Chapter I

INTRODUCTION

Since the dawn of the civilization sports have been very dominant factor in every society. Victory in sports in International Competitions is viewed as the sign of superiority of the Nation and the sportsmen are given the status of demi-gods. Football World Cup held in France has confirmed the importance of sports all over the globe. During 33 days of extravaganza millions of people all over the world remained glued to televisions to watch World Cup Matches. Newsmakers like Bill Clinton, President of U.S.A., Dr. Helmut Kohl of Germany, Boris Yetslin of Russia were put on the back burner during this period and centre stage was occupied by Ronaldo, Rivaldo, Cafu, Suker, Batistuta, Zidone, and host of others. Though only 32 nations participated in the competition, but the whole world was keenly watching every match being played in France.

Same story is repeated during Olympic Games, Wimbledon Championship, Cricket Series and other international competitions. Names of the most powerful Presidents, Prime Ministers and Dictators are forgotten the day they retire; but names of legendary sportsmen like Pele, Maradona, Jese Owens, Carl Lewis, Michal Jordan, Bjorn Borg, Steffi Graf, Imran Khan, Gawaskar are always fresh in the memory of the World.

Sports are now an integral part of culture all over the World and superiority in the international sports competitions is linked to the national honour. Every country is vying to have modern sports infrastructure, best equipment and latest technical know-
how. Knowledgeable Coaches and Sports Scientists from the advanced countries are imported by the developing countries with the sole aim of excelling in the international competitions. Countries like Cuba, Kenya, Croatia, Ethiopia, which are not economically very sound, have also put their meagre resources at the disposal of their sportsmen, who in turn have put their countries on the World Map and got international applause.

The world is greatest sporting spectacle unfolded in France, in 1998, driving billions into a frenzy of supercharged excitement and flag-waving, singing patriotism. And we Indians, of course, were not there. Everyone else was there. Even South Korea, Saudi Arabia and Iran. Whereas India, which was one of the Asia’s best football nation till as late as 1962, is now ranked 115 in the world today.

It is the some depressing also-ran scenan’s in every sports. We might ran and rave at being done in by foreign referees – as we routinely do after every hockey defeat – and fret and fume about how changing rules and power games are just at our disadvantage.

The sporting world has changed. India, mired in a hog of out dated sporting techniques and petty politicking by ignorant sports administrators, is going down the sports ladder day by day.

Man is striving for perfection in every sphere of knowledge. The achievements in human skills are appreciated and valued in every society. Sports skills have now
acquired an important place in the culture of society and this culture is valued through achievements in sports.

Excellence in Sports at International level enhances the prestige of a nation. Victory in International sports competition is celebrated throughout the country and the winners are honored by the people as well as by the Government. Lots of incentives are provided to the sport persons who attain higher international standards. Those who succeed become national heroes. Youngsters are motivated to take sports more seriously and dedicatedly. India is no exception to this international phenomenon. The Government of India has created separate Department of Sports and Youth Affairs in the Ministry of Human Resource Development and a Minister of State has been appointed to look after the promotion of sports. Sports Authority of India under the Chairmanship of Prime Minister has also floated a number of schemes for the promotion of sports in India. Today’s world belongs to the best and the fittest. The weak ones have no place. Today people are ambitious with an urge to get the better of the others, to steal a march over others and to obtain supremacy in all walks of life.

What is true of a man is also true of a nation. Every nation wants to exhibit its supremacy. This challenge stimulates and inspires men and women, young and old to sweat and strive, to run faster, to jump higher and to throw farther than others. This excellence and success can be achieved only through a well-planned systematic and scientific sports training. Technology has covered every aspect of human life including sports. Modern sports have become highly scientific. Consequently, new records are being created and improvement in performance is much faster.
After 1982 Asian Games, Budget for Sports was enhanced more than twenty times. Thousands of crores were dumped in the Sports Authority of India schemes, large number of coaches are employed by the Centre Govt. as well as the State Govts. Lots of incentives were provided to the sportspersons in the form of scholarships, special quota for admission in various Educational Institutions, special reservation quota in employment etc. Coaching camps of two to three years' duration are conducted for the selected sportspersons before International Competitions. All these facilities and incentives failed to give the desired results. Performances of our teams went from bad to worst in the last three Asian Games. Large contingents of India come back without a single gold medal, except in Kabaddi, which unfortunately is not a very popular game in other countries like China, Japan, Korea. One gold medal in Asian Games for the population of 950 million people is a National shame.

Every time our teams return almost empty handed from International Competitions like Olympic Games, Asian Games, World Championship etc., there is a lot of hue and cry all over the country. Even our Parliament Sessions are rocked with very emotional speeches by the Hon’ble members of Parliament, expressing their views about disgraceful performances. All concerned for the promotion of sports feel happy, imagining that many heads will roll, incompetent and corrupt officials will be thrown out, competent and dedicated professionals will be given the responsibility to look after sports. But this tamasha is over very soon. Same set of unqualified and incompetent people continue and the civious circle is repeated.
Though there are innumerable reasons for this disastrous situation, but the scholar thinks the following are the main reasons for our poor performance:

1. Lack of knowledgeable, dedicated and professionally committed coaches and Physical Education teachers. There is a dearth of coaches and teachers who can motivate sportsmen and bring out the best from them. If one Professor Karan Singh could produce more than dozen International athletes and more than 100 Inter-University Champions from limited number of students in Gwalior and Banaras, there is no reason that thousands of coaches and teachers all over the country should not produce thousands of International standard sportsmen and women.

2. Lack of discipline among the sportspersons. It has been observed that present day's sportsman lacks not only dedication but discipline also. Large number of young athletes who had potentiality of reaching International standards did not go beyond Inter-University levels just because of lack of self-discipline. Same is the case with International athletes.

3. Since there is lack of professionally competent coaches and teachers, sportspersons in India do not aspire higher than a limited standard. After achieving particular standard their desire to excel diminishes, as a result of which sportspersons stop working hard. They get satisfied when they achieve their self-perceived motive like getting admission in an Institution or getting a job under sports quota or, representing the country in the International Competition. When this feeling occupies the mind of the sportspersons, the body refuses to put in hard work to achieve higher levels of performances.

4. The National Sports Federations are another cause of our poor performances in the International Competitions. Majority of the people holding high posts in
the National Sports Federations are there because of their vested interests or due to their social and political status. The promotion of sports is not on their agenda. They are in Federations because it keeps them in limelight. Majority of them neither has professional competence nor any commitment for the uplift of sports. Due to their vested interest, the organisational aspect of these federations is deplorable.

High-ranking politicians or bureaucrats who don’t have any sports background head more than 50% of the National Sports Federations. When there is neither professional competence nor any zeal to improve upon, the results cannot be encouraging. This is obvious from the present scenario.

5. Sports have not been given due recognition in the education institutions as well as in the society. On the whole sportspersons does not enjoy that social status which is given in other developed countries. Every parent is desirous of making his ward an engineer or a doctor. There are hardly few homes where child is encouraged to participate in games and sports. Even the talented boys and girls who are capable of reaching International standards are discouraged by the parents, teachers and the peer groups from participation in sports. Large number of parents and teachers even today consider sports participation as wastage of time. Till this misconcept is removed, the future of sports will remain bleak.

6. Institutions training Physical Educational professionals have also contributed a lot for the damage to physical education and sports. More than 90% of the professional institutions in the country are producing half-baked teachers of physical education. These Institutions have neither the infrastructure nor the staff for effective training. Students pay capitation fees for admission, get
degrees with high scores and ruin the profession. When these ill-trained teachers go to schools and colleges, instead of promoting physical education and sports, they tarnish its image and get a bad name for the profession.

The research scholar is of the firm view that to achieve desired results in the field of sports, country needs competent and dedicated professional people like Professor Karan Singh. The very purpose of taking this research project is to highlight the qualities of Professor Karan Singh, which will serve as a lighthouse to the people, connected with the promotion of physical education and sports. He is a role model whose example can inspire and motivate people to work hard.

Today almost every nation in the world attaches more importance to the development of sports in order to improve the nation’s health and for the well being of the future generations. Hence a large number of governmental and Para governmental organisations, in close collaboration with private agencies, administer and supervise the development of physical education and sports. Certain nations like Germany, Russia, USA, China and Japan even try to project the superiority of their political and social systems through achievements in the field of sports. The increased number of athletes participating in Olympic and other International events from all over the world, is also an indication of the popularity and development of sports. The acquisition of new standards may be attributed to the better understanding of human organism in relation to physical fitness.

Declaring Physical Education and Sports as a fundamental right of all, the UNESCO (1986) Charter stresses upon governments and non-governmental
organisations to promote the development of and to disseminate and put into practice physical education and sports for the "Service of human progress."

Zeilgler (1979) described history which pointed out that the peoples and communities who cared for their bodies and engaged in vigorous physical activities, remained strong and prosperous, whereas those who neglected them, waned and perished. The great Roman civilisation crumbled and came to an end precisely because its people unproportionately affluent and took to a life of wanton luxury. They lost touch with Physical Education and Sports, began to take interest in professional play. They became soft in mind, spirit and flesh. The lesson is borne out in Rome, as it has been in many civilizations, which have fallen along the way, that for a nation to remain strong and endure, it must be physically as well as morally fit.

In view of Kamlesh (1988) the story of Physical Education and Sports in India is strewn with ups and downs. In turmoil – torn period, Indian society paid some attention to physical fitness while in periods of security and religious abundance, it shifted its attention to intellectual and spiritual attainments. Thus neglecting the most vital aspect of physical awakening as a result of which India had to bear the brunt of foreign intrusions and invasions till the nineteenth century when the British completely subjugated her. Apart from other modernity's, the British also brought to India Their 'Love of outdoor activity, games and sports.' No doubt, the foreign rulers declared physical exercise as an important aspect of general education, they made no serious attempt to make it a compulsory subject in schools and colleges and a way of life for the common masses.
After independence, it was generally accepted as the policy of central government that physical education and sports should be in harmony with the total educational pattern and also complimentary to the achievement of the goals of education. To give practical shape to the policy, different committees were appointed from time to time to support plans for the development of physical education and sports for the students of the country (1980). A national plan of physical education and recreation was first prepared in 1956 by the Union Ministry of Education (1956). This plan provided useful guidelines for syllabus of physical education for primary and secondary schools. On the basis of these plans, many schemes were contemplated to raise the level of fitness. An Advisory Board of Physical Education and Recreation was constituted. A national college of physical education was established at Gwalior. A national plan of physical education and recreation was finalized in 1956 which suggested norms for physical efficiency test. The first All India Seminar on Physical Education for Principals of Physical Institutes in 1959 has recommended the motor ability test as prescribed on the national plan to be conducted in various places of the country to ascertain its validity and supply proper norms for various age groups. National Physical Efficiency Drive (1967) was launched in the 1959-60 by the Union Ministry of Education with a purpose to create consciousness and enthusiasm amongst the people of our country for physical fitness and to stimulate their interest for physical welfare which would help them to better and more healthful living. With the aim of putting the scheme on more scientific lines and sound footing it was entrusted to National College of Physical Education, Gwalior in the year 1972. This scheme was renamed as “National Physical Fitness Programme (NPFP)” to make the scheme more effective and popular in the country (1979).
The Government of India, in 1965 framed a multipurpose Programme of physical education for implementation in the secondary schools of the country (1980). After that under the educational structure of 10+2+3 pattern, as envisaged by the national policy on education and declared by the Union Government in April, 1977, Physical Education and Sports are to be an integral part of curriculum at all stages (1979).

The Government of India’s resolution on national sports policy to involve youths in physical education and sports laid in both houses of Parliament in August, 1984 had accepted in principle that it is the duty of both the centre and states to accord the importance of participation in physical education and sports activities for good health, a high degree of physical fitness, increase in individual productivity and also its value as a means of beneficial recreation, promoting social harmony and discipline is well established. The need of every citizen, irrespective of age and sex, participate in and enjoy games, sports and recreational activities is therefore, hereby recognised, and physical education and sports should be made an integral part of the curriculum as a regular subject in schools and other similar educational institutions (1985).

Therefore, in order to achieve the objective of mass participation in physical education programmes in particular and sports in general, the government of India has come out with a new education policy (1985-86) in which greater emphasis has been laid on the creation of infra-structure of sports and physical education in terms of facilities. Stress has also been given on the improvement of teachers’ training and proliferation of literature of physical education and sports so as to educate the masses.
in the efficacy of being physically fit. Unfortunately, there have been certain hurdles in the achievements of those lofty objectives and ideals. For instance, education is a state subject and sports and physical education are tagged with education only. The state governments have constraints on their resources and as such, they cannot carry out the sports policies practically, except on papers. That is perhaps, the reason why physical education and sports have still not found the due place even in total educational structure in many states of the Union. Also ‘Run for Health and Sports for all’ which is the national policy to develop sports and health consciousness in the common man, is yet to get real impetus in our society. We cannot know the right direction to be followed until and unless the physical educators in India precisely know the quality of the “human stuff,” they have to deal with. We are still in the dark about the physical, physiological, or psychological profile of our school going population. More specifically, the physical educators as yet have not been able to know whether the boys or girls in India are physically fit. In the absence of worthwhile survey on these problems, it would neither be possible for physical educators in India to work for the amelioration of the health and fitness standard of the people nor look for excellence in competitive sports. Planners feel that a great deal needs to be done for sports in the country, and unless we begin at the school level, build the next base at the college level and go on to the universities, the health of the youths, which constitute about 35% of the total population of the country will not improve (1988).

Sportsmen are the product of a culture promoted by a particular society in a particular era of the history. No society can produce soldiers without the impact of sports on defense culture. If Indian soldiers are rated as one of ‘the best, if not the
best in the world, it is only because of their sportsman like dedication to the duties and sportsman like devotion to defense culture. There is a befitting quotation that “the battle of Waterloo was won in the playfields of Eton and Harrow.” It can thus be stated that sports have had tremendous impact on Indian society.

Sports programmes did not emerge automatically. They were sponsored and patronised by administrators, rulers, kings and leaders. History of many states in India reveals that institutions which promoted freedom struggle and freedom fighters are primarily responsible for influencing the society through sports programme like Vyayamshalas, Akharas, Sword fighting, Fencing etc.

Man is a social animal. A social being influences the society quite a bit if he achieves excellence in any field, say, sports. History is full of evidence how Kings, Maharajas, and Rulers patronised sports and sportsmen in order to establish high traditions of sports culture and through these achieved deep social impact.

Sportsmen are the pillars of success in a particular society, when they are recognised by the society. It is an established fact that society has influenced them in the pursuit of excellence in sports and in turn they have contributed their bit towards creating a conducive culture and atmosphere for sports promotion.

With the advent of freedom there is a complete change in the philosophy of sports and the sporting values. The society have started viewing sports from different angles.
In fact today's sports are considered as international discipline, for the promotion and development of international understanding and universal brotherhood. In the present politically conflicting times the sports are also considered as one of the major forces for promoting and developing world peace.

Sports are one of the consolidating factors of national integration and for developing national character, which is the most urgent need of the present day Indian society.

Social imbalances and diversities have entered into our ways of life, and these now stand as hurdles towards the achievement of objectives. Human values are essential for the establishment of good character. Basically the concept of national integration in the present day set up relates to the principle of unity in diversity and this unity in the people of our sacred land could achieve through sports only.

Human beings learn to be social through participation in games and sports and get acquainted better with their social situations. Sports influence the behaviour of each individual and the group and thus get modified to fit in the society as a useful members.

Man has always learned to excel and to attain sublime in life. One way to excel is through sports. Thus, people have turned to sports for achievement of greatness. Apart from other benefits, sports therefore, have become an ever expanding avenue of human expression and today sports in its various forms plays a vital role in
the life of mankind. A sacred Hindu text admonishes, "Play the game of life well, for life is a sport."

Sports play a very prominent role in modern society. It is not only important for an individual but also to a group in terms of the whole nation so much so that the world health organisation has set a target that every person in the world should become fit and health conscious by 2010 A.D.

Great progress has been made in the field of games and sports after the independence. Sports have grown tremendously and widely the world over and it opens the doors of inviting all people regardless of sex, race, religion, language and region. It has become a very strong social force influencing enough to concern the society in general.

STATEMENT OF THE PROBLEM

The purpose of the study was to highlight the contributions and achievements of Professor Karan Singh towards the promotion of Physical Education and Sports in the country. Secondly, to study his philosophy with regard to physical education as a profession in India. Thirdly, to enlist professional leadership qualities of Professor Karan Singh. The problem was stated as "Dronacharya Professor Karan Singh Eminent Physical Educationist and Sports Promoter", a case study.
DELIMITATIONS

a) The study was confined to the contributions and achievements of Professor Karan Singh in the field of Physical Education and Sports.

b) Professor Karan Singh’s professional career was studied with regard to his philosophy, leadership qualities and his personality.

c) The study covered the distinguished features of Professor Karan Singh’s life. The period from 1926 to 1998 was covered in this study.

LIMITATIONS

The Scholar was dependent on the interview with Professor Karan Singh, his family members, his colleagues, selected contemporaries and also on questionnaire, text books, magazines, newspapers etc. thus, this was considered as limitations of this study.

HYPOTHESES

1. Professor Karan Singh was the first eminent Physical Educationist in India who was also a sportsman of International standard.

2. Professor Karan Singh was very knowledgeable and committed teacher.

3. Professor Karan Singh was a Coach – par excellent.

4. Professor Karan Singh was an efficient administrator and a strict disciplinarian.
5. Professor Karan Singh contributed a lot for the development of physical education and promotion of sports in India.

DEFINITIONS OF THE TERMS USED IN THE STUDY

Physical Education

“Physical Education is one phase of the total education process and it utilizes activity drives inherent in each individual to develop a person organically, neuromuscularly, intellectually, and emotionally. These outcomes are realized whenever physical education activities are conducted in such places as the playground, gymnasium and swimming pool.”(1969)

“Physical Education is an integral phase of education concerned with the physical, mental, and social growth, development, and adjustment of the individual, through guided instruction and participation in sports, rhythms, gymnastics, and related activities, the various unique needs of the learner are served.”(1969)

From these definitions of physical education, it is apparent that any definition of the terms should incorporate such concepts as selected physical activities and related learning realized through participation in these activities, and it should show that this is a part of the educational process. In a larger sense, physical education means, the leaders in this field must develop a programme of activities in which participants will develop body awareness and realize results beneficial to their growth and development, such as development of endurance, strength and the ability to resist and recover from fatigue, neuromuscular skills and the citizenship qualities.
Sports

"This concept emerged as one of the great importance in physical education as an accompaniment of the emphasis upon "Education through the Physical" when the so called "new" physical education emerged early in the twentieth century. Since that time, sports have been recognized as an essential ingredient of a total physical education programme. Kneating, a philosopher has contrasted sports with athletics as radically diverse types of activities as far as their purpose are concerned. Sport is derived from the Middle English desport or disport, meaning originally to carry away from work. There is no doubt that the activity of "sports" has changed considerably as evidenced by contemporary concept of "Sports" among physical educators and the public." (1969)

"Sport is a highly ambiguous term having different meanings. Some persons refer to sport when they are speaking of athletic competition, whereas others refer to sport when they are discussing the organisational and financial status of a team. Sport as a game occurrence, as an institutionalised game, as a social institution, and as a social situation. Sport is playful, is competition, is acquisition of physical skills, strategy, and chance and is physical prowess. The major attribute that distinguishes sport from games is physical prowess. Physical prowess refers to the practice and learning of a skill that must be developed if one is to succeed in sport competition." (1976)
Personality

Alderman (1974) defines personality, as "an integration of merging of all the parts of one's psychological life – the way one thinks, feels, acts and behaves."

"Psychologists have used the term "Personality" to denote more than social attractiveness. In fact, their definition of "Personality" not only includes individual characteristic ways of conducting himself in everyday situations but stresses as well as conditioning factors as physique, appearance, intelligence, aptitudes and character traits. All these contribute, in varying degrees to a person's total quality, that is, to the impression which he makes on other people." (1974)

Career

"Mode of living course, progress through life."(1974)

Career, in the context of this study, refers to Prof. Karan Singh's educational career from childhood, his career in the field of physical education from the beginning of his service till his retirement from active professional career.

Pioneer

First student of new branch of study. A person who takes lead in developing or works for the development of certain area with philosophy of his own.

Profile

Brief biography, as given in an article in a periodical or in a book.
Contribution


Contributions in this study refers to Prof. Karan Singh’s achievements and services rendered in the field of physical education at different levels.

Opinion Questionnaire

"The information form that attempts to measure the attitude or belief of an individual known as opinion questionnaire or attitude scale." (1978)

Through the use of questions or by getting an individual’s expressed reaction to statements, a sample of his opinion is obtained. From this statement of opinion may be inferred or estimated his attitudes what he really believes.

SIGNIFICANCE OF THE STUDY

1. To know the contributions made by Professor Karan Singh in the field of physical Education and Sports.

2. Findings of this study would be a great source of inspiration to the present and future physical educationists, sports organisers, sports promoters and sports persons.

3. This study would be a valuable addition to the professional literature in Physical Education and Sports.

4. This would be a valid document of the past and would reveal historical prospective to the coming generations in the field of Physical Education and Sports.