



A Review Study on Indian Athlete Milkha Singh

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Abstract

The current study throws light on Sardar Milkha Singh, an Indian track and field athlete and recipient of the Padma Shri award, and his significant contributions to the world of sports. The book "The Race of my Life," written by Milkha Singh and his daughter Sonia Sanwalka, was published in 2013. Life situations were used as the foundation for this study. This study examines how, despite facing numerous challenges and setbacks, Milkha Singh rose to become the most well-known name in all of athletics.

Keywords: Milkha Singh, 1956 Melbourne Olympics, 1958 Commonwealth Games, Padma Shri Award

Introduction

One of the most significant sporting activities that demonstrates complete control over one's physical, mental, and emotional states is track and field competition. A unique environment for our level of physical and mental health is created by sports. In addition to this, 100% balance of mental toughness has also been regarded as being crucial in resurrecting success, along with physical power. Sports are the only medium through which cultural and national values can be shared, and they are also thought to be necessary for a stable society. The international fraternity occasionally hosts a variety of tournaments with the aim of promoting sports. Programs like Khelo India, the Hockey League, the Cricket Cup, the Pro Kabaddi League, etc. are being implemented in India as well as serving as the best examples of how to increase player competition. Based on the life of Milkha Singh, the study was given by prominent sports figure. Numerous young people and athletes in the nation find inspiration in Milkha Singh's records, which also serve as a source of motivation for athletes from other countries.

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Objectives

This study's primary goal is to evaluate Milkha Singh's contributions to and accomplishments in the Indian sporting community.

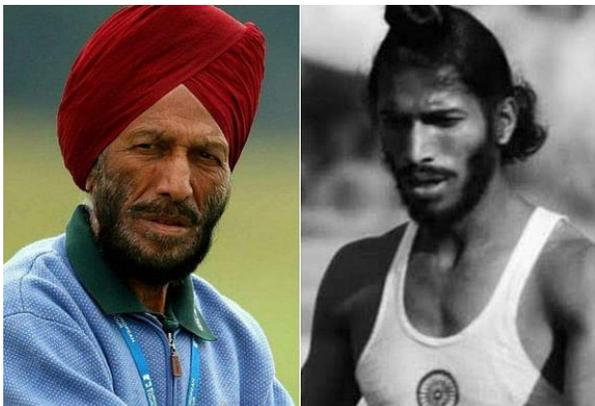
Study material

The knowledge presented in the biography of Milkha Singh, The Race of My Life, which was published, has been used as the foundation for secondary sources in order to accomplish the goal of the current study.

Introduction to Milkha's early years

Milkha Singh was born on November 20, 1932, into a Sikh family in Govindpura, a small village in the Kot-Abu tehsil of the Muzaffargarh district of modern-day Pakistan. This information comes from Milkha Singh's autobiography. Mother Chawli Kaur was a woman with a very simple disposition, while Milkha Singh's father Sardar Sampooran Singh was a professional zamindar. One of his eight siblings was Milkha Singh. Eight children and their father used to reside in a mud hut, according to Milkha Singh. Early in life, Milkha Singh experienced many difficulties and problems. Milkha Singh received his early education in an open, natural setting, among the woods. The 1947 Indian partition had a particularly detrimental effect on Milkha Singh's life. Milkha Singh goes into more detail in this book about how Muslims, Sikhs, and Hindus were forced to suffer the burden of the split. They were obliged to leave their home country and travel to India because of communal unrest and significant crimes committed by fanatics, such as murder, robbery, kidnapping, forced conversion, etc. During this partition, the zealots killed every member of Milkha Singh's family. When Milkha Singh and his sister Ishri arrived in India, they were forced to reside in refugee homes in Ferozepur with other polarised individuals.

It is also evident that Milkha Singh was influenced by his brother Makhan Singh. In the army, Makhan Singh was a soldier at labour. And it was because of this that Milkha Singh was able to be chosen for the army in November 1952.



Milkha Singh, a former soldier who now runs,

Milkha Singh's posting was changed from Kashmir to Srinagar and then to Secunderabad, the Corps Headquarters of the EME centre, as soon as he joined the army. His life started to be influenced by military disciplinary traits as soon as he entered the army. At CME Secunderabad, Milkha Singh started to transition from a soldier to an athlete.

Milkha Singh won the 400-meter sprint during the military brigade meeting that was held here in December 1954 in 52 seconds, shocking both onlookers and senior military personnel. He had to settle for second place in

the 400-meter category at the 2nd Brigade meeting the very next month, in January 1955, finishing the race in 50 seconds.

Because of his outstanding performance, Milkha Singh was given the opportunity to compete in the 400-meter competition at the Army's Southern Command in Poona. Milkha Singh won this race in 49.4 seconds and took first place, which made him the favourite athlete of military officers and jawans in all upcoming competitive races. Due to Milkha Singh's outstanding performance, he was also guaranteed a spot at the Patiala-hosted 1956 National Games. Milkha Singh, however, finished fourth in the 400-meter event just two days before the tournament began as a result of a rock getting trapped in his leg during practise.

Alex Silaria won this tournament, followed by Harjit Singh and Joginder Singh in that order.

Despite how much this failure hurt Milkha Singh, luck was on his side, and he was chosen for the three-weekly training centre thanks to Maharaja Yadendra Singh's recommendations. The organisation of the Australian Olympic Games would undoubtedly begin at this training facility.

During practise, Milkha Singh received advice from seasoned athletes as well as the greatest coaches, and as a result, Milkha Singh transitioned from being a national player to an international one. Milkha Singh won the Trials Race, beating over many well-known and seasoned competitors including Joginder Singh and Harjit Singh, to earn a spot in the Melbourne Olympics. As a result, one of Milkha Singh's biggest achievements, his selection for the Olympics, had inspired not only him but the entire country.

Achievements of Milkha Singh

1. 1956 Melbourne Olympics

Melbourne, Australia was chosen to host the Olympic Games in 1956. India's athletic squad was likewise under the direction of Milkha Singh. Milkha Singh competed in the race in the 200-meter and 400-meter men's divisions, however he was unsuccessful in both of those races. More than 150 seasoned competitors from India and beyond competed in the 400 metre race, according to Milkha Singh. Milkha Singh blamed his lack of experience for his failure.

2. Commonwealth Games of 1958

Milkha Singh became even more resolute after his Olympic failure in Melbourne in 1953. The success of Milkha Singh in the Commonwealth Games held in Cardiff, the capital of Wales, was the consequence of arduous training and the ambition to take home a gold. Among his competitors, Milkha Singh defeated John McCissack of Scotland, Clive Tobacco of Canada, John Salisbury of English ancestry, and Malcolm Spence to win the 440-meter race in 46.6 seconds. And he became well-known as the sportsperson who brought independent India its first gold medal. The beginning of India's athletic era was heralded by Milkha's gold medal,

according to the entire globe. When Milkha returned after receiving the award, he was welcomed with open arms, and the then-prime minister Jawaharlal Nehru granted his request by declaring a day a national holiday. This achievement had multiple meanings since it allowed India to establish itself as a country that had won a gold medal.

3. National Games 1958

Milkha also won the 200 m and 400 m in the 1958 National Games in Cuttack, Odisha. He not only set a new national record but also took home two gold medals in the race.

4. 1958 Asian Games

Early in May 1958, the Asian Games got under way in Tokyo. India was being represented by Milkha Singh. In addition to winning the 400-meter gold medal, Milkha Singh also set an Asian mark, finishing in 45.6 seconds.

| Years | Medals | Events | Categories |
|-------|--------|------------------------|--------------|
| 1958 | Gold | Asian Games | 200m |
| 1958 | Gold | Asian Games | 400m |
| 1958 | Gold | Cuttack National Games | 400m |
| 1958 | Gold | Cuttack National Games | 200m |
| 1958 | Gold | Common Wealth Games | 400m |
| 1962 | Gold | Asian Games | 4x400m Relay |
| 1962 | Gold | Asian Games | 400m |
| 1964 | Gold | Cuttack National Games | 400m |

Table 1 Achievements of Milkha Singh in various running events

Milkha Singh's victories in various running contests are given in Table 1, from which it can be deduced that he was the only athlete in the history of track and field to consistently take home the gold medal from 1958 to 1964. All of Milkha Singh's medals are gifts to India. Because of this, all of the medals he received were stored in the Jawaharlal Nehru Stadium in Delhi and eventually moved to the Patiala Museum. It is also possible to refer to this moment as Milkha Singh's athletic career's zenith. This has helped inspire people all throughout the world, not only Indians.

Conclusion

After carefully examining the aforementioned study, it is clear that Milkha Singh underwent many phases in life that had an impact on players all over the world. His life story has been used as an illustration of the biggest source of motivation for young people in India. The name Milkha Singh has come to represent triumph over adversity.

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The Padma Shri, the third-highest Padma award given in India, was given to Milkha Singh; his name was also included in the announcement of the Padma Awards for the year 1959 by the Government of India.

6. 1960 Olympics in Rome

Although Milkha Singh's performance in his second Olympics fell short of expectations, his new 400m national record of 45.6 seconds was unbeatable for the next forty years. Milkha Singh set a new national record at the Rome Olympics, finishing in 45.73 seconds, just 0.3 seconds behind the South African runner for the bronze medal. Milkha Singh qualified for the Tokyo Olympics in 1964 by winning two gold medals at the Asian Games in Jakarta in 1962. Gold medalist in the 400-meter event and the 4x400-meter relay.

2. The Flying Sikh nearly won a medal in the 400m race at the Rome 1960 Olympics - but ultimately missed out., <https://www.google.com/amp/s/olympics.com/en/feature-news/1960-rome-olympics-milkha-singh-400m-race-finished-fourth-national-record>
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