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An eminent athlete Dharam Singh Uppal: A case study

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Abstract

The purpose of the study was to highlight the contribution and achievement of Mr. Dharam Singh Uppal toward the promotion of the athletics. Data for the investigation was derived from primary and secondary sources. The focus was mainly around the family background, education qualification, achievement, awards and professional career. Data for the investigation was collected through primary and secondary sources up to May, 2011; through interview and self-made questionnaires contribution achievements leadership qualities and responsible of Mr. Singh. The study would be a value able in addition to the Professional literature in sports and physical education. This study will be significant to motivate the new sports generations and inspire the other police recruits. A case study was design to investigate the contribution and achievement of Mr. Singh and also to study his philosophy with regard to sports as a profession in India and to enlist leadership and administration quality of Mr. Singh. Self made questionnaire was used to personal and professional information.

Keywords: Athletics, Punjab Police, India, Medal, Coach, Meter.

1. Introduction

Mr. Dharam Singh Uppal is one of the eminent personalities of Indian sports. Besides being the best athlete of 1982 Punjab Police athletic meet held at P.A.P Jalandhar. Mr. Singh has many glorious achievement and records in athletics. Mr. Singh was born in an ordinary family of late S. Ajaib Singh and late Smt. Kulwant Kaur on 21st July 1958. Mr. Singh is working as Superintendent of Police at Saheed Bhagat Singh Nagar. Mr. Singh has 4 brothers and 2 sisters. His first coach in athletics was his own brother and under his supervision and guidance, Mr. Singh worked hard to become a good athlete. The aim of the present study was to highlight the contribution of Mr. Singh towards the promotion of the Athletics. The study will be a valuable addition to the Professional literature in sports and physical education and will be significant factor to motivate the new sports generations and inspire the young police recruits.

Methods

Data for the investigation was collected through primary and secondary sources up to May, 2011. Interview and self-made questionnaires were also used to collect data from family members, friends and coaches.

Collected Information

Mr. Dharam Singh Uppal was born in an ordinary family of late S. Ajaib Singh and late Smt. Kulwant Kaur on 21st July 1958. Mr. Singh is working as Superintendent of Police at Saheed Bhagat Singh Nagar. Mr. Singh ha 4 brothers and 2 sisters. His first coach in athletics was his own brother and under his supervision and guidance, Mr. Singh worked hard to become a good athlete.

Mr. Singh started his schooling from his native place, village Fathu Bhillia, Tehsil Majitha, Dist Amritsar. Mr. Singh has completed his high school in 1975-76 from Govt High School Thali Sahib, Dist Amritsar. During school, Mr. Singh was least interested in sports. After Metric completed Mr. Singh joined B.S.F. During working in B.S.F, he came under the keen observation of S. Raj Deep Singh Gill in 1981. S. Rajdeep Singh Gill took his performance test in which Mr. Singh performed his best in 800 meters and 1500 meters. Being impressed with the performance of Mr. Singh, S. Gill has brought him in the notice of SSP Ludhiana and he

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accepted his case. Mr. Singh joined Punjab Police as constable and resigning from BSF. In Punjab Police, Mr. Singh has started his career in athletics. He bagged first position in 1500 meters race in first Punjab state meet in 1982 held at Kapurthala. After 1982, Mr. Singh broke the 27 year old record of 800 meters. Mr. Singh also secured gold in 1500 meters and 3000 meters steeple chase in 1982 games at PAP Jalandhar. Mr. Singh had done Giani in 1991 and then Graduation from Panjabi University Patiala in 1995. In 1984 during training in Jahankhelan, Mr. Singh again becomes best athlete of Punjab Police in 400 meters, 800 meters and 1500 meters race and then D.G.P Mr. Pritam Singh Bhinder promoted him as an A.S.I in 1984. After his care being persecuted to him again by SSP, S. Raj Deep Singh Gill. In 1986 national games were held at Delhi when Mr. Singh secured first position in 800 meters race and 1500 meters race. Again In 1986 all India police games held at Ashwani stadium Jalandhar, Mr. Singh won silver medal in 1500 meters race. In 1986 S.A.F games were held in Bangladesh and Mr. Singh secured silver medal for India in 1500 meters race and the same year Mr. Singh also participated in national championship at Agartala enhance stood first in 800 meters and second in 1500 meters race and this year Mr. Singh got promotion as an S.I. In 1987 first state competition was held in Madhuban (Haryana) and Mr. Singh secured first position in 800 meters and 1500 meters. In 3000 stipple chase Mr. Singh bagged third position and was again declared as the best athlete. In 1987 Mr. Singh joined national camp for the first time. Due to a major accident in 1987, Mr. Singh could not carry on with his sports and have concentrate more on police activities. In 1987 Mr. Singh got promotion as a Station House Officer and his Station House Officer his first posting was at Bhatinda and that time S. Raj Deep Singh Gill was working as an S.S.P (Bhatinda) and Mr. Singh learnt administrative skills from S. Raj Deep Singh Gill. Mr. Dharam Singh Uppal also

posted as a Station House Officer in Kotwali Bhatinda, Sadar Bhatinda, Talwandi Sabo, Sadar Mansa, Rampura Bhatinda. Mr. Singh got President Police Medal for Gallantry in 1994 and after that in 1995 Mr. Singh became Deputy Superintendent of police posted as a Deputy Superintendent of Police at Bathinda, Jalandhar, Hoshiarpur, Kapurthala districts of Punjab. Mr. Singh got Life Time Achievement Award from Chief Minister S. Parkash Singh Badal on 15 August 2007 and Mr. Singh was awarded Director General of Police Commendation Disc by P.S Gill on 13 January 2010. Mr. Singh was awarded President's Police Medal for his meritorious service on 15 August 2010 and after that in 2010 Mr. Singh became Superintend of Police Detective at Sheed Bhagat Singh Nagar. Mr. Dharam Singh Uppal won several medals for the state as well for the country. Under the supervision and guidance of D.D. Swami and G.S. Gahi, Mr. Singh has participated in many National and International competition in Athletics. In practice session his routine was to run for 15 to 20 km. Every week Mr. Singh complete cross country for at least 2 or 3 times. As a part of his preparation, Mr. Singh used to 150 meters, 300 meters, 500 meters, and 1000 meters. Talking about his personal life Mr. Singh got married on 18th January 1988 to Mrs. Sukhvir Kaur. They have two children Ramneet Uppal and Raveena Uppal. At present, Mr. Dharam Singh Uppal lives at Jalandhar with his family. Besides being a good athlete and administrator, Mr. Singh is also a very good human being. Mr. Singh is always ready to help the needy people. He is very cooperative, which makes him a loveable police officer among masses.

Table 1.1: Asian Games

Year	Event	Competition	Venue	Medal
1986	1500 Meters	S.A.F Games	Dhaka (Bangladesh)	Silver

Table 1.2: All India Represented

Year	Event	Competition	Venue	Medal
1983	1500 Meters	Amateur Athletic Federation of India	Calcutta	Silver
1984	1500 Meters	Amateur Athletic Federation of India	New Delhi	Bronze
1984	800 Meters	3 rd All India Harpreet Singh Dollar Memorial Athletic Meet	Sangrur	Gold
1984	1500 Meters	3 rd All India Harpreet Singh Dollar Memorial Athletic Meet	Sangrur	Gold
1986	800Meters	Amateur Athletic Federation of India	Agartala	Gold

Table 1.3: Police Games (Represented Punjab Police)

Year	Event	Competition	Venue	Medal
1982	400 Meters	Combined Range sports and Athletic Meet	Jahan Khelan	Gold
1982	1500 Meters	Combined Range sports and Athletic Meet	Jahan Khelan	Gold
1982	4x400 Meters Relay	Combined Range sports and Athletic Meet	Jahan Khelan	Gold
1982	3000 Meters Steeple Chase	Combined Range sports and Athletic Meet	Jahan Khelan	Gold
1982	1500 Meters	XXIX Punjab State Police Games	Ludhiana	Gold
1982	800 Meters	XXIX Punjab State Police Games	Ludhiana	Gold
1982	3000 Meters Steeple Chase	XXIX Punjab State Police Games	Ludhiana	Gold
1983	4x400 Meters Relay	Combined Range Sports and Athletic Meet	Jahan Khelan	Gold
1983	800 Meters	Combined Range Sports and Athletic Meet	Jahan Khelan	Gold
1983	3000 Meters Steeple Chase	Combined Range Sports and Athletic Meet	Jahan Khelan	Gold
1983	1500 Meters	Combined Range Sports and Athletic Meet	Jahan Khelan	Gold
1983	800 meters	XXXII All India Police Games	Bhopal	Silver
1983	1500 Meters	XXXII All India Police Games	Bhopal	Silver
1984	3000 Meters Steeple Chase	Police Training College Northan Zone	Phillaur	Gold
1984	400 Meters	Police Training College Northern Zone	Phillaur	Gold
1984	800 Meters	Police Training College Northern Zone	Phillaur	Gold
1984	3000 Meters	Police Training College Northern Zone	Phillaur	Gold
1984	4x400 Meters Relay Race	Police Training College Northan Zone	Phillaur	Silver
1984	400 Meters Low Hurdle	Police Training College Northan Zone	Phillaur	Gold
1984	1500 Meters	XXXIII All India Police Games	Jalandhar	Gold

Year	Event	Competition	Venue	Medal
1984	800 Meters	XXXIII All India Police Games	Jalandhar	Gold
1985	800 Meters	XXXII All India Police Games	Trivandrm	Gold
1985	1500 Meters	XXXII All India Police Games	Trivandrm	Gold
1986	800 Meters	XXII Punjab Police Games	Jalandhar	Bronze
1986	4x400 Meters Relay	XXII Punjab Police Games	Jalandhar	Bronze
1986	1500 Meters	XXII Punjab Police Games	Jalandhar	Silver
1986	3000 Meters Steeple Chase	XXII Punjab Police Games	Jalandhar	Gold
1986	800 Meters	XXX All India Police Games	New Delhi	Silver
1986	1500 Meters	XXX All India Police Games	New Delhi	Gold
1987	800 Meters	XXXVI All India Police Games	Madhuban	Silver
1987	1500 Meters	XXXVI All India Police Games	Madhuban	Gold

Conclusions

Mr. Singh belongs to a middle class family. His father was a farmer. Investigator feels that this study will motivate all sports person and physical education students to participate in athletics and other sports with full dedication and determination to develop sports of India. This study is regards to Mr. Singh for a lot of contribution in development of athletic in India. Singh participates in S.A.F games and secured Silver medal. Mr. Singh also participate five time all India competition and won Gold and Silver medals. Mr. Singh represented Punjab Police in all India Police games 1983 to 1987 and won many Gold and Silver medals. Mr. Singh joined Punjab Police in 1981 as a constable. Mr. Singh has received President Gallantry Police medal, life time achievement award, meritorious service award and D.G.P Commendation Disc award.

Mr. Singh has a great passion for athletic and a very hard working, discipline, good learned man. Mr. Singh is give respect and honors to people who work hard with honesty and great respect and love for all people. Mr. Singh always tried to better facilities and eminent athletic coaches to upcoming athlete.

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