



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2016; 3(4): 66-67
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www.kheljournal.com
Received: 10-05-2016
Accepted: 11-06-2016

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A Case study of life, professional career and contributions to Indian Badminton of Arjuna Awardee Dinesh Khanna

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Abstract

The purpose of this study was to highlight the contributions and achievements of Arjuna Awardee Dinesh Khanna towards Indian Badminton, to enlist his professional leadership qualities and to study his philosophy with regards to Indian Badminton. The data for investigation were derived from personal records, pictorial records, published material and secondary sources. Survey technique was used to obtain responses and reactions about Arjuna Awardee Dinesh Khanna from eminent sports persons, coaches and physical educationist from all over the country through opinion rating questionnaire to get desired information. Dinesh Khanna One of the leadings lights of the Indian Badminton. The only Indian to win the Asian Badminton Confederation Championship at Lucknow in 1964, Dinesh Khanna was one of the best defensive players in world.

Keywords: Indian Badminton, professional, contributions, Championship

1. Introduction

Sport is an activity that is governed by a set of rules or customs and often engaged in competitively. Used by itself, sports commonly refer to activities where the physical capabilities of the competitor are the sole or primary determiner of the outcome (winning or losing), but the term is also used to include activities such as mind sports and motor sports where mental acuity or equipment quality are major factors. Sports are used as entertainment for the player and the viewer. It has also been proven by experiments that daily exercise increases mental strength and power to study.

Badminton is a competitive game. Players compete against each other whenever they go on to the court to play a game. If winning is of primary importance in competition then the performance the players gives in the game is the determining factor in winning. The criteria for evaluating a performance includes the player's skill i.e. his strokes or tactical ability, his fitness i.e. his speed, agility, strength, or his attitude i.e. his determination, concentration etc.

Methodology

A case study was designed to investigate the contributions and achievements of Arjuna Awardee Dinesh Khanna towards the promotion of Badminton in the country and also study his philosophy with regards to sports as a profession in India, his quality as a player, his contribution for the game and national and international level.

Data/ Information for this investigation were derived from the primary and secondary sources. Personnel records of Arjuna Awardee Dinesh Khanna were investigated such as degrees, honours, articles and books and desired information/facts were derived for analysis purpose. Various Pictorial records of Arjuna Awardee Dinesh Khanna were investigated. Some of the photographs relevant to different occasions were chosen as documents for this study. Published materials about Arjuna Awardee Dinesh Khanna, such as books, newspapers, and articles were studied and information retained as documents for the investigation. The investigator personally contacted Arjuna Awardee Dinesh Khanna for the interview and conducted the interview with well-prepared questionnaire. The focus of the interview was mainly around family history, environmental influence, childhood, education. Survey technique was also used to obtain responses and reactions from some selected eminent sports

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Personalities from all over the country who could not be interviewed as per limitations of the study.

Opinion Rating Questionnaire on Arjuna Awardee Dinesh Khanna was constructed with the help of experts. Questionnaire consisted of mainly on Arjuna Awardee Dinesh Khanna's personality, Dinesh Khanna as a player, his views on the promotion of sports, and his administrative skills.

To acquire information on training, motivation, competition strategies, diet, anxiety, personality and social factors that influenced his performance, standardized psychological tests as suggested by experts in the field of Sports Psychology and Physical Education were conducted Arjuna Awardee Dinesh Khanna.

1. Eysenck Maudsley Personality Inventory (M.P.I)
2. Sports Competition Anxiety Test (SCAT)
3. Inventory of Factors Influencing Sports Career (IFISC)
4. Sports Achievement Motivation Test (SAM)
5. Sports Orientation Questionnaire (SOQ)
6. Trait Sports Confidence Inventory (TSCI)
7. Mental Toughness Questionnaire (MTQ)

Arjuna Awardee Dinesh Khanna's Sports Achievements

- Played for India in various International Tournaments in India and abroad for 15 years from 1961 to 1976. This includes all the 5 Thomas Cup series held between 1963 and 1976.
- Won Men's Singles Crown in the Asian Badminton Championship held at Lucknow, 1965, the only Indian to win this title till date.
- Won Bronze Medal in Men's Singles in Commonwealth Games held at Kingston, Jamaica in 1966.
- Winner Men's Singles in Senior National Championship held at Jaipur, 1966.
- Reached the semi- final of Men's Singles in All England Badminton Championship, 1966.
- Won Bronze Medal in 1974 Asian Games Team Championship held at Tehran.
- Won Petroleum Sports Control Board Men's Singles Title Four Times between 1979 and 1983.
- Won Petroleum Sports Control Board Veteran Singles Title Five Times.
- Won Gold medal and two Silver medals in International Tournaments held in Germany and Silver Medal in the World Masters Tournament held in Denmark.

Awards Won by Arjuna Awardee Dinesh Khanna

- Recipient of Arjuna Award in 1965.
- International Badminton Federation Meritorious Award.
- Sharma Award by Badminton Association of India for most sporting player of the Year.
- Recipient of Lifetime achievement Award of Petroleum Sports Promotion Board.

Conclusion

1. Arjuna Awardee Dinesh Khanna is the only Indian who won the Asian Badminton Championship till date.
2. Arjuna Awardee Dinesh Khanna is famous in the world of Badminton as "Returning machine".
3. Dinesh Khanna is among the best Badminton player India has ever produced.
4. He is a thoroughly committed professional.
5. Dinesh Khanna has contributed a lot for the promotion of sports in India.
6. He is very, honest, dedicated and strict disciplinarian.
7. He is mentally very tough.

Arjuna Awardee Dinesh Khanna possesses great ideas to promote Badminton.