



Case Study

Volume-05|Issue-04|2024

A Case Study on Lifestyle, Professional Career, And Contribution to Weightlifting: Olympian Saikhom Mirabai Chanu

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Article History

Received: 01.04.2024

Accepted: 15.04.2024

Published: 18.04.2024

Citation

Sarkar, P. K., Singh, L. K. & Rath, S. S. (2024). A Case Study on Lifestyle, Professional Career, And Contribution to Weightlifting: Olympian Saikhom Mirabai Chanu. *Indiana Journal of Humanities and Social Sciences*, 5(4), 1-8.

Abstract: A comprehensive investigation of a singular instance, such as a policy, program, site, implementation process, or participant, is known as a case study. It is commonly recognized that most theories that aim to comprehend the successful journey of prominent individuals are built upon individual case studies. In this particular case, a survey technique was employed to accumulate information from Saikhom Mirabai Chanu's coaches, teachers, peers, and parents through questionnaires and in-person interviews. The results indicate that a significant percentage of respondents, 43% and 31% respectively, strongly agreed and agreed that she led a disciplined lifestyle. Additionally, 41% and 36% of respondents strongly agreed and agreed that her academic performance was outstanding and that she was a diligent student. This study provides valuable insights into Saikhom Mirabai Chanu's exceptional qualities as an athletic icon and can serve as a source of inspiration for aspiring athletes.

Keywords: Case study, Weightlifting, Olympian, lifestyle, sports person

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INTRODUCTION

The origin of the term "sport" can be traced back to the old French term "de sport," which means "leisure." In the English language, it was initially defined as an amusing or entertaining activity. Any physical activity that is competitive, organized, and aims to increase physical ability and skills while providing enjoyment and a sense of fulfillment for players, as well as entertainment for viewers, is undoubtedly referred to as a sport¹. The Olympics see thousands of men and women preparing all year round to compete in various sports, such as track, basketball, tennis, swimming, and more. While some athletes compete to represent their nation at the highest level, others do so for personal glory. Games have always been an integral part of Indian culture, and our ancient kings once gave sports and athletes the respect they deserved².

History of Weightlifting

Weightlifting is an ancient activity that has been practiced for thousands of years. Its origins can be traced back to the Zhou Dynasty in China, where it was used to test the physical fitness of prospective soldiers. The ancient Greeks and Egyptians also practiced weightlifting, which is evident from the sculptures and artifacts that have survived to this day. Today, weightlifting is a popular sport that is widely recognized for its ability to build strength, endurance, and overall physical fitness. It is a challenging activity that requires

dedication and perseverance, but the rewards are well worth the effort. So, if you're looking to improve your physical fitness and build strength, weightlifting is an excellent choice³.

Lifting large weights gradually is a requirement of the weightlifting sporting discipline. In addition to evaluating an individual's physical ability, it also assesses their force generation rate—that is, their ability to lift weights in a ballistic manner in the shortest amount of time. This sport, which originated in Greek and Egyptian communities, made its debut on the international front in the 1896 Athens Games in the 19th century. Since then, it has become much more well-known and is performed, practiced, and enjoyed by people all over the world⁴.

The 21st century saw a sharp increase in female sports involvement, which reflected shifts in contemporary society. In India, traditionally, women have been encouraged to pursue careers in sports as a secondary option. The encouragement of female athletes by modern sportswomen empowerment has created a plethora of new and interesting opportunities in the sports industry⁵.

Weightlifting for women was added to the Olympic calendar in 2000, with the Games held in Athens. The public's interest in growing and advancing women's sports in general has always been greatly

piqued by the popularity of women's Olympic participation. The worldwide relevance of women's sport is heightened by athletes' aspirations for superior sports performance and their triumphant participation in the Olympic Games⁶. The current study on Indian female Olympian in the Tokyo Olympics of 2020 was carried out in response to the growing interest in sports among women in India and in the wake of the remarkable performances of Indian female athletes at the Asian and Commonwealth Games.

The International Olympic Committee decided to include women's weightlifting in the Olympic family in 1996, and the sport's first Olympic competition was held in Sydney in 2000. The Indian Weightlifting Federation has been working hard in recent years to give elite female weightlifters the greatest possible training environment. The rise in female participation in weightlifting and the enhancement of training standards prompted academics to examine the achievements of the most successful Indian weightlifters, Saikhom Mirabai Chanu⁷.

OBJECTIVES OF THE STUDY

- The purpose of the study is to assess facts behind the successful performance of Olympian Saikhom Mirabai Chanu in Weightlifting.
- To understand her lifestyle, family background, early lifestyle, birth place
- To understand her childhood days as a student.
- To understand the incidences that made her a champion Weightlifting and the awards received by her.

METHODOLOGY

A case study has been designed to investigate the life of Saikhom Mirabai Chanu as an eminent athlete.

Design of The Study

The study's design was entirely descriptive and was predicated in order to get replies and reactions from chosen characters—such as family members, friends, neighbours, coaches, teachers, and modern athletes—a survey technique was also employed to collect data for this research's subjects. To obtain genuine and precise data from the chosen subject characters, the investigator used instruments such as questionnaires, in-person interviews conducted under the guidance of professionals, and in-person visits. Primary and secondary sources of data and information were used in a qualitative analysis. The obtained data was represented in percentage among the different respondents. Opinion rating surveys were conducted in order to evaluate the many aspects of Olympic silver medallist Saikhom Mirabai Chanu i.e. as a student and as a lifestyle. For the purpose of analysis 30 statements were tabulated to

collect data regarding Saikhom Mirabai Chanu as a successful sports icon in India and abroad.

COLLECTION OF DATA

A. Primary Sources

The interview was a better method of obtaining information and also using a mailed questionnaire. The researcher preferred interview technique to collect necessary information for the related study. The researcher personally visited and conducted exclusive interview with Saikhom Mirabai Chanu wherever possible. The researcher took interview with well-prepared questionnaire. It has the obvious advantage of insuring a greater response.

• Survey

In order to gain the needed information, a survey technique was utilized to gather opinions and reactions to Saikhom Mirabai Chanu and her coaches, teachers, family members, relatives, contemporary athletes with the assistance of specialists, opinion ranting questionnaire was framed for the study.

• Construction of Questionnaire

The researcher framed a questionnaire after consulting with other specialists and the supervisor. The questionnaire items were gathered by a thorough assessment of the literature and research findings on case studies completed till 2006. Formal and informal discussions were held with supervisors and teaching faculty specialists. In order to obtain as many valuable and significant replies as possible from participants, great effort was made to ensure that all necessary data was covered. The draft question was framed using the guidelines for preparing a questionnaire.

• Reliability of Questionnaire

The study objectives were explained to the participants, who were closely connected to Saikhom Mirabai Chanu. The responders were asked to provide information accurately and truly to the best of their knowledge. The researcher provided assurances that the information they provided would be kept confidential. As a result, it would be possible to determine that the data obtained through the questionnaire would be trustworthy⁸

B. Secondary Sources

The potential sources for collection of the data were from the followings

- Published information found in books, journals, magazines, newspapers, and articles.
- Unpublished information: Records, and other study projects in linked domains.
- Information accessed via the internet

Analysis and Interpretation of Data *Lifestyle*

Personal qualities of Olympian Saikhom Mirabai Chanu's lifestyle

The subjects responded to each statement in 5 points rating scale, which were- Strongly agree, Agree,

Undecided, Disagree, strongly disagree. The opinion of Parents, family members/coaches, teachers/co-athletes, contemporary athlete of Saikhom Mirabai Chanu has given in table.

Table 1. Opinion rating responses about Saikhom Mirabai Chanu's lifestyle

Sl. No.	Question	Responses				
		SA	A	UD	D	SD
1	Saikhom Mirabai Chanu prefers to eat vegetarian.	38.1	28.6	9.5	14.2	9.6
2	Saikhom Mirabai Chanu has life goals that she strives to achieve every day	52.4	33.3	4.7	9.6	0
3	Saikhom Mirabai Chanu keeps a record of drugs to which she is allergic	42.8	38.3	14.2	4.7	0
4	Saikhom Mirabai Chanu keeps up with time date and result of medical test	57.1	23.9	9.5	9.5	0
5	Saikhom Mirabai Chanu avoids eating unless she is hungry	42.8	38.1	14.4	4.7	0
6	Saikhom Mirabai Chanu avoids using mood-altering substances	57.1	23.8	14.4	4.7	0
7	Saikhom Mirabai Chanu satisfied that she is performing to the best of her ability	38.2	33.3	9.5	19	0
8	Saikhom Mirabai Chanu can cope with life's ups and down effectively in a healthy manner.	47.6	38.1	4.7	9.6	0
9	Saikhom Mirabai Chanu learns from her mistakes.	57.3	33.3	4.7	4.7	0
10	Saikhom Mirabai Chanu find easy to laugh.	38.2	42.8	9.5	9.5	0
11	Saikhom Mirabai Chanu can express her feeling of anger.	38.2	28.6	14.2	19	0
12	Saikhom Mirabai Chanu is easily distracted.	0	4.7	9.6	33.3	52.4
13	Saikhom Mirabai Chanu stays calm and patient under pressure.	47.8	33.3	4.7	14.2	0
14	Saikhom Mirabai Chanu can make decisions with minimum stress and worry.	42.8	38.2	9.5	9.5	0
15	Saikhom Mirabai Chanu keeps herself update with latest information regarding health matters.	57.1	38.2	4.7	0	0

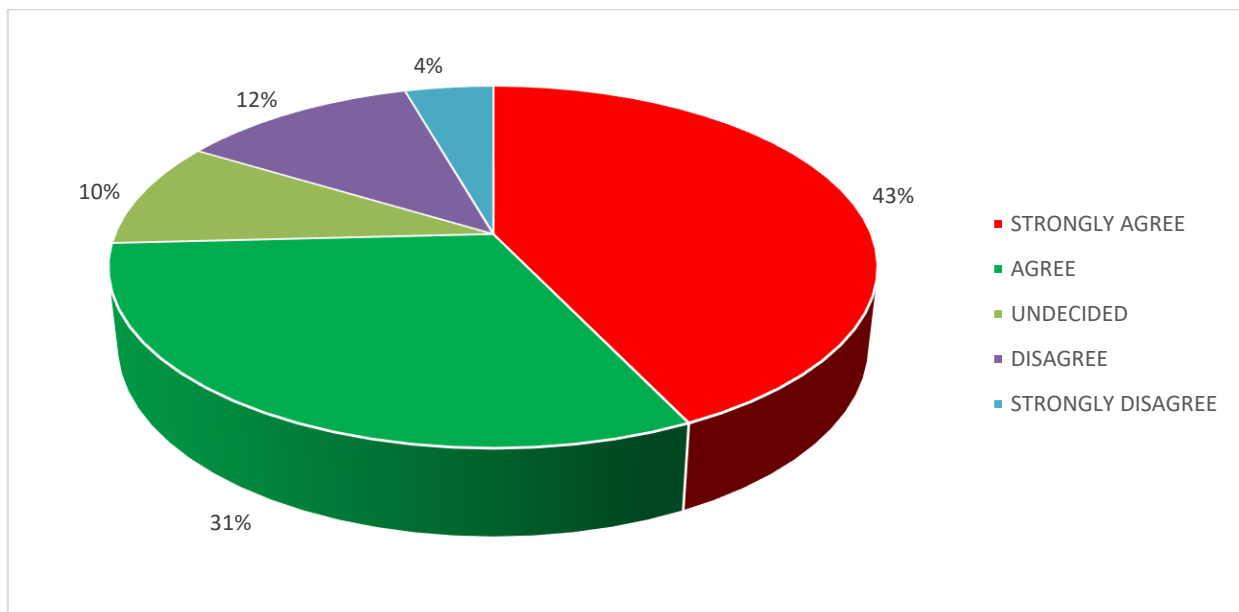


Figure 1. Average rating in percentage responses of Saikhom Mirabai Chanu's lifestyle.

Results of the survey, 38.1% of the respondents strongly agreed that Saikhom Mirabai Chanu is a vegetarian, while 28.6% agreed with the statement. 9.5% of the respondents were undecided, 14.2% of the

respondents disagreed, and 9.6% strongly disagreed with the statement.

According to the results, 52.4% of the participants strongly agreed that Saikhom Mirabai Chanu has life goals that she strives to achieve every day, while

33.3% agreed with it. Only 4.7% of the respondents were undecided on this statement, whereas 9.6% disagreed with it.

When it comes to keeping a record of drugs to which she is allergic, 42.8% of the respondents strongly agreed, and 38.3% agreed with it. Only 14.2% of respondents were undecided, while 4.7% disagreed with the statement.

Regarding her habit of keeping up with the time, date, and results of medical test reports, 57.1% and 23.9% of the respondents strongly agreed and agreed with it, respectively. However, 9.5% of the respondents were undecided, and 9.5% disagreed with this statement.

When asked if Saikhom Mirabai Chanu avoids eating unless she is hungry, 42.8% and 38.1% of respondents strongly agreed and agreed, respectively. Only 14.4% of respondents were undecided, while 4.7% disagreed with the statement.

Also, 57.1% of the respondents strongly agreed with the statement that Saikhom Mirabai Chanu avoids using mood-altering substances, and 23.8% simply agreed with it. However, 14.4% were undecided, and 4.7% of respondents disagreed with the statement.

Results showed that 38.2% of respondents strongly agreed and 33.3% agreed that Saikhom Mirabai Chanu is satisfied with her performance and is doing her best. However, only 19% of respondents disagreed with this statement, while 9.5% were undecided.

In regards to coping with life's challenges, 47.6% of respondents strongly agreed and 38.1% simply agreed that Saikhom Mirabai Chanu can handle life's ups and downs effectively and in a healthy way. On the other hand, 9.6% of respondents disagreed and 4.7% were undecided.

When it comes to learning from her mistakes, 57.3% of respondents strongly agreed and 33.3% agreed that Saikhom Mirabai Chanu can learn from her mistakes. Only 4.7% disagreed with this statement, while another 4.7% were undecided.

Regarding her ability to laugh, 38.2% of respondents strongly agreed that Saikhom Mirabai Chanu finds it easy to laugh, while 42.8% agreed with this statement. 9.5% of respondents were undecided, and 9.5% disagreed.

When it comes to expressing her feelings of anger, 38.2% of respondents strongly agreed and 28.6% simply agreed that Saikhom Mirabai Chanu can express her feelings of anger. However, 19% of respondents disagreed, while 14.2% were undecided.

As per the results, it is evident that a significant majority of the respondents, accounting for 52.4%, strongly disagreed that Saikhom Mirabai Chanu is easily distracted. Additionally, 33.3% of the respondents also disagreed with this statement. On the other hand, only 9.6% of respondents were undetermined, while 4.7% agreed to it.

The survey findings also indicate that 47.8% of respondents strongly agreed that Saikhom Mirabai Chanu stays calm and patient under pressure, while 33.3% agreed to this statement. Only 4.7% of respondents were undecided, while 14.2% disagreed with this statement.

Furthermore, the survey results also suggest that 42.8% of respondents strongly agreed that Saikhom Mirabai Chanu can make decisions with minimum stress and worry. Additionally, 38.2% of respondents agreed with this statement. However, 9.5% of respondents were undecided, while another 9.5% disagreed with this statement.

Finally, the survey results also indicate that a sizable proportion of respondents, accounting for 57.1%, strongly agreed that Saikhom Mirabai Chanu keeps herself updated with the latest information regarding health matters. Meanwhile, 38.2% of respondents simply agreed to this statement. Only 4.7% of the respondents were undecided.

As a student

Personal qualities of Olympian Saikhom Mirabai Chanu as a student

The subjects responded to each statement in 5 points rating scale, which were- Strongly agree, Agree, Undecided, Disagree, strongly disagree. The opinion of Parents, family members/coaches, teachers/co-athletes, contemporary athlete of Saikhom Mirabai Chanu has given in table.

Table 2. Opinion rating about Saikhom Mirabai Chanu as a student

Sl. No.	Question	Responses				
		SA	A	UD	DA	SD
1	Saikhom Mirabai Chanu was knowledgeable.	47.8	42.8	4.7	4.7	0
2	Saikhom Mirabai Chanu was honest & sincere towards task given.	52.4	38.1	9.5	0	0
3	Saikhom Mirabai Chanu was very caring to her school friends.	47.8	33.3	4.7	14.2	0
4	She had creative nature.	57.3	23.8	4.7	14.2	0
5	Saikhom Mirabai Chanu was always ready to take part in co-curricular activities.	38.1	47.6	9.6	4.7	0
6	Her approach was logical & systematic to sports.	52.5	42.8	4.7	0	0
7	Saikhom Mirabai Chanu was regular student during her school time.	33.3	38.2	23.8	4.7	0
8	Saikhom Mirabai Chanu was naughty.	42.8	33.3	14.4	9.5	0
9	Saikhom Mirabai Chanu believed in herself.	52.5	42.8	4.7	0	0
10	Saikhom Mirabai Chanu respect her teachers.	57.2	42.8	0	0	0
11	Saikhom Mirabai Chanu was optimist.	47.6	38.2	9.5	4.7	0
12	Saikhom Mirabai Chanu was a good learner.	33.3	47.6	4.7	14.4	0
13	Saikhom Mirabai Chanu was punctual in her classes.	47.8	42.8	4.7	4.7	0
14	Saikhom Mirabai Chanu disliked making friend.	4.7	9.5	4.7	28.6	52.5
15	Saikhom Mirabai Chanu avoided classes because of game.	4.7	9.5	14.4	33.3	38.1

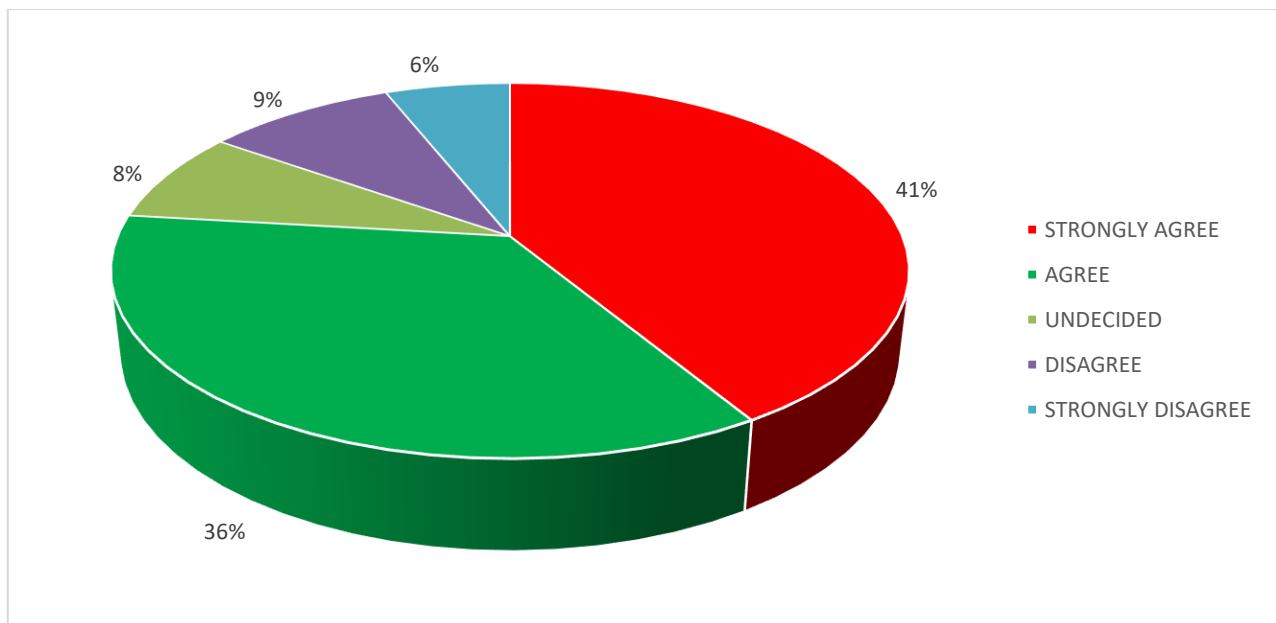


Figure 2. Average rating in percentage responses of Saikhom Mirabai Chanu as a student.

In response to the statement whether Mirabai Chanu was knowledgeable 47.8 per cent of respondents strongly agreed with the statement and 42.8 per cent agreed whereas 4.7 per cent undecided and 4.7 per cent response were disagreed to this statement respectively.

For the statement concerning with Saikhom Mirabai Chanu was honest and sincere towards task given 52.4 per cent of respondents strongly agreed with the statement and 38.1 per cent of respondents were simply agreed on the other hand 9.5 per cent of respondents were undecided to it.

Regarding the statement of caring to her school friend's 47.8 per cent of respondents strongly agreed with the statement and 33.3 per cent of respondents were

agree to it. Only 4.7 and 14.2 per cent of respondent undecided and disagreed to the statement respectively.

The percentage of respondents who strongly agreed with the statement that Saikhom Mirabai Chanu had creative nature were 57.3 per cent and 23.8 per cent simply agreed with it. 4.7 percent respondent were undecided and 14.2 per cent of respondents were disagreed to the aforesaid statement.

The percentage of respondents who strongly agreed that Saikhom Mirabai Chanu was always ready to take part in co-curricular activities were 38.1 per cent and 47.6 per cent were simply agreed whereas 9.6 per cent of respondents undecided to it. On the other hand, 4.7 per cent of respondents were disagreed with the statement.

The majority of respondents strongly agreed that Saikhom Mirabai Chanu was logical and systematic towards sports, with 52.5 per cent of respondents holding this view. Additionally, 42.8 per cent of respondents agreed with this statement, while only 4.7 per cent were undecided.

When it came to her academic life, there was a general consensus among respondents that Saikhom Mirabai Chanu was a regular student during her school time, with 33.3 per cent of respondents strongly agreeing and 38.2 per cent simply agreeing. However, 23.8 per cent were undecided, and 4.7 per cent disagreed with the statement.

Regarding her behavior, the majority of respondents agreed that Saikhom Mirabai Chanu was naughty, with 42.8 per cent strongly agreeing and 33.3 per cent simply agreeing with this statement. However, a few respondents were undecided 14.4 per cent, and some disagreed with it 9.5 per cent.

In terms of self-belief, the majority of respondents held a positive view of Saikhom Mirabai Chanu, with 52.5 per cent strongly agreeing and 42.8 per cent agreeing that she believed in herself. Only 4.7 per cent of respondents were undecided.

When it came to her respect for her teacher, the majority of respondents strongly agreed 57.2 per cent and simply agreed 42.8 per cent that Saikhom Mirabai Chanu held her teachers in high esteem.

According to the results, a clear majority of respondents confidently agreed that Saikhom Mirabai Chanu was optimistic about her classes, with 47.6 per cent strongly agreeing and 38.2 per cent simply agreeing. Only a small fraction of respondents, 9.5 per cent, were undecided, and an even smaller percentage, 4.7 per cent, disagreed with the statement.

Furthermore, in response to a question about her learning abilities, an overwhelming majority of respondents confidently agreed that Saikhom Mirabai Chanu was a good learner, with 33.3 per cent strongly agreeing and 47.6 per cent simply agreeing. Only a small percentage of respondents, 14.4 per cent, were undecided, while a mere 4.7 per cent disagreed with the statement.

When asked about her punctuality in classes, a significant majority of respondents confidently agreed that Saikhom Mirabai Chanu was punctual, with 47.8 per cent strongly agreeing and 42.8 per cent simply agreeing with the statement. Only a tiny fraction of respondents, 4.7 per cent, were undecided, and another 4.7 per cent disagreed with the statement.

Additionally, a vast majority of respondents confidently disagreed with the statement that Saikhom

Mirabai Chanu dislikes making friends, with 52.5% strongly disagreeing and 28.6 per cent disagreeing. 9.5 per cent and 4.7 per cent agreed and strongly agreed with the statement, respectively, and only 4.7 per cent were undecided.

Finally, when asked about the statement that Saikhom Mirabai Chanu avoided classes because of the game, a clear majority of respondents confidently disagreed with the statement, with 38.1 per cent strongly disagreeing and 33.3 per cent simply disagreeing. Only a small percentage of respondents, 14.4 per cent, were undecided, while 9.5 per cent of respondents agreed, and 4.7 per cent strongly agreed with the statement.

Professional Career

1. As a young girl, she faced a challenge as her village didn't provide any weightlifting facility. But despite the lack of resources, she travelled 44 kilometers every day to train herself. Her hard work paid off when she won her first gold medal in a minor weightlifting competition at the age of 11.
2. She kickstarted her weightlifting professional career by participating in the South Asian Junior Games and the 2011 International Youth Tournament, where she emerged victorious and won the gold medal.
3. In 2013, she actively participated in the Indian Junior Championship Game held in Guwahati and won the Best Lifter Award.
4. In the 2014 Commonwealth Games held in Glasgow, she made a mark by winning a silver medal in the women's 48 kg category with a total lift of 170 kg. This event marked the beginning of her career as a weightlifter. Although she competed in the Rio Olympics, she did not succeed in the lifts, yet her determination and hard work continue to inspire many.
5. Mirabai Chanu is an exceptional weightlifter whose talent was on full display at the 2017 World Weightlifting Championships in Anaheim, California, USA. She brought India its first gold medal in 22 years since 1995 by lifting 84 kg and 109 kg in the clean and jerk event.
6. In the 2019 World Weightlifting Championships, Mirabai lifted a remarkable 201 kg, setting a new record in the 49kg weight category, and finishing fourth in the competition. Just four months later, she broke her own national record in the 49 kg category at the Senior National Weightlifting Championships, and won a well-deserved gold medal.
7. At the 2020 Summer Olympics held in Tokyo, Mirabai lifted an impressive 202 kg in the 49 kg weight class, clinching the silver medal for India.
8. Continuing her winning streak, she secured the bronze medal at the 2020 Asian Weightlifting Championships in April 2021, with a total weight of 205 kg. She also set a new world record in the clean

and jerk event by lifting 119 kg, proving her dominance in the sport.

9. Adding to her list of accomplishments, Mirabai earned the gold medal at the Singapore Weightlifting International on February 25th, 2022. Recently, at the 2022 Commonwealth Games, she won the gold medal in weightlifting, making a strong statement and once again bringing pride to India.
10. Her impressive performance at the IWF World Cup 2024 marked her comeback to sports and secured her qualification for the Paris 2024 Olympics. She finished 11th overall, placing third in group B of the women's 49kg category.

Mirabai Chanu's Personal Records

1. Personal best and national record for total lift - 205kg (86kg+119kg).
2. Personal best and national record for snatch - 88kg.
3. Personal best and world record for clean and jerk - 119kg.
4. First Indian weightlifter to win a silver medal at the Olympics - Tokyo 2020.
5. First Indian weightlifter to become world champion in 22 years - World Weightlifting Championships 2017.

Awards And Honours

1. The Prime Minister of India, Narendra Modi, congratulated her on her win at the Tokyo Olympics 2020.

For winning the silver medal at the 2020 Tokyo Summer Olympics -

- ₹1 crore (US\$130,000) rupees from [BYJU'S](#)
 - ₹50 lakh (US\$63,000) from the Government of India.
 - ₹1 crore (US\$130,000) from the [Government of Manipur](#), and appointment as Additional Superintendent of Police (Sports) in the [Manipur State Police](#).
 - ₹2 crore (US\$250,000) from the [Ministry of Railways \(India\)](#) and promotion in the Northeast Frontier Railway.
 - ₹50 lakh (US\$63,000) from the [Board of Control for Cricket in India](#)
 - ₹40 lakh (US\$50,000) from the Indian Olympic Association.
2. The Government of Manipur awarded ₹20 lakh (US\$25,000) to the gold medallist in the 2017 World Weightlifting Championships.
 3. She has also been granted India's fourth highest civilian honour, the Padma Shri (2018).

4. On September 25, 2018, President Ram Nath Kovind awarded her the Rajiv Gandhi Khel Ratna Honours in Sports and Games, the highest athletic honour given by the Indian Republic.
5. Shumang Leela, a traditional type of theatre in North East India, was also produced in Manipur based on Mirabai Chanu's life. It was titled Mei Iklaba Thamo.
6. Mirabai Chanu, the silver medallist in weightlifting at the Tokyo Olympic Games, has won the 2022 'BBC Indian Sportswoman of The Year' title following a public poll.
7. The 28-year-old weightlifter from Manipur became the first athlete to win the accolade twice in a succession, having previously won it in 2021.
8. The Government of Manipur awarded ₹10 lakh (US\$13,000) for qualifying for the 2020 Tokyo Olympics.
9. On January 15, 2022, she was appointed Additional Superintendent of Police (Sports) by the Chief Minister of Manipur during a state-level facilitation event in Imphal.
10. The Government of Manipur will provide ₹25 lakh (US\$31,000) for participation in the 2020 Tokyo Summer Olympics.
11. Chanu became the second weightlifter from India to win an Olympic medal, winning silver at the 2020 Tokyo Games after Karnam Malleswari. With Domino's providing Mirabai Chanu with a lifetime supply of free pizza.
12. The prominent magazine Vogue featured her on its October 2021 cover.
13. In 2021, she was appointed as the spokeswoman for North Eastern Re Organising Cultural Association FC.
14. She will represent Adidas' 'Stay in Play' advertising campaign in 2021⁹¹⁰¹¹¹²¹³¹⁴¹⁵¹⁶¹⁷¹⁸

CONCLUSION

On the basis of the findings of the opinion rating survey the present study the following conclusions may be drawn:

- Saikhom Mirabai Chanu has healthy lifestyle.
- She is very calm and patient person.
- She was very punctual and discipline and caring student during her school days.
- She is very health conscious and regular in his daily exercises.
- Despite the struggle she faced during her initial training days, she has been an icon for the sports in weightlifting in India. This she has proven times and again by performing exceptionally at world level.

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