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**Contribution of Harminderpal Singh Ghuman as a coach in
Indian Athletics**

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Abstract

“Athletics is not so much about the legs. It’s about the heart and mind” (Eliud Kipchoge). Athletics is the oldest sport. It is based on the basic natural activities of a human being. Such as walking, running, jumping, throwing, etc. These actions can be inferred. How old and great this game is Due to its popularity; it is called the queen of sports. Athletics originated in Greece. Ancient Greece as a whole is the Source of the origin of athletics. Most historians believe that athletics originated in the 9th and 10th centuries BC. Athletics was popular until 776 BC that it was included in the Olympic Games on the priority basis. “A good coach can change a game. A great coach can change a life” (John wooden). Athletic coach Harminderpal Singh Ghuman eight-year coaching career from 2014 to 2021 was selected for the study. During his eight-year coaching career, shri Ghuman has produced many talented athletes for Indian Athletics. The five most talented athletes of shri Ghuman and their achievements were selected for this study. Out of these five talented athletes, not only did they win a bronze medal in the Para Asian Games, but the rest of the athletes have made Indian famous by winning medal in Asian Athletic championship, National Games and khelo India Youth Games. During his short tenure, Shri Ghuman has coached the Indian team at the Para Asian Games Jakarta (2018), Youth Asian Athletics Championships Hongkong (2019) and Asia track and field competition Dubai (2018). Shri Ghuman was honored by Punjab sports minister Pargat Singh on 15-12-2021 with a cash prize 20 Lakhs for his outstanding achievements in the field of coaching. The main objective of the research is to give a new direction to Indian youth towards athletics.

Keywords: Contribution, achievements, strategy, Indian athletics, shot-put.

Introduction

“There are no secrets to success. It is the result of preparation, hard work, and learning from failure” (Colin Powell) There no concrete evidence as to where the shot-put competition began. But it is clear that the ancient Greek games involved shot-put. This competition demonstrates the powerful body and explosive power of a human being. Harminderpal Singh

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Ghuman was born on 15-9-1985 to mother Parminder kaur, father Sh. Jagdish Singh (Retired Bank manger) Grandfather late Sh. Darshan Singh (former Sarpanch) in village Bunga, Tehsil Malerkotla, Dist Sangrur. Shri Ghuman Matriculated from Sahibzada Fateh Singh public school Malerkotla and graduated from khalsa college Chandigarh. Ghuman was B.P.E.D degree from physical education college samrala, M.P.E.D degree from national college of physical education Nargwal (Ludhiana). Shri Ghuman has been one of the best shot-put players in his time. Ghuman had won a silver medal in the Junior National games held in kerala. Shri Ghuman was selected for the Indian national team after winning a bronze medal in Delhi (2005-06) and a medal in the national games. After completing his master's degree in physical education, Ghuman completed his athletic coach diploma from N.I.S Patiala in 2013-14. After completing N.I.S diploma, Shri Ghuman was appointed by the Punjab Government as athletic Coach at Malerkotla in 2014. During his short coaching career of eight years, Shri Ghuman, through his hard work, true dedication and good strategy, produced National and international level athletes in shot-put who made India famous all over the world due to his outstanding performance. His invaluable contribution in the field of coaching the government of India has appointed S.A.I as the coach in karnal (Haryana). During his tenure, Ghuman has also leded the Indian team nationally and internationally as a coach. Shri Ghuman is a source of inspiration for India's young athletes, physical education teachers and trainers.



Fig1: S. Harminder Pal Singh Ghuman (International Athletic Coach) Receiving cash award from S. Pargat Singh (Sports Minister Punjab) On 15-12-2021 at Chandigarh.

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Objective of the study

The objective of the study is to assess the contribution of Harminderpal Singh Ghuman as a coach in Indian Athletics.

Hypotheses of the study

It is hypothesized that the Harminderpal Singh Ghuman would have contributed to Indian Athletics a lot as a coach and player.

Limitations of the study

The study was limited to Harminderpal Singh Ghuman eight-year coaching career and their achievements from 2014 to 2021.

Delimitations of the study

The study was delimited to Harminderpal Singh Ghuman's eight-year coaching career, achievements and their five players representing India nationally and internationally. The study was delimited to their contributions in terms of performance and achievements.

Significance of the study

This study significance that the importance of Harminderpal Singh Ghuman's contribution and achievements for Indian athletics. It also featured the outstanding performances of his five athletics players at the national and international levels.

Review of related literature

Singh B (2000) conducted a study on Dronacharya awardee Professor Karan Singh. Professor Karan Singh was an eminent physical educationist and sports promoter. The case was prepared on the basis of Professor Karan Singh's biography, educational qualifications and contribution in the field of sports. In the study, the researcher highlighted the performance and achievements of Professor Karan Singh's students. Professor Karan Singh was a brilliant scholar and star player. Professor Karan Singh had won a gold medal in the 4x400m at the

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first Asian Games held in Delhi. Prof. Karan Singh, N.I. S. He obtained his master's degree from Patiala. As a coach, he earned a diploma in M.E.D (Physical Education) and Athletics. Professor Karan Singh held a special place among the physical educators and coaches of the country. Professor Karan Singh was the only Indian student to win a gold medal in the Asian Games as a student.

Singh G (2016) conducted a study to highlight the promotion and contribution of Sardar Dharam Singh Uppal in athletics. The researcher also meets with dharam singh uppal family members, neighbors, teammates and their coaches to further his research. An open questioner was used for the interview of dharam singh uppal. Dharam Singh Uppal participates in S.A.F games and secured silver medal. Dharam singh also participate five time all India competition and won gold and silver medals. Dharam singh represented Punjab police in all India police games 1983 to 1987 and won many gold and silver medals. This study will be significant to motivate the new sports generation and inspire the other police recruitments.

Jaswinder (2018) conducted a study to find out the achievements of Sardara Singh, the star player and captain of the Arjuna Award winning Indian hockey team. The research explored the social, economic and cultural background of Mr. Sardara Singh. Data for the research were taken from personal records, official records, photo references, interview method and published records. The Opinion Rating Scale was compiled for the required information by the eminent players, coaches and physical educationists selected by Sardara Singh. Mr. Sardara Singh played center half in the Indian hockey team. Sultan Azlan Shah was the youngest player to captain the second Indian team in a hockey tournament. Sardar Singh had won many medals for India in his national and international sports career. For his outstanding achievements, he was awarded the Arjuna Award by the Government of India in 2012, the Padma Shri Award in 2015, the Bhim Award in January 2017 and finally the Rajiv Gandhi Award. Arjuna Awardee Sardar Singh is a hardworking, sociable, health conscious, determined person. Sardar Singh's life will be a role model for the youth.

Kumar (2018) conducted a case study on Arjuna Awardee Mr Rajinder Kumar for the contribution in the field of Indian wrestling. It depicts the historical biography of Shri

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Rajinder Kumar ji, his sporting achievements and the awards he received. While the researcher recorded the views of Mr. Rajinder Kumar through interview method, he also recorded the statements of eminent sports personalities and their personal coach shri Samsheer Singh. shri Rajinder Kumar participated in schools, colleges, universities and tournaments in his state and was honored. He has represented India in more than 20 international games. In his playing career, he won the gold medal at the 2010 Commonwealth Games by defeating Pakistan's Azar Hussain 11-0 in 55 kg wrestling. He was honored with the Arjuna Award by the Government of India in 2012.

Analysis of data and Interpretation

A study was designed to investigate the contributions and achievements of Harminderpal Singh Ghuman to Indian Athletics towards the promotion and development of the Athletics. The present study is conducted on five selected trainee athletes of Shri Ghuman. These five selected athletes represented the Indian athletics at nationally and internationally.

1. Amandeep Singh Dhaliwal



Amandeep Singh Dhaliwal is an Indian Athlete born and brought up in 2002 vill chak situated in district sangrur state Punjab. His father's name is Mr Hakam singh and mother name is Mrs Baljinder kaur. Amandeep singh dhaliwal started his sports career 2015 in shot put with athletic coach harminderpal singh ghuman.

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Achievements

Event Shot Put

Sr. No	Tournaments	Place	Year	Position
1.	U20 World Athletic Championship	Kenya	2021	participation
2.	Junior National Athletic Championship	Guwahati	2021	Silver medal
3.	Junior Federation cup	Sangrur	2021	Silver Medal
4.	Khelo India Youth games	Guwahati	(Jan) 2020	Silver Medal
5.	Junior National athletic championship	Vijayawada	(Nov) 2019	Gold Medal
6.	Khelo India Youth games	Pune	(Jan) 2019	Gold medal
7.	Junior National Athletic Championship	Raipur	(Feb) 2019	Gold medal
8.	Youth Asia Athletics championship	Hongkong	(March) 2019	Silver Medal
9.	Junior Federation cup	Bhopal	2019	Silver Medal
10.	North Zone Athletics Championship	Sangrur	2019	Silver Medal
11.	64 th National School games (boys)	Delhi	2018	Silver Medal

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2. Mohm Yasser



Mohammad Yasser was born on December 24, 1993 in mohammdpura dist sangrur. Yasser' father name was sudagar khan and his mother's name was Arshida begum. Yasser completed his matriculation from government school Nangal and graduated with a degree from Tara Vivek College Gajjan Majra. Yasser started playing in 2016 under the guidance of Harminderpal Singh Ghuman

Achievements

Event Shot Put

Sr. No	Tournaments	Place	Year	Position
1.	Para Asian Games	Jakarta (Indonesia)	2018	Bronze Medal
2.	Tunis World Para Athletic grand prix	Tunisian	2018	Gold Medal
3.	5 th World Para Athletic grand prix	Beijing (China)	2017	Bronze Medal
4.	8 th Sharjah international open Athletics Championship	UAE	2018	Silver Medal
5.	16 th Senior national Para Athletics Championship	Panchkula	2016	Gold Medal
6.	17 th Senior national Para Athletics Championship	Jaipur	2017	Gold Medal

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7.	18 th Senior national Para Athletics Championship	Panchkula	2018	Gold Medal
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3. Arshdeep Kaur Khangura



Arshdeep kaur khangura was born on 16 may 2002 in malerkotla District Sangrur. Arshdeep Kaur father name was Jawinder Singh and mother's name was jasveer kaur. Arshdeep kaur studied up to class 10th from law foundation school, sangrur. Arshdeep kaur started throwing discus throw in Athletic in 2017 under the leadership of Harminderpal singh Ghuman.

Achievements

Event Discus Throw

Sr. No	Tournament	Place	Year	Position
1.	64 th Punjab Athletics Championship under (16 teen)	Ludhiana	2018	Gold Medal
2.	64 th National School Games under (14 teen)	Rohtak	2019	Bronze Medal
3.	94 th Junior Open Punjab Athletics championship	Ludhiana	2019	Gold Medal
4.	35 th National Junior Athletics Championship	Andra pardesh	2019	Bronze medal
5.	65 th Punjab Athletics Championship	Sangrur	2019	Gold Medal

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6.	3 rd Khelo Youth Games	Guwahati	2020	Finalist
7.	36 th National Junior Athletics Championship	Guwahati	2021	Bronze Medal
8.	95 th Junior Open Punjab Athletics Championship	Sangrur	2021	Gold Medal

4. Iqbal Singh



Iqbal Singh was born on 13 November 1999 in village heron kalan tehsil & District Mansa. Iqbal Singh's father name sh. Buta Singh and mother's name Ranjit Kaur. Iqbal Singh studied from shaheed Bhai Dayala Singh Senior Secondary School Longowal to Class 10th. Iqbal Singh started preparing for the shot put with Harminderpal Singh Ghuman in 2017.

Achievements

Event Shot Put

Sr. No	Tournaments	Place	position
1.	1 st U23 Punjab Athletics Championship	Sangrur	Gold Medal
2.	Inter College Punjabi University	Patiala	Gold Medal
3.	1 st U23 North Zone Athletics Championship	Sangrur	Silver Medal
4.	U 20 Junior Punjab Athletics Championship	Ludhiana	Gold Medal
5.	Junior Federation Cup Athletics	Tiruvannamalai	Bronze Medal

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	Championship		
6.	National Junior Athletics Championship	Vijayawada	Participation

5. Armandeep Singh Pandher



Armandeep Singh Pandher was born on 30 June 2006 in village sharmajra district Sangrur. Armandeep Singh 'father name was Gagandeep Singh mother's name was Ramandeep Kaur.

Achievements

Event Shot Put

Sr. No	Tournaments	Place	Year	Position
1.	32th North Zone Athletics Championship	Meerut	2021	1 st position
2.	95 th Junior open Punjab Athletics Championship	Sangrur	2021	1 st position
3.	District School Games	Ludhiana	2019	Gold Medal

Conclusion

It is clear from above mentioned achievements that the five selected players of Harminderepal Singh Ghuman have made a significant contribution to Indian athletics both nationally and internationally. In the end, it is concluded that Harminderepal Singh Ghuman has made significant contributions to Indian Athletics both nationally and internationally.

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