

A case study of Padma Shri, Arjun awardee Prashanti Singh: International Basketball Player

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Abstract: The purpose of the study was to highlight the contribution and achievements of Padma Shri, Arjun Awardee and the Captain of Indian Basketball team, Prashanti Singh towards the promotion of sports in the country and her socio-economic conditions, cultural background. The data for investigation were derived from Personal Records, Official Records, Interview, Pictorial Records and Published Records. Survey Techniques were used to obtain responses and reactions about Arjun Awardee, Prashanti Singh from selected eminent sports persons, contemporaries, coaches and physical educationists from all over the country through opinion rating Questionnaire to get desired information. Prashanti Singh has usually played as shooting guard in India National Basketball team. Just because of the hard work & commitment, she participated in several main global platforms such as "Commonwealth games 2006, Asian games 2010 and 2014 as captains and have considered several gold medals in the 2005 Phuket Regional Invitational Basketball World Cup, South Asian beach games gold medal in Sri Lanka 2011, the 2009 Asian Indoor Games silver medal in Vietnam (captain), In 2010 Guangzhou, Ms Prashanti, Captain of the Indian Basketball at the 16th Asian games, considered for the participation in the Asian Games after 28 years. Ms Prashanti took part as a member of the first Indian team at the FIBA Asian Basketball Championship in Korea to reach the highest level when taking part in the 53rd National Hyderabad Championship, shattering the 14 years old record. In 2011, she was one of the top four A-grade basketball players. "She received 22 National Championship games medals and also earned the Mahindra NBA Challenge MVP in New Delhi 2012; over there 6000 different players of basketball around the country took part. Ms Prashanti was awarded as Best Player in All Star Game in Mumbai 2011 & received the Top Scorer Award in the coveted 25 IMG-Reliance Federation Cup, Raipur, 2001, having 129 points (25.8 point / day). It won Purvanchal Ratna in 2015-16, Rani Laxmi Bai Courage Award 2016-17 from the U.P. Government & coveted Arjuna award 2017 from the Government of the Ministry of Youth Affairs and Sports, India & Padma Shri Award in 2019 by President of India.

Key Words: Contribution, pictorial records, opinion rating questionnaire.

1. INTRODUCTION:

The heart of the spiritual struggler is physical action, as it has been with man since time immemorial. It has become necessary to stay fit in the changing lifestyle as it evolves radically. The item that took a man to its destruction is the reimbursement of industrialization and urbanization. It can be assumed visually that a guy is shrimp & psychologically a gigantic. For all "black time of deteriorated span, silver coating is tangibly involved and will definitely get the pleasure of life are only alive." And in order to be well, consider completely & comfortable, because of which the same is being coated as a necessary segmenting the human's life and man also are aware of the same. The primary attentions been on intensely spirited, thrilling activities, while the key priorities of PE are wellness, fitness etc. Fitness and good health are important in modern times. Adventurism and technological innovation, created by man to bring warmth to her life, has become a modern age. And they rely on the computer, which is now a part of human life and has become a modern man, a computer because of the man. The first opportunity to wake up to function truly is physical fitness.

The style series on the world mark can be modified as an Indian sports lover. It's fine for Basketball now, as India's famous game. Currently an Indian Basketball day is progressing. Thanks to all Basketball players who support the Basketball name. Nice Players including Singh Pratima, Singh Divya, Jose Anna Getthu, Singh Satnam, Singh Akanksha, Rai Trideep.

2. METHODOLOGY:

A case study was designed to investigate the contributions and achievements of Padma Shri Arjun Awardee Prashanti Singh towards the promotion of Basketball in India and her philosophy towards sports as a profession in India, her quality as a player, her professional qualities and her contribution to the game of Basketball at National and

International level. Data or information for her investigation was derived from the primary sources i.e. personal records, pictorial records, interview, official records and secondary sources. Investigator personally contact with Padam Shri Arjun Awardee, Prashanti Singh for interview by taking prior appointments with her. The aim of interview was mainly to know her family background, environment influence, childhood, education, sports participation, sports career and achievements. Survey technique was used to obtain responses and reactions about Padam Shri, Arjun Awardee, Prashanti Singh from selected the eminent sports person from all over the country. Especially opinion Rating questionnaire regarding Padam Shri, Arjun Awardee, Prashanti was constructed with the help of experts. A questionnaire was formed and constructed by investigator in consultation with the experts. An extensive review of literature and research studies conducted on case studies up to 2020 was used for collection of the items of questionnaire. Also formal and informal discussion was done with the experts. Almost all care was taken to ensure maximum coverage of the data needed for the study along with worthwhile and meaningful responses for Respondents.

AWARDS WON BY PRASHANTI SINGH

1. Padma Shri Award - 2019
2. Arjuna Award - 2017
3. Rani Laxmi Bai Bravery Award - 2016
4. Purvanchal Ratn – 2015 -16

SPORTING CAREER OF PADAM SHRI ARJUN AWARDEE PRASHANTI SINGH

Prashanti belongs to a humble and traditional family of Varanasi and by breaking shekels of the traditional family: she bagged 4 medals at International events including two gold and one silver. At various National Games, National championship. Federation Cup and National women Sports Games, she has 22 medals in her credit.

With her hard-working attitude and commitment, Ms. Prashanti has not only participated as Captain in several big international events such as Commonwealth Games 2006, Asian Games 2010, and Asian Games 2014, but also won Gold Medal in the 2005 Phuket International Invitational Basketball Championship, Gold Medal in South Asian Beach Games, Sri Lanka 2011, Silver Medal in Asian Indoor Games 2009, Vietnam. Ms. Prashanti captained the Indian Basketball team at 16 Asian Games, 2010 Guangzhou, who after 28 years qualified for Asian Games. She played in Korea's FIBA Asian Basketball Championship as a participant of the first Indian Team to enter top seeding, remaining there for eight years. She's been an exceptional professional champion. She broke 14-year-old record when playing in 53 National Basketball Championship, Hyderabad.

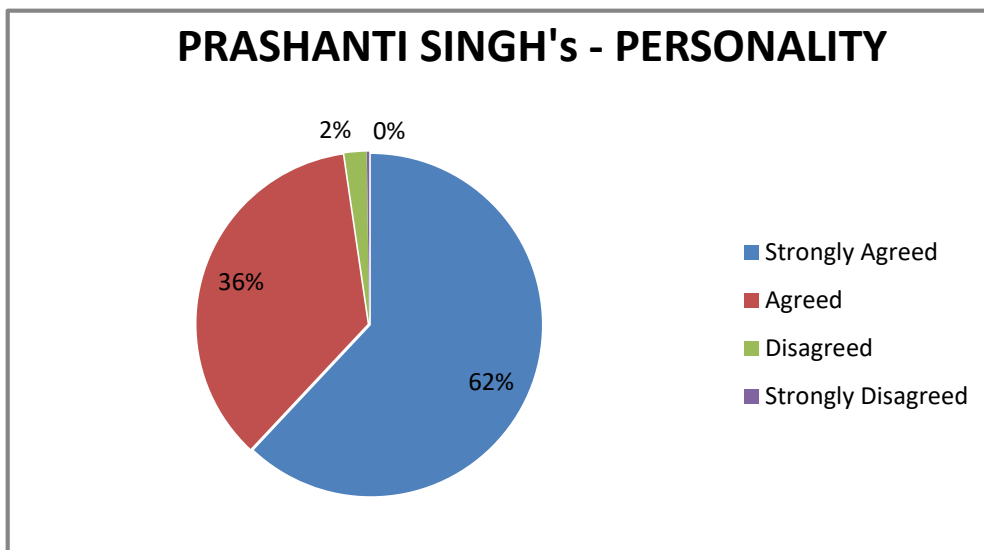
Ms. Prashanti Singh is the first Basketball player who has played 2 Asian on Wealth Games and 7 Asian Basketball Championship in Shot on meritorious order.

She is one of India 2011's first-ever Top Four 'A' Grade elite basketball players. Prashanti won 22 medals in the National Championship Games and also received the MVP (most valuable player) of the Mahindra NBA Challenge National Final in New Delhi 2012 where 6000 Basketball players from all over India took part Captained Team West and earned the Best Player award in the All-Star Game in Mumbai 2011 Highest 129 points scorer award (25.8 points / day) in the coveted 25th IMG International Federation Cup 2011 Raipur.

3. RESULTS AND DISCUSSION:

To assess the different personality dimensions of Padam Shri Arjun Awardee and the former Captain of Indian Basketball Team, Prashanti Singh, opinion rating survey was conducted. Almost 122 eminent sports persons who have been associated with her as players, admirers, colleagues, coaches, students, sports persons and his contemporaries were chosen for the purpose. For the analysis of the data, statements were separately recorded and presented in percentages of the responses.

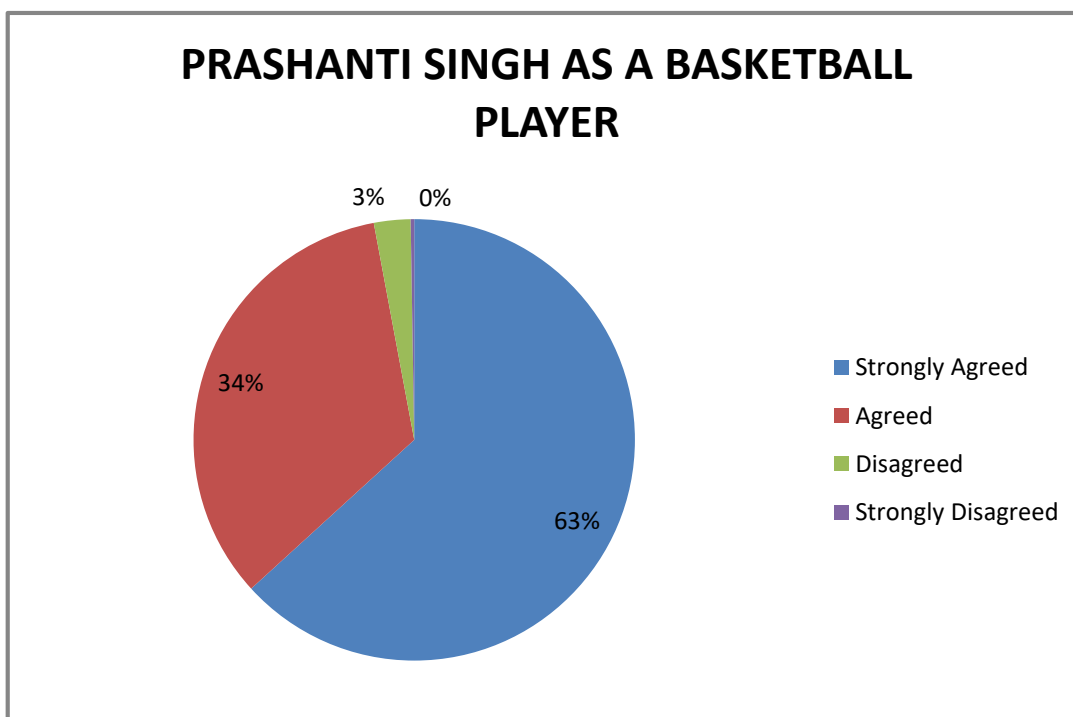
Table 1: OPINION RATING QUESTIONNAIRE (%) ON INDIAN BASKETBALL PLAYER- PRASHANTI SINGH'S PERSONALITY



CONCLUSIONS:

During the scholar's survey, an opinion rating questionnaire on Indian Basketball Player Prashanti Singh's personality was given to trainees, teammates, colleagues, contemporaries, sports person, administrator, coaches, role model and eminent sportsmen etc. Majority of the (62%) public strongly agreed, (36%) agreed, (2%) disagreed and (0%) strongly disagreed with these statements.

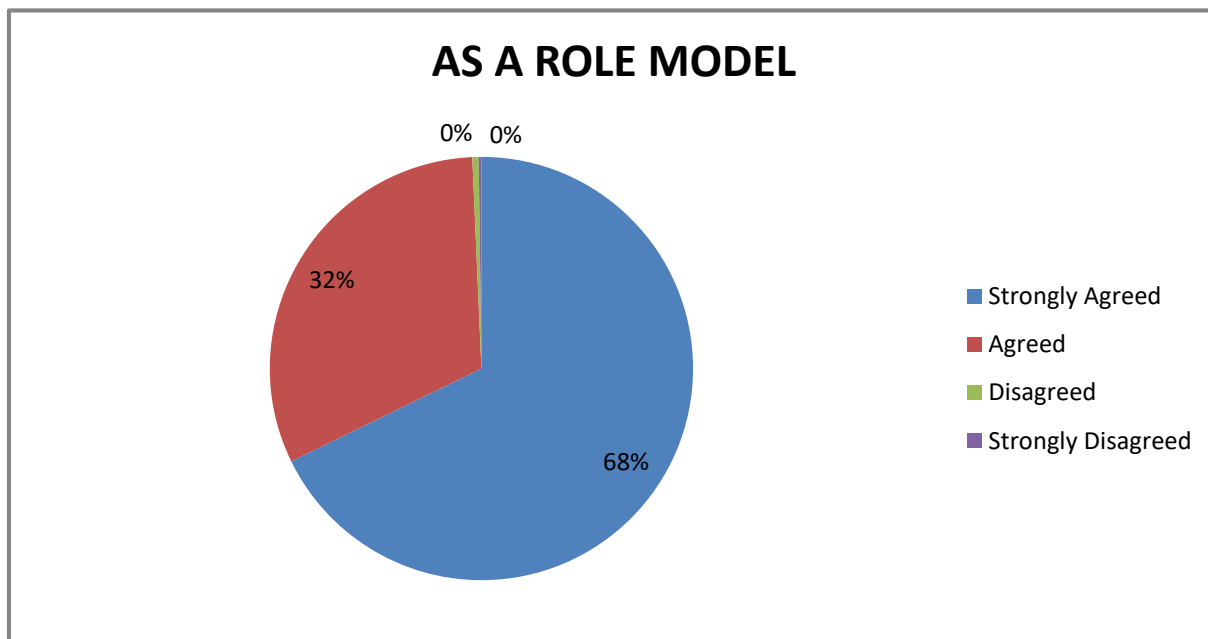
Table 2: OPINION RATING QUESTIONNAIRE (%) ON INDIAN BASKETBALL PLAYER- PRASHANTI SINGH AS A BASKETBALL:



CONCLUSION:

Prashanti Singh's contemporaries, colleagues, teammates, coaches, trainees, administrators and sports eminent have been given opinion rating questionnaire about Prashanti Singh as a basketball. In the analysis it has been found that (63%) respondents strongly agreed, (34%) agreed, (3%) disagree and 05 (0%) strongly disagreed from these statements.

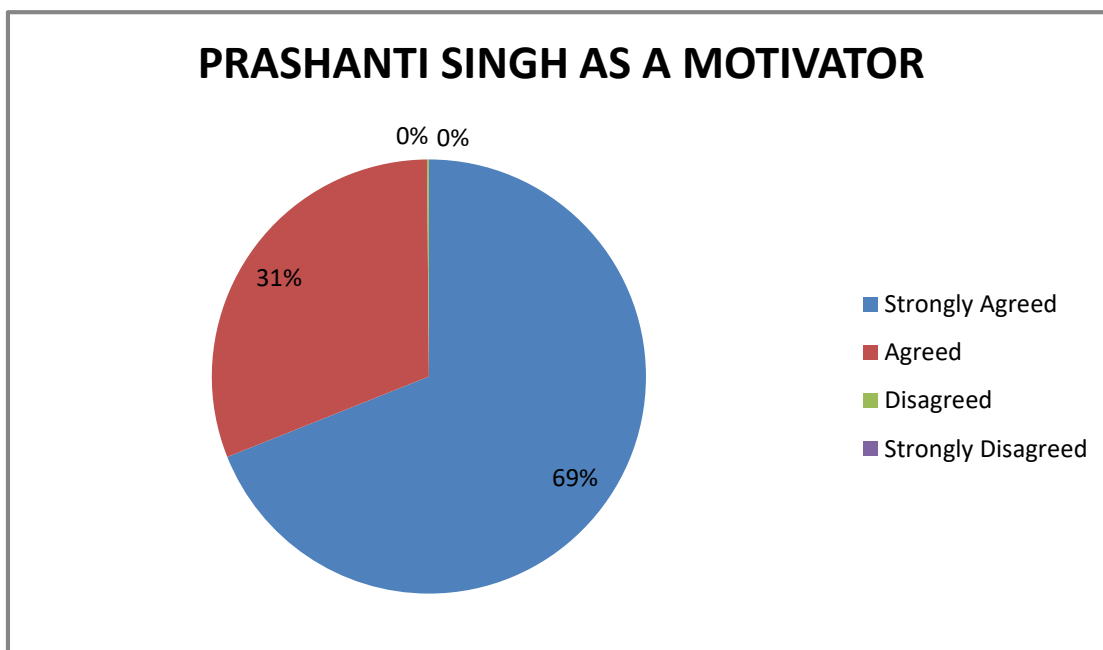
Table 3: OPINION RATING QUESTIONNAIRE (%) ON INDIAN BASKETBALL PLAYER- PRASHANTI SINGH AS A ROLE MODEL



CONCLUSION:

Total 122 statement in their table show that Prashanti Singh's teammates, coaches, trainees, administrators, eminent sports persons have given opinion rating questionnaire on Prashanti Singh as a role model in which (68%) public strongly agreed, (32%) agreed, (0%) disagree and (0%) strongly disagreed with their statements. She has motivated to juniors and gives her valuable suggestions. She is also very honest her work. Therefore, Prashanti Singh is a role model for our youth generation.

Table 4: OPINION RATING QUESTIONNAIRE (%) ON INDIAN BASKETBALL PLAYER- PRASHANTI SINGH AS A MOTIVATOR



CONCLUSION:

During the scholar's survey, an opinion rating questionnaire on Indian Basketball Player, Prashanti Singh's Personality as a motivator was asked from trainees, teammates, colleagues, contemporaries, sports person, administrator,

coaches, role model and sports eminent etc. Majority of the (69%) person strongly agreed, (31%) agreed, 02 (00%) disagreed and 00 (0%) strongly disagreed with these statement.

4. CONCLUSION: ON THE BASIS OF THE FINDINGS OF THE PRESENT STUDY THE FOLLOWING CONCLUSIONS WERE DRAWN:

- Indian Basketball Player Prashanti Singh is an outstanding basketball.
- She is a thoroughly committed "Basketball"
- She is honest and sincere to her assignments.
- Prashanti Singh contributed a lot for the promotion of basketball in India.
- She is very friendly, co-operative, and regular in daily exercises.
- Prashanti Singh is known for her remarkable patience and perseverance.
- She is very popular among her colleagues.
- She is appreciated for her courteous and supportive attitude.
- Prashanti Singh is known as the role model of youth players in India.
- Prashanti Singh is also addressed as a "Motivator" in Indian Basketball.
- The subject's healthy habits, discipline, sincerity, regularity, punctuality, calmness, relaxed approach, optimistic attitude, die-hard aggressive attitude and a very positive and favorable approach towards sports and people, and her total dedication, will power, determination and involvement in the sports all work together for her grand performance in basketball at various levels.
- The exposure of the subject to several international competitions and basketball bouts has made her realize her own potential and boosted up her self-confidence. The consistent performance and success in various competitions have not only motivated her for hard training and perseverance in sports but also made her realize her own potential to establish her basketball player of international reputation.
- Prashanti Singh has set forth-lofty ideals, high aspirations, and definite aim in basketball career and worked hard to translate her dreams into reality.
- Prashanti Singh has worked for long hours during a day around the year training program and was keen on improving her skills further.
- Prashanti Singh has through knowledge about basketball, diet and nutrition and various aspects of training. There had influenced the subject's positive attitude towards basketball practice, training and performance.
- Prashanti Singh's performance record shows that she is intelligent enough to plan strategies and tactics during matches to defeat her opponents.
- The present study underscores Prashanti Singh's disciplined behavior, healthy habits, favorable personality characteristics like, calm and relaxed attitude, happy-go-lucky attitude, self-reliance, self-confidence. heritage as a humble, self-assured, socially aware, tough minded, emotional stable person- had also been supported by the responses of her associates.
- Prashanti Singh also shows exceptional levels of concentrations during training and competitions. She was quite firm and never got nervous, but always thought of basketball her total involvement and dedication have gone a long way in making her what she is.
- Vegetarian diet consumed by the subject seemed to be quite balanced, which includes milk and milk products.
- The training schedules were well planned both by her and her associates which seemed to be systematic involving varieties of activities for developing various qualities and aspects required for the sport of basketball.
- Prashanti Singh seemed to have a good company of friends which helped her to rectify the faults made during competitions and training.
- All test results shows that she is an excellent sportsman.
- There is all which make her an ideal for youngsters.

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