25-16, 15-7 अंकों से पराजित किया था। जबकि महिलाओं के सेमी फाइनल मैचों में केडी सिंह बाबू स्टेडियम रेड ने तालीमगाह निसर्ग स्कूल को सीधे सेटों में 25-2, 25-6 अंकों से तथा केडी सिंह बाबू स्टेडियम ब्लू ने खुन-खुनजी कालेज को 25-8, 25-9 अंकों से पराजित किया था।

फाइनल मैच में उत्तर प्रदेश पुलिस की ओर से भारतीय वालीबाल टीम के पूर्व कप्तान रणवीर सिंह ने गजब का खेल दिखाया उनके खेल की वजह से उनके पुत्र के बराबर के खिलाड़ी भी जोश में खेल रहे थे। पुलिस के खेल के आगे सेना की टीम नहीं टिक सकी। पुरस्कार वितरण खेल निदेशक प्रमोद कुमार ने किया। इस अवसर पर

रघुशी

के.डी. सिंह बाबू स्टेडियम लखनऊ में गांधी मेमोरियल वालीबाल प्रतियोगिता की विजेता उ.प्र. पुलिस की टीम।

खेल निदेशालय के पूर्व संयुक्त निदेशक व अर्जुन पुरस्कार खिलाड़ी विजय सिंह चौहान आदि भी उपस्थित थे। महिला वर्ग के फाइनल की मुख्य अतिथि भारतीय वालीबाल टीम की पूर्व सदस्य रेना सिंह थीं।



DAINIK JAGRAN, Lucknow 4 October 2007
Ranveer Singh brought title for U.P. Police

लखनऊ, 4 अक्टूबर, 2007

दैनिक जागरण

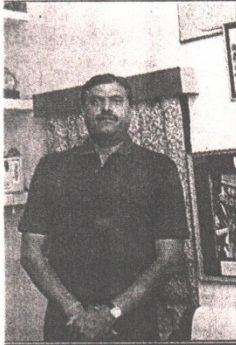
रणवीर सिंह ने दिलाया यूपी पुलिस को खिताब

लखनऊ, 3 अक्टूबर (खेसं): 57 वर्षीय रणवीर सिंह के शानदार प्रदर्शन की बदौलत यूपी पुलिस ने गांधी मेमोरियल वालीबाल प्रतियोगिता के फाइनल मुकाबले में सिगनल रेजीमेंट को आसानी से हरा कर खिताब पर कब्जा कर लिया।

केडी सिंह बाबू स्टेडियम आयोजित प्रतियोगिता में बुधवार को भारतीय वालीबाल टीम के पूर्व सदस्य और अर्जुन पुरस्कार से सम्मानित रणवीर सिंह के बेहतरीन खेल की मदद से यूपी पुलिस ने सिगनल रेजीमेंट को 25-16, 25-16 व 25-23 से हराया। इससे पूर्व सेमीफाइनल मुकाबले में सिगनल रेजीमेंट ने स्पोर्ट्स कालेज रेड को 19-25, 24-26, 25-22, 25-16 एवं 15-7 से हराया जबकि यूपी पुलिस ने एमसी लखनऊ को 25-17, 25-17 एवं 25-13 से हराया। वहीं महिला वर्ग में केडी सिंह बाबू 'ब्लू' की टीम ने केडी सिंह बाबू 'रेड' को 25-21 एवं 25-11 से हराकर खिताब जीता।

APPENDIX – P (continued)

DAINIK JAGRAN, Lucknow 25th October 2004
Ranveer Singh travel from village to Olympic Games was entertaining



व्याधियों से मुक्ति का योग **पेज 2** ▲

भगवान से बड़ा मां का आशीर्वाद

◀ **पेज 3**

जागरण मिली

लखनऊ, 25 अक्टूबर, 2004

रोकक रहा रनवीर का गांव से ओलम्पिक के खेल गांव तक का सफर

धर्मन चाण्डेव

लखनऊ, 24 अक्टूबर। बड़े भाई के हाईस्कूल में फेल होने के कारण घर में खेल के प्रति एकदम से विपरीत माहौल बन गया। इसका खमियाजा भुगतना पड़ा छोटे भाई को। फिर कुछ बहानेबाजी की गई और उस मुकाम की ओर सफर शुरू हुआ जिसने ऊंचाइयों पर ला खड़ा किया। यह मुकाम ही है अर्जुन पुरस्कार से सम्मानित और प्रदेश में खेल के विकास से जुड़े जाने पहचाने नाम रनवीर सिंह को। रनवीर सिंह को वालीबाल में उत्तर प्रदेश से भारत को अब तक को सबसे बड़ी उपलब्धि माना जाये तो कोई अतिशयोक्ति नहीं होगी। रनवीर सिंह का गांव से ओलम्पिक तक का सफर बहुत ही रोचक रहा। मां के आदेश को भगवान के आदेश से भी असरदार मानने वाले रनवीर सिंह का प्रयास यही है कि खेल जीवन में जिन चीजों को उन्होंने कमी महसूस की वह आगे आने वाली पीढ़ी को न हो। खेल के साथ ही जीवन के अनेक पहलुओं पर हमने सहायक निदेशक खेल रनवीर सिंह से विस्तार से बातचीत की।

रनवीर सिंह का खेल में कैरियर शमली (पुञ्जफरनगर) के सिंभालिका गांव से शुरू हुआ। पिता स्वर्गीय ओम



खेल शमली

‘भगवान से भी बड़ा मां का आदेश’

सिंह अशिक्षित किसान थे गांव में जमीन काफी थी, खेती से ही जीवन चापन होता था। मां श्रीमती शांति ने घर को एक शानदार माहौल दिया और रनवीर सिंह को कैरियर बनाने में काफी मददगार साबित हुईं। रनवीर सिंह के गांव में खेल का अच्छा माहौल था। पिताजी के साथ ही उनके बड़े भाई रोहतास सिंह भी खेलते थे। रनवीर सिंह इनको खेलते हुए देखते थे और कोर्ट के बाहर जाने के बाद बाल उठाकर इनको देते थे। किसान इण्टर कालेज शमली में भी

खेल का माहौल काफी अच्छा था। जहाँ पर काफी संख्या में वालीबाल के खिलाड़ी पढ़ते थे। रनवीर सिंह का दाखिला भी इसी कालेज में हुआ। भाई रोहतास सिंह भी साथ में ही पढ़ते थे पर हाईस्कूल में उनके फेल होने के कारण सजा मिली रनवीर को। यानी पिताजी ने रनवीर को पहले वाले स्कूल से निकालकर वैश्य इण्टर कालेज में दाखिला करा दिया जहाँ पर खेल का माहौल नहीं था। जिसे कहते हैं कि बिल्ली के भाग से छाँका टूट, वहाँ एक बार स्कूली एथलेटिक्स प्रतियोगिता आयोजित की गयी जिसमें रनवीर सिंह ने भाग लिया और लम्बी व ऊँची कूद के साथ ही जैवलिन श्रो में पहला स्थान प्राप्त किया। पिताजी के साथ खेलने वाले कई लोगों ने वालीबाल खेलने के लिए प्रोत्साहित किया और चोरी-चोरी खेल शुरू हो गया। पिताजी को जब भी पता चलता तो वे बहुत पिटाई करते थे। वह सरेआम पिटाई करने के बाद ईनाम भी ले लेते थे लेकिन मां का सहयोग मिलता रहता था। वाराणसी में 1968 में राज्य स्तरीय

स्कूली वालीबाल प्रतियोगिता के लिए रनवीर का चयन हुआ, पिताजी नाराज हो गये और घर से निकालने की धमकी दी, लेकिन स्कूल के एक टीचर के सहयोग से टीम में शामिल हो गया और शानदार प्रदर्शन किया। इसके बाद केन्द्रीय प्रशिक्षण शिविर के लिए चयन हुआ पर पिताजी ने पैसा देने से मना कर दिया। तामा उतार-चढ़ाव के बाद खेल जारी रहा और 1970 में मोहननगर की ओर से खेलने का न्यौता मिला। इस टीम से जिले के नामी खिलाड़ी खेलते थे। खेल से प्रभावित होकर मोहन मीकिन्स में नौकरी का न्यौता मिला पर मां का सख्त आदेश था कि शराब की फँकरी में काम नहीं करना है। खेल को आगे जारी रखने के लिए रनवीर मां को नशा नहीं करने के साथ ही दयोग बनने का वचन देकर मोहन नगर आ गये। पिता जी को बताया गया कि इण्टर की परीक्षा में नम्बर बढ़वाने के लिए लखनऊ जा रहे हैं बीस दिन बाद लौटेंगे। 1970 से मोहन मीकिन्स में नौकरी शुरू कर दी। इसके बाद 1971 में रनवीर सिंह का चयन भारतीय वालीबाल टीम में हो गया और नौकरी के तमाम रस्ते खुल गये। उनको लखनऊ से काफ़ी प्यार है। लखनऊ में ही उन्होंने अपने खेल का चरम देखा और एक अलग मुकाम पाया। रनवीर सिंह की पत्नी एना सिंह भी उत्तर प्रदेश वालीबाल टीम की कप्तान थीं। शुद्ध शाकाहारी रनवीर सिंह ने मां की आज्ञा और डाक्टर की सलाह से एक बार अण्डा भी खाया है। खाने में आलू के परांठे, दही व मटर पनीर के शौकीन रनवीर सिंह को घर के काम करने में मजा आता है। घर का काम करके ही वह आराम महसूस करते हैं। इसके अलावा टी-शर्ट व हाफ पैंट में वह काफी सहज महसूस करते हैं। शाम का समय वह बच्चों को वालीबाल सिखाने में बिताना अधिक पसंद करते हैं। रनवीर सिंह को सिनेमा देखने का शौक भी नहीं है, लेकिन घर के अलावा सड़क के जानवरों से भी उन्हें बेहद लगाव है। उनके घर में सड़क के कुत्तों के लिए चालीस रोटियाँ बनती हैं। इसके अलावा तीन बिल्लियाँ, बन्दर और कुछ पक्षी भी परिवार का अभिन्न अंग बन चुके हैं। देश व प्रदेश को तमाम उपलब्धियाँ दिला चुके रनवीर सिंह को इस बात का मलाल है कि उनकी प्रदेश के अपेक्षित सहयोग नहीं मिला।

APPENDIX – P (continued)

AMAR UJALA, Lucknow 9th & 11th July 2010 Golden Pair (Ranveer Singh & Ena Singh) will get the benefit of holding Olympic baton.

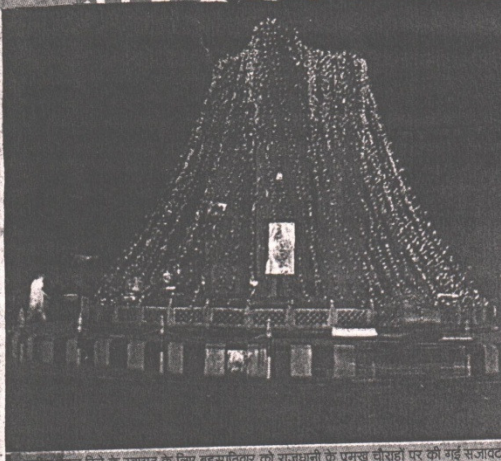
अमर उजाला
लखनऊ, 9 जुलाई 2010

MYCITY लखनऊ

ये होंगे राजधानी में बेटन के वाहक

राजधानी में रानिवार सुबह बाबू डायम से लेकर केडी सिंह बाबू डायम की साढ़े तीन किलोमीटर दूरी के लिए सरकार की ओर से 48 वाहकों का चयन किया है। इनके नाम इस प्रकार हैं।

इन अवाड़ी विजय सिंह चौहान, जियन सेयद अली, रवींद्र पाण्डे, रजनल अमीन नायक, कर्नल अहलावत, रनवीर सिंह, पण अवाड़ी जटायु मिश्रा, डा. पी. सिंह, ज्ञानेंद्र पाण्डेय राष्ट्रीय खिलाड़ी शकील अहमद, शीत कुमार, रजनीश मिश्रा, शंकर, मो. इलियास, विक्रम ड, भुवन सिंह, राधेश्याम, रकेश शर्मा, रजिया जैदी, ऐना सिंह, बिंदर सिंह, उमेश प्रसाद, गुलाब अकरम शाह, बाबादीन चौधरी, ए. स्वर्णकार, जसविंदर सिंह, शंकर, नवनीत सहगल (आईएस), डा. हरिओम (आईएस), निदेशक खेल, अनिल शर्मा बनीधा उप निदेशक खेल, शंकर बैंक ऑफ इंडिया गोजक, मनोज जग्गी उप गोजक, डा. यशनिगम चुड़सवार, एस सोडो डीआरएम, एस के तारी विशेष कार्या, यूपी ओलंपिक, दिनेश डीइयाल अभिसूचना ब्यालय, अनिल कुमार अस्थाना, गी. सचिव, रेशम भूगर्भ विभाग, न चौधरी, व्यवस्था अधि, यूपी वयालय, रुबीना बेग आरबाइएस ग, अनीता मत्सकानी समीक्षा धकारी, वित्त विभाग, निगहवन न एसोसिएट संयुक्त सचिव, यूपी लंपिक संघ, रामजी मिश्रा, समीक्षा धकारी, वित्त विभाग।



क्योंकि बेटन रिले के स्वागत के लिए बृहस्पतिवार को राजधानी के प्रमुख चौराहों पर को गई सजावट।

'गोल्डन पेयर' को मिला गोल्डन चांस

लखनऊ। जिस बेटन को धामने के लिए राजधानी का हर खिलाड़ी बेताब है, उसे हाथों में लेने का सुनहरा अवसर लखनऊ के 'गोल्डन पेयर' को मिलेगा। अर्जुन अवाड़ी रणवीर और उनकी पत्नी ऐना सिंह इस उपलब्धि पर गर्व महसूस कर रहे हैं।



रणवीर सिंह ऐना सिंह

बेटन रिले में एक जोड़ी ऐसी भी

प्रदेश में वॉलीबाल के पहले अर्जुन अवाड़ी एवं उत्तर प्रदेश पुलिस में सहायक निदेशक खेल रणवीर सिंह बताते हैं कि यह मेरी जिंदगी का अहम पल होगा जब मुझे अपनी पत्नी के साथ बेटन को धामने का मौका मिलेगा। उन्होंने कहा दिल्ली कॉमनवेल्थ गेम्स पर पूरे देश को नजरों टिकी हुई है और हम भी बेटन रिले का हिस्सा बनकर अपनी शोभाकामनाएं दे सकेंगे। उधर, पूर्व अंतरराष्ट्रीय महिला वॉलीबाल खिलाड़ी एवं महिला पीजी कालेज

की वाइस प्रिंसिपल ऐना सिंह कहती हैं पति-पत्नी के रूप में एकसाथ बेटन रिले में दौड़ना हमारे लिए ऐतिहासिक उपलब्धि है। इसके लिए हम सरकार एवं का विशेष आभार व्यक्त करते हैं। उन्होंने कहा रिले में दौड़ने वाले प्रत्येक खिलाड़ी को यह प्रण करना चाहिए कि अग्रे भी खेलों के बढ़ावे को प्रयास करते रहेंगे।

अमर उजाला
लखनऊ, 11 जुलाई 2010

MYCITY

जोश के साथ जमकर दौड़े

हेलीकॉप्टर से बरसाए फूल, इमामबाड़े से केडी सिंह बाबू स्टेडियम तक रिले

'खेलो और देश का नाम रोशन करो'

लखनऊ। इमामबाड़े में ऐतिहासिक क्योंकि बेटन रिले के दौरान 'गोल्डन पेयर' अर्जुन अवाड़ी रणवीर सिंह और पत्नी ऐना सिंह पर सभी की नजरों टिकी हुई थी। रिले के शुरू होने के कुछ देर बाद बेटन उन्हें मिली, जिसे लेकर दौड़ते समय दम्पती के चेहरे की चमक देखते ही बन रही थी। रिले के बाद 'अमर उजाला' से बातचीत में रणवीर सिंह ने भारतीय खिलाड़ियों को संदेश देते हुए कहा भारत की मेजबानी में होने वाले पहले कॉमनवेल्थ गेम्स बड़ी उपलब्धि है और प्रत्येक भारतीय को इस पर गर्व होना चाहिए। हमारा खिलाड़ियों को एक ही संदेश है खेलो और देश का नाम रोशन करो, जिससे भविष्य में चीन और अमेरिका की तरह भारत बड़ी ताकत बन सके। ऐना सिंह ने बताया क्योंकि बेटन को हाथ में धामने का अनुभव अनोखा रहा। ऐसा लग रहा था कि जैसे जीवन



गोल्डन पेयर ने दिया संदेश।

का कोई अहम लक्ष्य पूरा हो गया हो। उन्होंने कहा, खिलाड़ी होने के नाते हम चाहते हैं कि भारत में इस तरह के आयोजन होते रहें। इनकी मेजबानी से न सिर्फ देश की साख, बल्कि खेलों का स्तर भी बढ़ता है।

APPENDIX – P (continued)

DAINIK JAGRAN, Lucknow 11th July 2010
Felt proud being a part of baton Relay.

दैनिक जागरण

लखनऊ, 11 जुलाई, 2010

खेल

बस इसी पल का था इंतजार

लखनऊ, 10 जुलाई (जासं): राष्ट्रकुल खेल की क्वींस बेटन के शुक्रवार को हुए ऐतिहासिक स्वागत के बाद जिस पल का पूर्व खेल दिग्गजों को इंतजार था, वह क्वींस बेटन रिले में शामिल होने के बाद उनका वह सपना पूरा हो गया। बेटन रिले का आगाज करने वाले आयरन मैन आफ एशिया विजय सिंह चौहान का उत्साह देखते ही बनता था। वहीं सौभाग्यशाली जोड़ी अर्जुन अवाडी रनबीर सिंह और पत्नी एना सिंह के चेहरे की चमक भी अलग थी।

• बेटन रिले का हिस्सा बन
गौरवान्वित दिग्गज

यह क्षण तो अनमोल नगीना है



रनबीर सिंह और एना सिंह।

बेटन रिले टीम में शामिल अर्जुन अवाडी रनबीर सिंह ने अपनी खुशी इन अलफाजों में बयान कि मेलबार्न में 2006 में हुए राष्ट्रमंडल खेल की बेटन रिले में शामिल रहा लेकिन मेरे लिए यह रिले इसलिए खास है कि इसमें मेरी अर्धांगिनी भी शामिल थी। खेलों में भारत की संभावनाओं पर इतना ही कहूंगा कि हमें ज्यादा उम्मीद नहीं करनी चाहिए क्योंकि यहां खेलों में योग्य खिलाड़ियों को मौका नहीं मिल पाता। उनकी पत्नी पूर्व अंतरराष्ट्रीय वालीबाल खिलाड़ी एना सिंह ने कहा कि भई हम तो खिलाड़ी हैं। इसके लिए काफी गौरवान्वित महसूस कर रही हूँ। उस के इस पड़ाव पर हम पति-पत्नी को यह सम्मान मिला इसके लिए आभारी हूँ।

शामिल होकर राष्ट्रमंडल खेल का हिस्सा बनी, इसके लिए शुक्रिया

अपने शहर में यह सम्मान मिलने का फख है। इसे शब्दों में बयान करना मुश्किल है। इतना ही कहूंगा कि अब नये उत्साह से नये खिलाड़ियों को कुछ नया देने की कोशिश करूंगा।

पहली बार यह मौका मिलने पर काफी गर्व महसूस कर रहा हूँ। -ज्ञानेन्द्र पाण्डेय (पूर्व अंतरराष्ट्रीय क्रिकेटर)
उम्र के इस पड़ाव पर मुझे यह मौका मिला। मुझे काफी खुशी है कि मेरी उपलब्धियों को भी सम्मानित किया गया।



राधेश्याम सिंह (पूर्व अंतरराष्ट्रीय एथलीट)

मेरी उपलब्धियों के लिए इतना बड़ा सम्मान मिला, इसके लिए तहेदिल से आभारी हूँ। इन खेलों के सफल आयोजन की दुआ करता हूँ।

-उमेश प्रसाद (अंतरराष्ट्रीय तैराक)
मुझे यह सम्मान मिला इसकी खुशी बयान नहीं कर सकता।

-चैभव स्वर्णकार (अंतरराष्ट्रीय वोलीबॉल खिलाड़ी)

40 वर्ष बाद फिर इस गौरवशाली पल का साक्षी बना इसके लिए आयोजकों का शुक्रगुजार हूँ। दुआ है कि भारत खेलों की महाशक्ति बनकर उभरे लेकिन इसके लिए खेल की शिक्षा के स्तर पर ही अनिवार्य बनाया जाए। वहीं नये खिलाड़ियों को मिलने वाली सुविधाओं में भी वृद्धि होनी चाहिए। 1970 में स्काटलैंड में राष्ट्रमंडल खेल में हिस्सा लिया था लेकिन उस समय खिलाड़ी के तौर पर शामिल था। वहीं 1982 के दिल्ली एशियाड की मशाल दौड़ का तकनीकी अधिकारी के तौर पर साक्षी बना। इन खेलों से युवा वर्ग को दिशा मिलेगी लेकिन हिंसा के माहौल पर लगाम लगे और भाईचारे को बढ़ावा मिले तभी इनके आयोजन का मकसद पूरा होगा।

-विजय सिंह चौहान (अर्जुन अवाडी,
आयरन मैन आफ एशिया)

कई आयोजनों की मशाल दौड़ का खिलाड़ी के तौर पर साक्षी रहा, लेकिन आज बेटन लेकर दौड़ने का मौका मिला, इसकी खुशी है। इन खेलों में हमारे एथलीट घरेलू माहौल का फायदा उठाकर पदक जीतेंगे। यहीं दुआ करता हूँ।

-गुलाब चंद्र (अर्जुन अवाडी, एथलीट)
हम तो खिलाड़ी हैं। इस बात की खुशी है कि बेटन धावकों में हमारा भी नाम है। आज बहुत गौरवान्वित महसूस कर रही हूँ। विश्व कप हाकी, 1982 व 1986 एशियाड, 1980 ओलंपिक में भारतीय टीम का हिस्सा रही। बेटन रिले में

-रजिया जैदी (पूर्व हाकी ओलंपियन)

हमारे लिए यह सम्मान मिलने का फख है। इसे शब्दों में बयान करना मुश्किल है। इतना ही कहूंगा कि अब नये उत्साह से नये खिलाड़ियों को कुछ नया देने की कोशिश करूंगा।

-सैयद अली (पूर्व ओलंपियन)

APPENDIX – P (continued)

Magazine of "Indian Volleyball Federation" (1982) ASIAD



RANVEER SINGH
— AN ACE SPIKER

Anyone who has seen Ranveer Singh in a Volleyball Court will never forget his style of game, especially, his way of attack, sending in, piercing shots into the opponent's court. He belongs to the never-get-tired type of sportsmen with determination to "Do or Die". He has been representing Uttar Pradesh in National Championships and Uttar Pradesh Police Volleyball team in the All India Police games for over a decade. By 1974 he became a regular International by playing for India against Burma in 1971 and in the Asian Games in Tehran in 1974.

In recognition and appreciation of his meritorious performance, he received the Lakshman Award of the Uttar Pradesh Government in 1974. In the same year he was selected for the highest Sports Award of the country viz. the 'Arjuna Award' which he received in 1975.

He continued to assist the Indian Volleyball team in the matches against the visiting teams from Paris in 1978, in the VIII Asian Games 1978 at Bangkok and in the 2nd Asian Volleyball Championship at Bahrain in 1979. He was also an important member

of the team that played in India against Russia in 1980, Australia in 1981 and also outside India, in the friendly matches played in Russia in 1981, and in the 1st Commonwealth Tournament held in England in the same year.

Ranveer Singh has a wonderful record of performance as a Volleyball player, especially, in the front line, where he was actually like a lion rampant for its prey. With his long and sturdy hands he and Balwant Singh, were always a menace to the opposing team not only in sending booming shots, all over the court, with lot of power but also in blocking.

With his nice athletic and proportionately built body and good height, Ranveer Singh still appears quite energetic and capable of performing well at the National Level for some more years to come. He is one of the eleven recipients of Arjuna Award in Volleyball adorning the VFI.

"Indian Volleyball" wishes him a bright career as a Police Officer and a very successful future in life.

APPENDIX – P (continued)

Magazine of 2nd COMMONWEALTH VOLLEYBALL CHAMPIONSHIP
FOR MEN, AUGUST 2007



2nd COMMONWEALTH VOLLEYBALL CHAMPIONSHIP FOR MEN



27th July to 4th August, 07 • at Netaji Indoor Stadium, Kolkata • India

Organised by
West Bengal Volleyball Association
Under the guidance and active assistance of
Govt. of West Bengal



APPENDIX – P (continued)



Dronacharya Awardees

Year	Name	State
1990	Shri A. Ramano Rao	Tamilnadu
1996	Shri Syam Sunder Rao	Andhra Pradesh

Arjuna Awardees

Year	Name	State
1961	Shri A. Palaniswamy	Tamilnadu
1962	Shri Nripjit Singh	Punjab
1972	Shri Balwant Singh	Punjab
1973	Mrs. Mulini Reddy	Andhra Pradesh
1974	Shri M. Shyamsunder Rao	Andhra Pradesh
1975	Kumari K. C. Elamma	Kerala
1975	Shri Ranvir Singh	Uttar Pradesh
1976	Shri Jimmy George	Kerala
1977	Shri A. Ramana Rao	Tamilnadu
1978	Shri Kutty Krishnan	Gujarat
1979	Shri Suresh Kumar Misra	Rajasthan
1982	Shri G. E. Sridharan	Tamilnadu
1983	Shri R. K. Purohit	Rajasthan
1984	Mrs. Sally Joseph George	Kerala
1986	Shri Cyril C. Valloor	Kerala
1989	Shri Abdul Basith	Andhra Pradesh
1990	Shri Dalel Singh	Haryana
1991	Shri Uday Kumar	Kerala
2000	Shri Sukpal Singh	Punjab
2001	Shri P.V. Ramana	Andhra Pradesh
2002	Shri Amir Singh	Punjab
2003	Shri V. Ravikant Reddy	Andhra Pradesh

Dhayanchand Awardee

Year	Name	State
2003	Shri Om Prakash	Haryana

APPENDIX – P (continued)



Dr. Ashim Dasgupta, Hon'ble Minister of Finance & Excise, Govt. of West Bengal felicitating Babant Singh (Ballo) Arjun Award Winner.

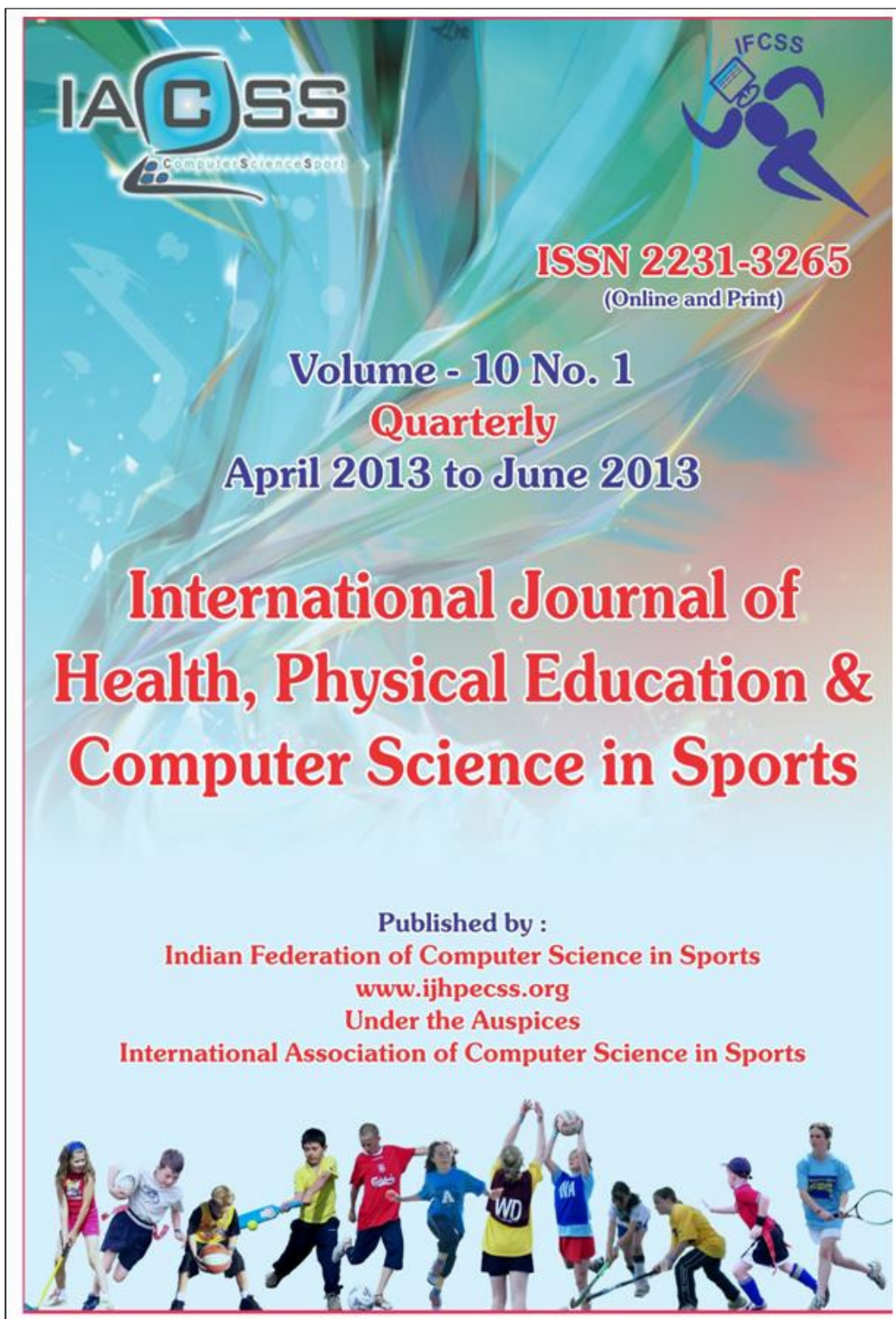


Dr. Ashim Dasgupta, Hon'ble Minister of Finance & Excise, Govt. of West Bengal felicitating Mr. Ranbir Singh Arjun Award Winner.

Dr. Ashim Dasgupta, Hon'ble Minister of Finance & Excise, Govt. of West Bengal felicitating Mr. A. Ramana Rao Arjuna and Dronacharyya Award Winner.



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Relationship Between Achievement Motivation And Pre- Competition Anxiety To Performance in Table Tennis

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Abstract

Mental preparation is very essential to any competitive sports continually urge players to 'think' out to concentrate. Games are said to have been won as a result of mental preparation or lost of for the lack of it. The application of psychological principles to the improvement of performance in the sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like incentive motivation, achievement motivation and anxiety of the players during training as well as competitive situations.

INTRODUCTION

Today performance in sports not only demands systematic training to develop physical, physiological variable and technical aspect of sports but also demands training and consideration of psychological characteristics of success in this field.

The application of psychological principles to the improvement of performance in the sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like incentive motivation, achievement motivation, and anxiety of the players during training as well as competitive situations. Anxiety is a state of mind in which the individual responds with discomfort to some event that has occurred or is going to occur. The person's about events their occurrences and consequences in general are the sources of anxiety. However anxiety can be either somatic or cognitive in nature. The symptoms of somatic anxiety comprise mental worries and fears. In simple words, it is a type of emotional disturbance.

Mental preparation is very essential to any competitive sports continually urge players to 'think' out to concentrate. Games are said to have been won as a result of mental preparation or lost of for the lack of it.

STATEMENT OF THE PROBLEM

The purpose of present study was to find out the relationship between achievement motivation and pre-competitive anxiety to performance in Table Tennis.

SELECTION OF SUBJECTS

30 Men Table Tennis players of were selected as subjects for this study. Subjects were from undergraduate and post-graduate courses. Their age ranged between 17 to 24 years.

OBJECTIVE

The purpose of the test was to measure achievement motivation level of intercollegiate men Table Tennis players.

The purpose of test was to measure the sports competition anxiety level.

HYPOTHESIS

There would be significant relationship between achievement motivation and sports performance of Intercollegiate men Table Tennis players.

There would be significant relationship between pre competitive anxiety (moderate anxiety) and sports performance of intercollegiate men Table Tennis players.

There would be no significant relationship between pre-competition anxiety (high anxiety) and sports performance of intercollegiate men Table Tennis players.

DELIMITATIONS

The study was delimited in intercollegiate men Table Tennis players, who participated in intercollegiate Table Tennis championship 2012-13 held in M.A.I.H.S.T. Mahmudabad, Sitapur, (U.P.) India.

The study was delimited to following questionnaire for the measurement of achievement motivation and pre competitive anxiety.

1. Sports Achievement Motivation Test (SAMT)
2. Sports Competition Anxiety Test (SCAT)

LIMITATION

The questionnaire technique used in the present study was considered as a limitation of the study.

SIGNIFICANCE OF THE STUDY

1. The finding of the study will help to reveal the relationship between achievement motivation and sports performance level among participants at intercollegiate level.
2. The result of the study may provide useful information to coaches, physical education teacher and player regarding the behavioral characteristics of sports persons and thus may be instrumental in effective psychological preparation of players.
3. The study may provide some useful information which may help to trace some aspects of the psychological profiles of intercollegiate level Table Tennis players.
4. The study may be significant for the self assessment of men Table Tennis players.
5. The study may be help the coaches, selectors and experts to know the psychological stability of the players.

METHODOLOGY

To determine the relationship between Achievement Motivation and sports performance among intercollegiate level men Table Tennis players. Pearson's product moment method of correlation was used. The level of significance will set at .05 in order to check the significance of calculated correlation and calculated 't' value with tabulated value.

To determine the relationship between pre competitive anxiety (Moderate Anxiety) and sports performance among intercollegiate level men Table Tennis players Pearson's product moment method of correlation was used.

The level of significance will set at .05 in order to check the significance of calculated correlation and calculated 't' value with tabulated value.

To determine the relationship between pre competitive anxiety (High Anxiety) and sports performance among intercollegiate level men Table Tennis players. Pearson's product moment method of correlation was used.

The level of significance will set at .05 in order to check the significance of calculated correlation and Calculated 't' value with tabulated value.

Table . I

Relationship between Achievement Motivation and sports performance of intercollegiate level men Table Tennis players.

Variable Correlated	Correlation Coefficient
Achievement Motivation and sports performance	.374

Significant at 0.05 level of confidence with 28 degree of freedom.

$$r_{.05(28)} = .361$$

An example of table I clearly reveals that there is a significant relationship between achievement motivation and sports performance of intercollegiate level men Table Tennis players.

Since the correlation coefficient of calculated value is 0.374 which is significantly higher than the tabulated value required to be significant at 0.05 level of confidence.

Table. II

Relationship between moderate anxiety and sports performance

Variable Correlated	Correlation Coefficient
Pre competitive Anxiety (Moderate Anxiety) and Sports performance	0.397
Significant at 0.05 level of confidence with 27 degree of freedom. r.05 (27) = .367	

An example of table II clearly reveals that there is a significant relationship between moderate anxiety (precompetitive anxiety) achievement motivation and sports performance of intercollegiate level men Table Tennis players. Since the correlation coefficient of calculated value is 0.397 which is significantly higher than the tabulated value required to be significant at 0.05 level of confidence.

Table. III

Relationship between high anxiety and sports performance

Variable Correlated	Correlation Coefficient
Pre competitive Anxiety (High Anxiety) and Sports performance	0.139
Significant at 0.05 level of confidence with 17 degree of freedom. r.05 (17) = .456	

An example of table III clearly reveals that there is a no significant relationship between high anxiety (precompetitive anxiety) and sports performance of intercollegiate level men Table Tennis players.

Since the correlation coefficient of calculated value is 0.139 which is significantly lower than the tabulated value required to be significant at 0.05 level of confidence.

This value clearly indicated to negative relationship between high anxiety (pre competitive anxiety) and sports performance.

CONCLUSIONS

1. There is significant relationship was that between achievement motivation and sports performance of intercollegiate level men Table Tennis players.
2. There is significant relationship was that between Moderate anxiety (pre competitive anxiety) and sports performance of intercollegiate level men Table Tennis players.
3. There is a no significant relationship was that between High anxiety (pre competitive anxiety) and sports performance of intercollegiate level men Table Tennis players.

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A Case Study On Personality Factor And Performance In Volleyball

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Abstract

The purpose of this study was to analyze the relationship of Emotional intelligence and performance of Volleyball. Emotional intelligence was assessed by Emotional intelligence (EIS) constructed and standardized by Anuket Hyde, Dr. Sanjot Pethe and Dr. Upindar Dhar (2002) Emotional intelligence motivates employees to pursue their unique potential and purpose, and activates innermost potential values and aspirations, transforming them from things they think about, to what they do. Emotional intelligence enables one to learn to acknowledge and understand feelings in ourselves and in others and that we appropriately respond to them, effectively applying the information and energy of emotions in our daily life and work.

Introduction

There are many problems, but one complex and mysterious problem which is faced by the human being since long has been the mystery of his own and other nature and personality. Human beings appear in different shapes and sizes and behave in highly complex ways. Several crores of people are living on the earth. But of them no two people are exactly alike. It is difficult to conjecture what is the human nature of these people. To understand human nature and personality of persons psychologists are continuously striving. It is very important for any human enterprise, more so in case of sports and games, where there is not only kaleidoscopic play of emotions but also name, fame, money and much more at stake. A comprehensive understanding of human nature would contribute in great measure for the all round development of the person, sporting activity and also improving the quality of life.

There are a large number of studies on groups and categories of people in relation to personality, socio economic status, emotional intelligence, value orientation, locus of control, level of aspiration, self confidence, achievement motivation and mental endurance etc. In psychology individuals are studied in a comprehensive in a clinical setting. But one feels that understanding an individual who has made a mark, who has been greatly successful, who has been a highly influential administrator and coach of volleyball activity in Uttar Pradesh has been a fine human being would help in the creation and promotion of such fully functioning and self actualizing individuals.

Experts of personality theories like Allport and Eysenck, who have made substantial studies, consider that every individual is unique in himself. Personality has been called as a mirror of the culture. For the growth and development of an individual's mind and personality, genetic and environmental circumstances play major roles. Eventually, personality development is the outcome of a process of interaction between genetic inclinations and environmental conditions. The human being by nature first tries to accommodate himself with the environment around him and then he starts striving to establish his superiority over it. Sigmund S. Freud, Maslow, Allport and other have been shown the way in this regard by case studies of individuals. The findings of these psychologists have greatly impacted the world view; the explanation and modification of human behavior for better such studies always throw new light and provide new understanding of people, their nature, personality and social achievement etc.

Sample Design

Former International volleyball player Mr. Ranveer Singh (Arjuna Awardee) of Uttar Pradesh was the sample for present case study.

Objective

To find out the Emotional intelligence of Mr. Ranveer Singh.

Hypothesis

Mr. Ranveer Singh would have high level of Emotional intelligence.

Significance Of Study

1. This study assumes great significance given its comprehensive study of an international volleyball player such as Mr. Ranveer Singh.
2. This study will reveal the impact Emotional intelligence of the player in relation to personality.

Tool

Standardized test was used in the present study.

1. Emotional Intelligence Scale (EIS)

The scale consists of 34 items. The scale measures the factors self awareness, empathy, self motivation, emotional stability, managing relations, integrity, self development, value orientation, commitment and altruistic behavior. The reliability of the scale was determined by calculating reliability coefficient was found to be 0.88. The validity is 0.93.

Scoring

The test was scored according to the instruction given in the manual. The scoring was done manually.

Analysis Of Emotional Intelligence Factors

Table No. I Scores of Emotional Intelligence Factors

Sl.No.	Factors	Factors Name	Scores	Category
1	A	Self awareness	17	High
2	B	Empathy	20	High
3	C	Self motivation	25	High
4	D	Emotional stability	16	High
5	E	Managing relations	16	High
6	F	Integrity	12	High
7	G	Self development	8	High
8	H	Value orientation	9	High
9	I	Commitment	9	High
10	J	Altruistic behavior	8	High

Table No. I present the scores of emotional intelligence factors. The scores of emotional intelligence factors like self awareness (17), empathy (20), self motivation (25), emotional stability (16), managing relations (16), integrity (12), self development (8), value orientation (9), commitment (9) and altruistic behaviour (8) clearly indicates that the subject having high level of emotional intelligence in all the ten factors.

Conclusions

Self Awareness Mr. Ranveer Singh has high ability to empathize with, feel comparison for, validate, motivate, inspire, encourage and soothe others. He has high (more) ability to make intelligent decisions using a healthy balance of emotions and reason. He was neither too emotional nor too rational. He has high ability to manage and take responsibility for one's own emotions, especially the responsibility for self motivation and personal happiness. He has high ability of recognizing and naming one's own emotions and he has high knowledge of the cause of emotions and has high ability of recognizing the difference between feelings and actions.

Mood Management

Mr. Ranveer Singh has high frustration tolerance ability and anger management, eliminates verbal pull downs, fights and group disruptions, better able to express anger appropriately without resorting to violence, fewer, suspensions or expulsions, less aggressive or self destructive behavior, more positive feelings about self, school and family, better at handling stress.

Self-motivation

Mr. Ranveer Singh is more responsible, better able to focus on task at hand pay attention, less impulsive, more self controlled and improved scores on achievement tests.

Empathy

Mr. Ranveer Singh is afflicitive person and he made good companion because he was pleasant and Agreeable. Other feel comfortable him and like him in other words, affiliate persons have superior emotional and social skills in dealing with others, derive gratification and reward from their interpersonal contacts, and tend to be source of happiness to others.

Managing Relations

Mr. Ranveer Singh has more popular and outgoing friendly and involved with peers, more sought out by peers, more concerned and considerate, more “Prosocial” and harmonious in groups, more sharing, cooperation and helpfulness, more democratic in dealing with others.

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