



## JYOTIRMOYEE SIKDAR AN ANALYSIS OF ATHLETIC PERFORMANCE AND IMPACT

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### Abstract

*There are benefits to being an athlete. You can learn about self-control, diligence, and cooperation from it. Additionally, it can support the improvement of your mental and physical health. Naturally, it may also be a lot of fun! Jyotirmoyee Sikdar, the recipient of the Padma Shri and Arjuna awards, is not only an Olympian and two-time gold medallist from the Asian Games, but she also paved the way for Indian middle-distance running by redefining its potential. Her achievements in the 800 and 1500 metres at the 1998 Asian Games sparked a generation of athletes, particularly women, to become passionate about the sport, and her subsequent entry into politics demonstrated her commitment to making a positive societal impact off the track. Sikdar's narrative is one of perseverance, motivation, and leaving a legacy that encourages sportsmen to pursue their goals both on and off the pitch. This study's primary goal is to talk about the athletic abilities of Olympian athlete Jyotirmoyee Sikder, winner of the Padma Shree Arjuna Award.*

**Keywords:** *Jyotirmoyee Sikdar, Athletic Performance, Olympic Games, Athlete, Sports.*

### 1. INTRODUCTION

Born in India on December 11, 1969, Jyotirmoyee Sikdar is an Indian legislator and former rival. That day she was brought into the world. She represented the Socialist Coalition of India (communist) in Krishnagar as a member of parliament during the fourteenth Lok Sabha.

Jyotirmoyee Sikdar, an Indian participant, has brought honour to his nation by returning with gold medals from the 1998 Asian Games held in Bangkok. At that moment, she started working on legislative matters and went on to become a well-known lawmaker when, running on the Socialist Party of India's platform, she won the 2004 Lok Sabha election from the Krishnagar constituency in West Bengal. An Indian politician and rival, Jyotirmoyee Sikdar was a well-known person. She represented the province of West Bengal as an individual member of parliament for the Krishnagar Lok Sabha body electorate during the fourteenth Lok Sabha meeting. She is a member of the Communist Party of India's Socialist Faction and has connections to it. In the 2009 Lok Sabha election, she ran once more for the Krishnanagar body electorate, however she was unsuccessful in gaining a seat in that mentality for the short time.



**Figure 1:** Indian athlete Jyotirmoyee Sikdar

She won the 1995 Asian Sports Titles 800-meter race. She sprints centre distance. Her 1998 Asian Sports Titles bronze medals in the 800 and 1500 metres and 1998 Asian Games gold medals in both events were her accomplishments. Sikdar, 51, seized the saffron flag from state president Dilip Ghosh as he accepted Union Home Minister Amit Shah's virtual convention with West Bengalis today. Former centre distance sprinter who won the 1998 Asian Sports Titles and gold medals at the 1998 Asian Games in Bangkok, he entered politics in 2004 and won a seat in the Indian Parliament from Krishnanagar on the communist ticket of the Socialist Faction of India (M). She defeated Satyabrata Mukherjee, a BJP candidate and Association Pastor of Synthetic Compounds and Manures. Sikdar was linked to former sports minister Subhas Chakraborty. During the 2016 Assembly election, she campaigned for CPI(M). However, she lost the 2009 Parliamentary survey to Tollywood celebrity and greenhorn Tapas Pal.

### 1.1.Objectives of the Study

- To talk about the athletic abilities of olympian jyotirmoyee sikder, recipient of the padma shree arjuna award.
- To gather information via surveys and interviews, evaluate sikdar's playing prowess, competitiveness, and team leadership qualities, then apply content analysis to the data.



## 2. LITERATURE REVIEW

**Theodorakys Marín Fermín (2022)** studied Musculoskeletal injuries made for 9.2-11.9% of Global Championship injuries in the recent decade, according to distance runners. Recurrence of lower limb injuries ranges from 19.4% to 79.3%, and it can reach 92.4% when other body parts are considered. Over 33% of recreational runners suffer an injury over the season. Low-limb injuries are most common (thigh 3.4-38.1%, knee 7.2-half, lower leg 9-32.2%, and foot 5.7-39.3%) and reoccur similarly across sexes. 69.1-69.8% of long-distance runners could experience overuse injuries, while approximately 50% could sustain severe injuries. Except for Achilles tendinopathies, marathon runners' injury data is lacking. This is especially true when comparing athletes' execution. Avoidance efforts should focus on screening athletes who are competing in long-distance races during the season and one month before the event. A healthy and menstrual history meeting with the female rival should be part of this screening. To prevent knee issues, instructing athletes to run 64 kilometres per week, stretch, and increase preparation distances may work.

**Pralay Bhar (2022)** experienced traditional sports and games may build a culture. Our intangible heritage and cultural diversity are represented by these activities. Kabaddi and Kho-Kho have been important indigenous professional sports in India from school to international level. Due to demand, indigenous games have a positive reputation and are increasingly entertaining viewers. This research seeks to understand Indian Kabaddi and Kho-Kho players, coaches, and their contributions to the nation. The Indian government offers five unique sports prizes to athletes for their outstanding performance and accomplishments. Researchers examined the presentation of Kabaddi and Kho, two sports with different global awards. The Ministry of Youth Affairs and Sports has given 934 Arjun prizes in 61 years, but just 52 have gone to Kabaddi and Kho players. Both games are on the right track to succeed.

**Vladimír Bačík (2021)** aimed to create a database of Olympic medal winners from the most recent Summer Olympics, which took place in 1896 and 2016, and then provide that information to the individual athletes. In this study, we examined historical data through the lens of a unique technique; more precisely, we saw each Olympic medalist as an individual competitor who received an Olympic decoration. The outcomes are displayed on a chart that shows the total number of medalists from each nation that expressed interest. A total of 24287 contestants obtained the 33152 Olympic medals that are included in the database. We reported these medals collectively. These represented a total of 149 countries, some of which have disintegrated due to shifts in global circumstances that have occurred throughout the past century. A thorough evaluation of all the awards issued both at the state and individual sport levels may be found on the website, and it is a crucial component of the submitted work.



**Dhiren Singh Ningthoujam (2021)** viewed the movement to bring Manipur an Olympic Games started to gain momentum in the 1970s of the previous century after Nongthombam Maipak Singh placed fifth overall in the international fitness competition held in Paris, France, in 1972. Even though it was everything but an Olympic Games, his accomplishment served as a springboard for the young people of Manipur. During the 1984 Olympic Games in Los Angeles, the US Olympic Panel started delivering Olympians. The association has produced 19 athletes as of the Tokyo Olympics, including one three-clock, one group commander, and three scammers. The Indian Public Authority awarded noteworthy prizes for participants who had advanced exceptionally well on an annual basis. 19 Arjuna Grants, 2 Rajiv Gandhi Khel Ratna Grants (also known as the Major Dhyan Chand Khel Ratna Grant), 5 Padma Shree Grants, 1 Padma Bhusan, 1 Padmavibhusan, 1 Dronacharya Grant, and 1 Dhyan Chand Grant victors have all been developed by Manipur up to this point.

### **3. RESEARCH METHODOLOGY**

This qualitative study examines Jyotirmoyee Sikdar's athletic performance and leadership. For complete data collection, formal interviews and open-ended questionnaires are used. The study technique uses many data collection methods for dependability and validity. Content analysis is the main data analysis method for primary and secondary sources.

#### **3.1. Sample technique**

For the purpose of selecting the sample for the investigation, snowball sampling is utilised. Because the sample includes members of Jyotirmoyee Sikdar's family, as well as teachers, coaches, co-workers, teammates, and trainees, the total number of people who responded to the survey was 120.

#### **3.2. Data Collection**

Structured interviews with selected participants focus on Sikdar's personality, physical talents, motivational factors, and environmental effects. An open-ended questionnaire is also given to learn about Sikdar's qualities and accomplishments. Secondary data comes from books, papers, and government records.

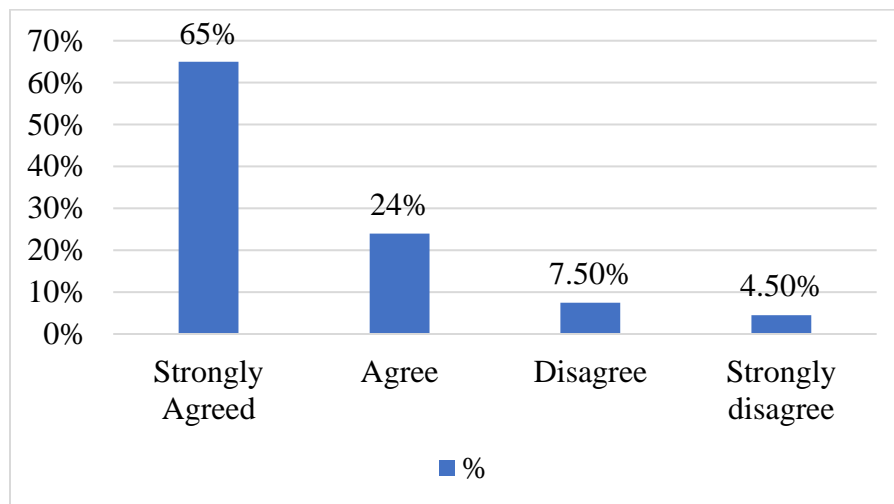
#### **3.3. Tools for collecting Data**

In-person interviews with selected participants use a well-prepared questionnaire. To reach more individuals, an open-ended questionnaire is used. Also, famous athletes and co-workers are surveyed. Sikdar's athletic performance and leadership are examined using case study methods.

### **4. DATA ANALYSIS**

**Table 1:** She never loses her competitive spirit

Opinion	Respondents	%
Strongly Agreed	78	65%
Agree	28	24%
Disagree	9	7.5%
Strongly disagree	5	4.5%
<b>Total</b>	<b>120</b>	<b>100%</b>



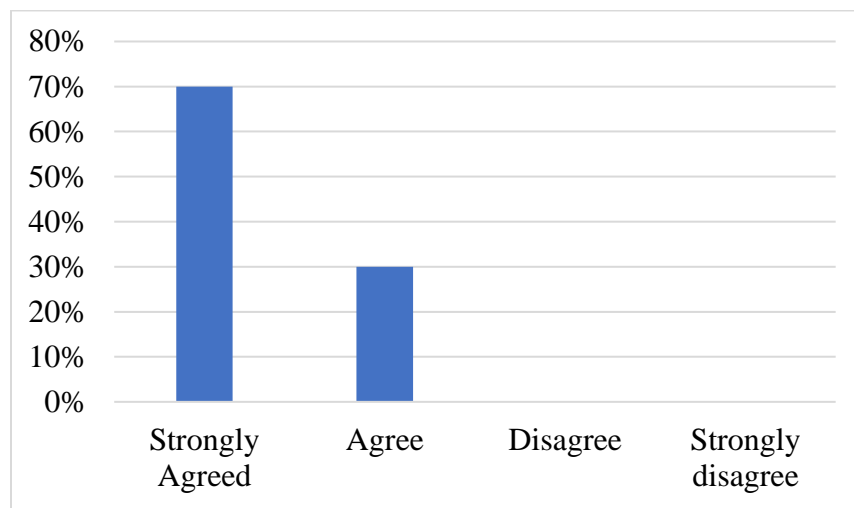
**Figure 1:** She never loses her competitive spirit

This table 1 shows respondents' perspectives on Jyotirmoyee Sikdar's competitiveness. Most responders (65%) strongly agreed that she never loses her competitive spirit, recognising her dedication and tenacity in competitive endeavours. 24% agreed, confirming Sikdar's competitive nature. Only 7.5% disagreed, reflecting a minority position. A small percentage of responders (4.5%) strongly disputed that Sikdar lacks a continuous competitive attitude.

**Table 2:** She has exceptional playing abilities

Opinion	Respondents	%
Strongly Agreed	84	70%

Agree	36	30%
Disagree	0	0%
Strongly disagree	0	0%
<b>Total</b>	<b>120</b>	<b>100%</b>

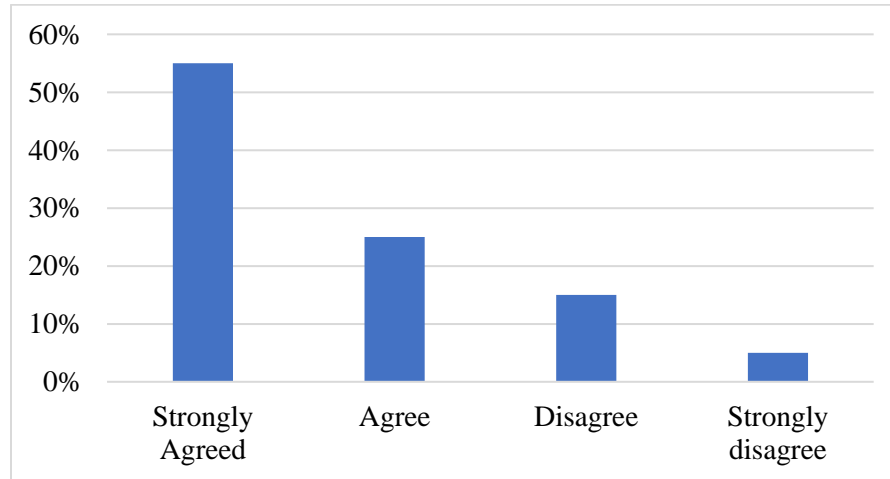


**Figure 2:** She has exceptional playing abilities

Table 2 shows respondents' comments on Jyotirmoyee Sikdar's playing. Her sporting talent was recognised by 70% of respondents, who firmly agreed that she plays well. This assertion was supported by 30% of respondents, confirming Sikdar's exceptional ability. No one disagreed or strongly disagreed, showing everyone agreed on Sikdar's playing talents.

**Table 3:** She is one of her team's best captions

Opinion	Respondents	%
Strongly Agreed	66	55%
Agree	30	25%
Disagree	18	15%
Strongly disagree	6	5%
<b>Total</b>	<b>120</b>	<b>100%</b>



**Figure 3:** She is one of her team's best captions

Table 3 shows respondents' perspectives on Jyotirmoyee Sikdar's leadership. Sikdar's team leadership was recognised by 55% of respondents who strongly agreed with this assertion. Additionally, 25% of respondents agreed, supporting Sikdar's team captainship. However, 15% of respondents disagreed, reflecting a minority stance on the issue. Additionally, 5% of respondents strongly disagreed, demonstrating a modest but considerable percentage of people who do not consider Sikdar a good captain.

## 5. CONCLUSION

The Indian politician and athlete Jyotirmoyee Sikdar have accomplished a significant lot of success in their respective disciplines. He is known for his exceptional achievements. As a result of her participation in the middle-distance running competition at both the Asian Games and the Asian Sports Championships, she has been awarded a number of gold medals. The fact that she possesses a competitive attitude, excellent playing abilities, and the capacity to lead effectively in a group situation is widely acknowledged throughout the community. The purpose of this research is to provide a discussion and analysis of her athletic abilities. This will be accomplished through the development of questionnaires and interviews. That Sikdar never loses her competitive spirit, possesses exceptional playing skill, and is one of the best captains for her team is a sentiment that is shared by the vast majority of those who have responded to this question.



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