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Nirmal Tanwar: A role model for Indian women in sports: A case study on her journey and achievements

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Abstract

This paper examines the illustrious career of Nirmal Tanwar, a distinguished Indian volleyball player from Assan Kalan Village, Panipat, Haryana, born on September 5, 1996. Her journey in volleyball began during her school days under the guidance of instructor Jagdeesh, leading to her representation of Haryana at junior and under-19 levels before ascending to the senior Indian team. Notable achievements include winning gold at the 2014 Lusofonia Games and participating in multiple Asian Games where she excelled as both the 'Fastest Serve' and 'Best Scorer'. As captain since 2019, Nirmal has led Team India to significant triumphs, including gold medal in the South Asian Games. Her leadership, strategic acumen, and numerous accolades, including 'Best Player' award, underscore her exceptional talent and dedication. Beyond her athletic feats, Nirmal Tanwar Bhati serves as a beacon of inspiration and leadership in Indian sports, leaving an enduring impact on volleyball's development in the country.

Keywords: Case study, Nirmal Tanwar, volleyball, achievements

Introduction

Nirmal Tanwar, an attacking Indian volleyball player hailing from Assan Kalan Village in Panipat, Haryana, was born on September 5, 1996. Her parents are Madan Lal and Bala Devi, and she has two siblings, brother Ankit Tanwar and sister Komal Tanwar. She is serving in Railway as Deputy CTI at Pune.

Nirmal's interest in volleyball began during her school days, where she first played during physical training classes. She attributes her foundational training to her school instructor, Jagdeesh, who taught her the basics of the game and sparked her love for the sport. Nirmal progressed quickly, representing Haryana at the junior and under-19 levels before making it to the senior Indian team.

Her journey with the national team has been marked by significant achievements. She has been playing in Indian Volleyball team since 2012 and playing as a captain of Indian Women Volleyball team since 2019. Nirmal was part of Team India that won gold at the 2014 Lusofonia Games in Goa. She also competed in the 2014 Asian Games in Incheon and the 2018 Asian Games in Jakarta-Palembang. During the group phase of the 17th Asian Games, she recorded the 'Fastest Serve' in many games and was the 'Best Scorer' for India in some matches at the 18th Asian Games.

Nirmal's first major Indian gold medal came at the 2016 South Asian Games (Guwahati-Shillong). Three years later, she led the team to a victorious gold at the 13th South Asian Games (Kathmandu-Pokhara) in 2019. From 2012-13 (Jaipur) to 2019-20 (Bhubaneswar), she participated in eight National Championships, winning four gold medals and three Federation Cup gold medals. She was also adjudged 'Best Player' during the 2015-16 Bangalore National Championship.

Nirmal's exceptional talent and dedication to volleyball, coupled with her leadership abilities, saw her rise through the ranks of local and regional teams. In 2018, she was announced as the vice-captain of the Indian Volleyball team, and eventually, she became the captain. Under her captaincy, India won Gold medal in South Asian Games.

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Her leadership style, characterized by motivation, strategy, and camaraderie, played a pivotal role in the team's historic victory.

Despite facing challenges such as injuries and personal sacrifices, Nirmal's resilience and unwavering commitment to the sport have fuelled her determination to overcome obstacles and emerge stronger.

Nirmal Tanwar Bhati is an inspirational figure for Indian sports enthusiasts. Her story motivates young athletes to pursue their dreams with passion and perseverance. She aims to contribute to the development of volleyball in India and leave a lasting legacy as a sports icon and a symbol of leadership. She enjoys a huge fan following who admire her achievements and dedication.

Awards & Titles

- The 'Fastest Serve' and the 'Best Scorer' for India in the 18th Asian Games.
- 'Best Player' during the 2015-16 Bangalore National Championship.
- Serving as Captain of the Indian Women Volleyball Team since 2019.

Objective of the Study

The aim was to comprehensively analyze the performance of Indian Volleyball Star Nirmal Tanwar in both National and International competitions.

Research Methodology

In the present study the following research methodology was used: Qualitative

Research Design

To explore Nirmal Tanwar's significant contributions and achievements in promoting volleyball and sports in India, a meticulously designed case study was conducted employing historical, biographical, analytical, and interpretive techniques.

Data Collection

Primary data was obtained through an in-depth personal interview with Nirmal Tanwar. The necessary secondary data was gathered from a variety of sources, including personal records (degrees, honors, books, and articles), published materials (books, pamphlets, articles, newspapers, and reports on Nirmal Tanwar), pictorial records, and official documents.

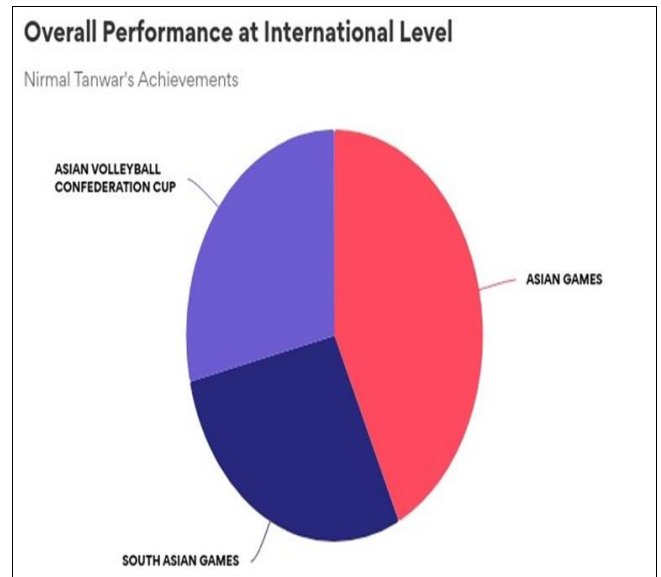
Statistical Techniques

The data was meticulously analyzed, interpreted, and evaluated using various statistical tools, including graphic presentation, and percentage calculations.

Results and Interpretations

Nirmal Tanwar was a key member of Team India that secured a gold medal at the 2014 & 2018 Asian Games. Additionally, she represented India in the 2014 Asian Games in Incheon and the 2018 Asian Games in Jakarta-Palembang. Nirmal Tanwar achieved her first significant Indian gold medal at the 2016 South Asian Games in Guwahati-Shillong. In 2019, she led the team to another gold at the 13th South Asian Games in Kathmandu-Pokhara. Between 2012-13 (Jaipur) and 2019-20 (Bhubaneswar), she participated in eight National Championships, securing four gold medals and three Federation Cup gold medals. In 2018, Nirmal Tanwar was appointed as the vice-captain of the Indian Volleyball team,

later assuming the role of captain. During her captaincy, India achieved gold medal in the South Asian Games.



Conclusion

Nirmal Tanwar's journey in Indian Volleyball exemplifies dedication, leadership, and exceptional athletic prowess. From her early beginnings in Assan Kalan Village, Panipat, Haryana, to becoming the captain of the Indian Women's Volleyball Team, she has consistently showcased outstanding performance both Nationally and Internationally. Her achievements include multiple gold medals at prestigious events like the Asian Games and South Asian Games, where her contributions as a player and leader have been instrumental. Under Nirmal's captaincy, Team India achieved historic victories, underscoring her strategic acumen and ability to inspire her team to success. Her accolades as the 'Fastest Serve' and 'Best Scorer' in the Asian Games, coupled with awards such as 'Best Player' at National championships, further attest to her exceptional talent and commitment to the sport. Beyond her athletic achievements, Nirmal Tanwar Bhati serves as an inspiration to aspiring athletes across India, embodying resilience, perseverance, and a strong sense of leadership. Her impact on Indian volleyball extends beyond the court, as she continues to contribute to the sport's development and leaves a lasting legacy as a sports icon. As she continues her career, Nirmal remains a role model for future generations, demonstrating that with dedication and determination, one can achieve greatness in sports and beyond.

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