Growth and Development of Sports in India since Independence

We need to create sports culture first.

Ajay Maken, Union Minister for Sports

INTRODUCTION

“Nachchan Kuddan Man Ka Chao”, as said by first Sikh Guru, Guru Nanak Dev ji, it is true eternally. Man has invented games primarily as a means to meet socially with others, to display skills and physical prowess and to entertain or offer excitement. Most of the games involve some form of running, throwing and jumping acrobatics, all of which developed from basic hunting skills. Many early cultures combined religious and political elements into their games, but there was always a desire for recreational play that eventually inspired the codification of early games and the invention of new ones.

Because early man relied heavily on running to hunt prey, footraces naturally developed and became formalized into track events. With the advent of the ball and bat, running became the basis for a wide range of modern games such as association football (soccer), lacrosse and field hockey. The ability to throw a killing implement far and accurately was transformed from a survival skill into a game skill like javelin or disc throwing. Although no modern team game is based on jumping, the action is widely used as an adjunct in games, most notably in basketball and volleyball.  

Definition of Sports

Simon Jenkins defines sport, ‘A subset of leisure and work activities that involves both physical activity and competition’.

According to The New Encyclopedia Britannica “Sports and games, recreational or competitive activities that involve some amount of physical strength or skill. At one time, sports were commonly considered to include only the outdoor recreational
pastimes, such as fishing, shooting and hunting as opposed to games, which were regarded as organized athletic contests played by teams or individuals according to prescribed rules.  

**Difference between Sports and Games**

Jenkins differentiates “A key difference between play and sports is institutionalization of games with formalized sets of rules, national regulations and a governing administrative superstructure of adults. The organizational structure provides for the maintenance and control of the activity through interpretation of rules by adults who act as officials. Sport is also characterized by formally recorded histories and traditions.”

Guttmann (1988) differentiates between play, games, contests and sports. Play may be either spontaneous or organized. Organized play involves either non-competitive games or competitive games (contests). Contests may be intellectual contests or physical contests (sports). Chess could be regarded as intellectual contests. What activates should be classified as sport is often debated. Britain is one of the few countries not to recognize chess as a sport, because according to the Sports Council the game is not sufficiently “physical”.

Sports, pastimes that stress physical skill and strength encompassing a wide range of individual and team athletics. Organized sports usually have sets of rules that give each a unique character. Amateur sports are intended primarily for the enjoyment of the participants, while professional sports are for the entertainment of the spectators. The differences between sports and games, which are essentially nonathletic, are sometimes indistinct.

**Classification of Sports**

Classification of Sports helps us understand more, as some scientific principles may well apply to similar kinds of activity. For example, tennis, squash and badminton have obvious similarities. Sports are classified on the basis of following Categories:

- Combat
- Target
The Disciplines important to the Study of Sport

Over the course of history, people have found the disciplines of history, philosophy, and more recently biology, psychology and sociology of use in their attempts to understand and control their world. It is the contention of many who study sport that these disciplines may also be employed in attempts to understand the phenomenon of sport.

Psychology

The psychology of sport is concerned in general terms, with the broad psychological, social, and emotional aspects of the individual in a context of physical activity and athletics. It deals with the needs, interests, attitudes, dispositions, and motivations of the participant rather than just focusing on an analysis of his performance. The primary intent of such an approach is to understand why an individual behaves the way he does in sport situations. It is also about giving psychological training to players.
**Sociology**

Sociology is primarily concerned with the discovery and description of patterns of behaviour in human interaction. Although traditional emphasis in sociology has been on the study of the larger society, social system, small group, social organisation, and social behaviour. The verification of generalisations or propositions is usually dependent on empirical observation. Numerous interpretations of data are accumulated and may lead to theory useful in the understanding or prediction of human behavior.

**History**

History is the study of humanity’s past. Although some would disagree, history is primarily concerned with the description of specific and unique events. It is a discipline which is primarily concerned with the study of individual events or configurations of events and the description of the settings in which they take place.

**Philosophy**

One of the oldest disciplines, philosophy maintains its usefulness today. Philosophy is concerned with the ultimate nature of the human race, reality, knowledge, meaning, and humanity’s relationship to the universe. Although findings from the empirical sciences from the basis of philosophical analysis, “modes of inquiry” such as the controlled application of logic lead to questions about the analysis and synthesis of real meanings underlying the findings from the various disciplines.

**Physical Education**

Physical Education is rightly recognised as an integral part of formal education. The existence of man is primarily physical. The word ‘physical’ refers to body, and indicates bodily characteristics such as strength, speed, endurance, flexibility, health coordination and performance. It seemingly contrasts the body with the mind. The term education when used in conjunction with physical, refers to a process of education that develops the human body especially fitness and movement skills.

Physical education is the process by which changes in the individual are brought about through his movement experience, and it is the sum of those experiences which
came to the individual through movements. Physical education is the sum of man’s physical activates selected as to kind and conducted as to outcomes.  

In the contemporary period, Physical Education, Health Education and Sports have made great advances in the academic field, which have influenced almost all the branches of human knowledge. An increasing number of students and teachers in this area have turned to get adequate knowledge to gain a competitive edge-to learn among other things, way to improve one’s own health, to know about the problem faced by the Physical Education students, teachers and other concerned persons, to improve confidence, to manage competitive stress, increase social interaction etc.

Emotional maturity is very important for the physical development of a man. Physical education helps us to learn to control emotions. Games, art, music, dance; plays etc. can bring useful changes in the life of a man.

The development of a human being is possible only by all round development of personality. It should be clearly understood that physical, mental and moral development of a person can’t be achieved only through a single medium. These three are the major qualities of a person. Moral problems can be solved only by physical means. The moral level of man can be raised through education.

**Definitions of Physical Education**

According to Charles A. Bucher “Physical education, an integral part of total education process, is a field of endeavor that has as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome.”

According to Webster’s Dictionary “Physical education is a part of education which gives instructions in the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics and the performance and management of athletics games.”

Harold M. Barrow defined Physical Education as an education of and through human movement where many of educational objectives are achieved by means of big muscle activities involving sports, games, gymnastic, dance and exercise.
A National Plan of Physical Education and Recreation the earliest document prepared by the Central Advisory Board of Physical Education and Recreation in India, says, “Physical education is the process of educating through physical activities for the total personality of the child to its fullness and perfection in body, mind and spirit”. 11

The salient features of physical education are given below:

1. Physical education is essentially education for it is a means through which body, soul and intellect get moving-efficiently and vigorously.

2. In physical education, no wholesome experience is derived unless activity programmes are selective as well as elective and imbibe values other than physical alone.

3. The worthy outcomes shall accrue only when the individual participates in the activity programme. Nobody can learn how to swim unless he gets into water.

4. Physical education strives to maintain and strengthen the body-mind spirit integration.

5. Physical education is the only unique discipline which uses "physical activity" as the medium for human development. Its approach to its objectives is natural and unambiguous.

Physical education is a very developed area and it has a very wide scope. Today, it is not mere limited to various kinds of physical exercises. All the factors of activities which help in developing an individual’s personality are included in it now. It consists of all the area or facets of human activities.

Today, programmes of physical education are prepared in such a way that needs and requirements of all the people get fulfilled. According to the age and requirement of people participating in the activities, one should prepare the programme carefully. Various kinds of programmes can be prepared, some of which are service programme, intramural and extramural programme and fitness and recreational programme. The programme in which importance is provided to the instructional aspect is termed as service programme. Such programme which provide opportunities to develop the skills and abilities to all the participants is termed as intramural programme. When in competitions, players of different region take part, it is termed as extramural programme.
while the programme which provides fun, thrill, action, physical exercise and skill to the participants, is known as fitness and recreational programme.

**Physical Education - Art or Science**

Some people regard physical education as an art while some regard it as science. This is quite a difficult thing to judge and for this, because art is the ability to do something beautifully and in attractive manner. Physical educator tries to establish an environment in which all the players participating in any sport or practicing any skill can perform in a disciplined manner. This kind of discipline is very important in the case of art to achieve perfection in all the works. On the other hand science is based on certain set principles of body mechanics. All the principles of physical education deal with functioning of human body and its movement. So physical education can be considered as a fine blend of the both art and science.

**Health Education**

Health education is a process by which the individual acquires adequate knowledge about 1) diseases, ailments and disorders and their preventive and curative aspects, and 2) fitness - both physical and mental.

World Health Organisation (WHO) defines health as “that state of the body and mind in which one lives most and serves best”\(^\text{12}\).

**Recreation**

Recreation is another significant area of physical education. In fact, the basic purpose of physical education is recreation. All games and sports, minor or major, are utilised by common man as recreation. However greater emphasis on competition and excellence has changed their complexion. Recreation is anything one wishes to do and as he pleases to do for entertainment and healthy pleasure. Informality, freedom of choice, sense of accomplishment, variety, relaxation—both mental and physical is the hallmark of recreation.

**Dance**

Dance has been an important aspect of human life. In its simplest form it appeared as folk dance and as a part of religious ceremonies it shaped into a variety of
classical forms in the Eastern as well as Western civilisations. As a wholesome physical activity dance has no peer.

Games and Sports

Games and sports form the bulk of physical education. Since the revival of Olympic Games in 1896, more and more emphasis is being placed on the competitive aspects – of games and sports. The craze and quest for winning in international sports competitions have started a competition among the nations for the development of new techniques and methods of athletic training for better performance.

Objectives of Physical Education

According to Nixon and Cozen: Physical education should have a goal of making the maximum contribution to the development of an individual’s potentialities in all areas of life which can be done by placing him in an environment to promote such muscular and related responses as will contribute to this purpose successfully. Some important objectives of physical education are given below:

1. To develop an understanding and appreciation of movements in children and youth so that their lives will become more meaningful, purposive and productive.
2. To develop an understanding and appreciation of certain scientific principles concerned with movement that relate to such factors as time, space, force and mass-energy relationship.
3. To develop better interpersonal relationships through games and sports.
4. To develop the various organic systems of the body so that they will respond in healthful way to increase demand placed on them.
5. To establish pattern of regular participation in meaningful physical activity.
6. To achieve and maintain a health enhancing level of physical fitness and good health.
7. To develop advanced level of movement skill.
8. Apply movement concepts and principles to build the ability of the learner to use cognitive information to understand and enhance motor skill acquisition and performance.
9. The achievement of self-initiated behaviour that promotes personal and group success in activity settings and behaves in ways that is personally and socially responsible in physical activity settings.

10. To develop respect for individual differences through positive interaction among participants in physical activity.

11. To develop an awareness of the intrinsic values and benefits of participation in physical activity. Physical activity can provide opportunity for enjoyment, challenges, self-expression, social interaction, work and leisure.

Thus it can be said that the main goal of physical education is to develop personality of an individual in such a way that he can live comfortably and successfully.

**Importance of Physical Education**

In daily life, we are facing a lot of troubles and these kinds of problems can be coped with the help of physical activities. Sharma, et.al\(^4\) give importance of physical education as follows:

1. Various kinds of physical activities help in developing the organic system and functioning of the body. They also improve the abilities of human being to resist fatigue, to remain active and perform efficiently.

2. Physical activities help in developing various kinds of intellectual qualities inherent in a child. Thus with the help of physical education, it is possible to develop children intellectually.

3. By participating in various kinds of physical activities, participants become emotionally mature.

4. Players learn to work in groups, with utmost co-operation and co-ordination. By participating in physical activities, qualities of group efforts, loyalty to the team and strong ties can be developed in participants. These qualities help in building a good moral character of the individuals.

5. Participants become good decision makers and mentally developed only by taking part in various sports.

6. Human body is a composition of muscular and nervous systems, and to keep the body in proper condition, it is necessary to keep these systems fit and in good
working conditions. These systems will function properly if there be a kind of co-ordination between them.

7. Physical education brings leadership qualities among players.

8. It brings universal brotherhood and integration among players and their respective nations.

Various kinds of social and cultural values are being aroused in players by participating in physical activities. They not only develop physically but also mentally. By participating in sports, ability to judge and to take proper decisions in shortest time becomes possible. Qualities of loyalty, co-operation and co-ordination aroused in human being, which help them development their personality to a lot of extent, which is also an important objective of education.

Modern view of Physical Education

We are living in a highly developed age and much of the development has taken place in the recent past. We saw developments in all the fields and physical education is no exception to it. The person who is mentally and physically fit is considered an ideal person. Today, view of educational system and institutions have also changed.

Global perspective has been raised because of the modern concept of physical education. One of most important factors in cross culture integration today is concept of physical education. Sports have a unique language and it can provide a means for international understandings. With the help of various sports, friendly relationships can be established between the people of different nations.

Education through the physical activities is the basis of new physical education pattern. Now, various physical activities are believed to contribute in physical, mental and intellectual strength of an individual. Today, this field has become very wide and developed, where much importance is being given to physical activities and the results it provides.

POSITION OF PHYSICAL EDUCATION IN INDIA AFTER THE INDEPENDENCE

India finally got Independence in the year 1947 and Government of India did various efforts to improve the deteriorated status of physical education. An important
step in this direction was the establishment of a committee which was named “Tara Chand Committee”. This committee came into existence in the year 1948. Various recommendations were made by this committee to improve the condition or status of physical education in the country. Dr. S. RadhaKrishanan committee was also formed in 1948 on school education.

To advise the government in various issues relating to physical education, a board, named Central Advisory Board of Physical Education and Recreation was set up in the year 1950. The Kothari Commission on Education (1965) stressed the need of compulsory physical education both in schools and colleges. To provide training to athletes in various games and sports, some special kinds of schemes were introduced by the Government of India. Some other important committees and boards were appointed for promotion of Physical education and sports, which are as under:

- All India Council of Sports (1954)
- National Institute of Physical Education renamed as Laxmibai National College of Physical Education, Gwalior (1957)
- National Institute of Sports, Patiala (1961)
- All India Sports Congress (1962)
- National Sports (Development) Bill (2011)

Because of various efforts of government, people got attracted towards various sports in a large number. As a result of such popularity, various federations were set up on national level. Government of India established certain institutions which were set-up especially to provide training of various physical activities. In these institutions, bachelor degree and master degree can be obtained in games and sports.

In India, it was realised by the government that people did not lack in natural qualities, but they did not get proper opportunities to show their talents. So, Sports Talent Search Scholarship scheme was introduced by Government of India. In 1982 Asian Games were conducted in India itself. The organisation of such international
tournament in the country helps in improving the standard and infrastructure of games and sports at great extent.

**Education Policy-1986**

Government of India formulated a National Policy on Education in 1986 under the Prime Minister Rajiv Gandhi. According to this policy, learning procedure includes sports and physical education as important parts. These should be included in the evaluation procedure of performances of different participants. In educational area, a nation wide infrastructure for physical education and sports should be provided, which should comprise of various facilities necessary for sports organisation, students and coaches. In urban areas, open spaces should be kept reserved only for the organisation of different sports. Various steps should be taken to establish different kinds of sports institutions or organisations, where in addition to general education, knowledge of sports activities can be imparted. Students with interest in sports should be encouraged to participate in various sports events. Traditional games should be provided an important place in educational curriculum of schools. Yoga should be introduced in all the schools at various levels.

Now, Government of India has realised that our country is lagging behind in the field of physical education in comparison to other developed countries of the world, because of which various kinds of steps are taken from time to time. One such step is the establishment of various commissions. One such commission was Kothari Commission.

The reason of establishing such authorities is the poor performance of Indian players in international competitions, like Olympics and Asian Games. To improve the performance of various players in these competitions, Indian Government has taken such initiatives.

Even presently, when the Olympic Games begin, all the Indian people have great expectations from Indian sportspersons but finally they always appear on the bottom of medal Tally. It is a matter of re-conciliation for us because India is the second highly populated country in the world and still is unable to produce such players who
can bring medals for the country in international competitions. Although a good number of sports institutions are there but a lot is to be done in this field.

SOME IMPORTANT SPORTS SCHEMES AND INSTITUTIONS

To promote various kinds of sports activities in our country, Government of India and various regional sports organisations have established various kinds of sports schemes from time to time. Not only this, for encouraging people to participate in sports activities, various organisations and institutions are also established by government or by non-government agencies where they can get coaching or training of different kinds of activities. In this chapter, our focus will be on various kinds of schemes which are launched by government of India for betterment of sports and sportspersons. The institutions and organisations are also discussed which are owned by the both government and the private authorities. Such important institutions and schemes are mentioned below:

The Sports Authority of India (SAI)

Sports Authority of India was set up by the Government of India on 16 March, 1984 as a registered society primarily to look after the sports infrastructure created for the IX Asian Games. With the declaration of the National Sports Policy in August, 1984 an amalgamation of the Society for the National Institute of Physical Education and Sports (SNIPES) and the Sports Authority of India took place on May, 1987 with two-fold objective: (1) to promote sports consciousness among masses; (2) to stress on competitive activities in collaboration with the National Sports Federations (NSFs) and other agencies.

Main Aims of Sports Authority of India

Sports Authority of India has been set-up with some specific objectives, some of which are as follow:

1. Implementation of the existing schemes is one of an important objective of this authority. Only those schemes which are designed with an objective of promoting the sports and improving the standards of sports in the country are being taken into consideration in this scheme.

2. Promotion and development of sports activities.
3. To sponsor and encourage people to conduct various kinds of research works which are being done with the objective of bringing developments in the sports and games.

4. To construct and utilise various kinds of residential facilities for players and other persons which are engaged with sports in some way.

5. Planning, developing and utilising various kinds of facilities and infrastructure which are necessary for conducting sports events.

6. Construction of various centres where training relating to various sports events can be provided.

7. To make provision of various kinds of essential assistance which are required to organise championships or tournaments at various levels.

8. To take various steps with the help of which common people can be encouraged to participate in the sports events.

9. Organisation of seminars and conferences in which various aspects relating to sports activities can be aroused.

10. For encouraging people to participate in sports events, various kinds of awards and gifts can be offered.

11. To make arrangements for funds, so that various tournaments or competitions can be organised.

**Constituents of Governing and General Body**

**Governing Body:** There should be 28 members in the governing body out of which Government of India nominates 16 members, while the rest 12 members are ex-officio members.

**General Body:** This body should be consisted of 43 members. Out of these 43 members, 27 are non-official members and 16 are ex-officio members. Non-official members of the body are appointed by Indian Government.  

**Functions Performed by the Sports Authority of India**

In various functional wings of Sports Authority of India, Each wing is headed by an Executive Director. This authority is divided into following wings:-
a. Academic Wing
b. Team Wing
c. Operations Wing
d. Stadia Wing

All these wings perform different kind of functions, the information relating to each wing is as follows:-

a. **Academic Wing**

This wing is further divided into two other wings, under the names of Academic Wings for Physical Education and Academic Wing for Sports.

1. **Academic Wings for Physical Education**

   This wing is known as Lakshmibai National College of Physical Education, which is situated in Trivandrum. Government of India established this college in 1985. The objective of establishing this college was to provide various kinds of sports facilities which were required for uplifting the standard of physical education and sports in our country. To the University of Kerala, this college is affiliated. Bachelor degree has duration of three years, while the time duration of master's degree is two years.

2. **Academic Wing for Sports**

   This wing is located in Patiala. Generally, it is called Sports Authority of India Netaji Subhash National Institute of Sports. Various kinds of facilities have been offered by this wing, some of which are as follow:-

   i. For training sports persons in coaching, diploma courses are provided in this college, which have duration of one year.

   ii. Master's course in sports coaching and diploma course in sports medicine are provided, which have duration of two years each.

   iii. This college also provides the international Olympic committee solidarity courses.

   iv. For physical education teachers or coaches, a certificate course with duration of six weeks is offered.
b. **Team Wing**

Directorate of Teams, Equipment Support and Dope control laboratory are the constituents of this wing. It is necessary to discuss all the constituents separately, which is given as under:-

1. **Directorate of Equipment Support**

All kinds of equipments required for training of national teams are arranged by this directorate. Rate contrary to various sports equipments are finalised by these directorates. To various national and international competitions, different sports equipments are provided on the loan basis by this directorate.

2. **Directorate of Teams**

The responsibility for long term training of selected sports persons lies with the directorate. It is the duty of this directorate to train players in such a way that they can perform well in various kinds of competitions. This directorate also deals the matters relating to the deployment of foreign coaches or visit by foreign experts for providing training to the national teams. This wing provides training facilities, boarding and lodging, and sports equipments. In this way, it plays a supportive role in promoting various sports events in the country.

3. **Dope Control Directorate**

This directorate is situated in Jawahar Lal Nehru stadium. The main function performed by this directorate is to ensure that no player is taking or consuming those drugs which have been banned and considered to be an illegal act.

c. **Operations Wing**

Directorate of Sports promotion in Education Sector, Special Area Games and Infrastructure are included in this wing. The main objective of these directorates is to nurture young children with required talent in different age groups, with the help of various means. An important function of the directorate of infrastructure is to monitor the progress of various kinds of capital works. Under the various schemes, the talented children are spotted at the optimum age level in different disciplines and they are provided scientific training at the various centres of scheme, with the objective of achieving excellence at the National and Junior International levels.
Three kinds of schemes are implemented by the Sports Authority of India the main objective of which is to develop and promote various sports events throughout the country. Some of the important schemes implemented at present are as follow:

i. Centre of Excellence: under this scheme, talented players who fall in the age group of 16 to 21 years are selected for scientific training.

ii. Junior Level Schemes: Children between the age group of 14-21 are selected for scientific training purposes.

iii. Sub-Junior Scheme: National sports talent contest schemes, army boys sports companies and national coaching scheme are constituents of this scheme. This scheme takes into consideration the students within the age group of 8 to 17 years.

d. Stadia Wings

In 1982 for conducting Asian games some stadiums were constructed or renovated by the Central Government. This wing is entrusted with the responsibility of maintaining these stadiums in proper conditions and to enjoy proper utilisation of these centres. Stadia directorate is an important member of stadia wing. Policy guidelines for utilisation of different facilities created in the various stadiums are formulated by this directorate.

Various Regional Centres of Sports Authority of India

There are six regional centres of Sports Authority of India and the headquarters of all the centres are situated in different states. There are Southern Centre, Eastern Centre, Northern Centre, Central Centre, Western Centre and North Eastern Centre. Important information relating to these centers is as follow:

Southern centre is located at Banglaore. This has been developed as a centre of excellence having all types of modern facilities. In the year 1997 this centre of excellence was set up.

At Aurangabad, west zone training centre of academy is situated. Its sub-centers are located at Guwahati and High attitude centre at Shillaroo.

Facilities for conducting diploma courses in coaching and certificate course in different disciplines are offered by regional centres which are located at Bangalore and Kolkata.
Netaji Subhash National Institute of Sports, Patiala,

Established in 1961, it is India’s most prestigious and Asia's highly prized institution with such precise objectives as (a) to raise the technical competence of the existing coaches and produce a cadre of high caliber coaches in various sports; (b) to serve as a centre of greatest possible information on sports; (c) to render assistance to NSFs, sports councils and other organisations to hunt sports-talent and groom them into star performers as well as to polish the national learns before participation in the international competitions; and (d) to produce and popularise sport literature. Over the years its activities multiplied and diversified covering research, orientation of physical education teachers in sport(s), technical assistance to sports goods manufacturers, cultural exchange with East European countries in sports activities, regional cooperation in sports programmes, etc.

National Coaching Scheme

With the establishment of the National Institute of Sports, Patiala the existing Rajkumari Amrit Kaur Coaching Scheme was replaced by the National Coaching Scheme in 1961 with the major objective of facilitating coaching of athletes in a scientific and organised manner at all levels of performance and for all age groups in the States (under education, sports departments and councils) under the National Sports Federations (NSFs) with the help of a strong cadre of SAI coaches through out the country.

Special Area Games (SAG) Scheme

This scheme was launched in 1985 with the sole objective of tapping talent from areas the people of which presumably have either some genetic or geographical advantage or pre-disposition towards excellence in a particular sport/game traditionally played by them over centuries or generations. Specifically the Scheme envisions identification of sport-talent from tribal, hilly, rural or coastal belts keeping in mind sport-specific attributes in archery, fencing, athletics, boxing, weight-lifting, shooting, wrestling, hockey, water sports, cycling, judo etc. Talent may also be tapped from the practitioners of indigenous sports and martial arts.
SAI Training Centres

After a review of Sports Project Development Area scheme and Sports Hostel Scheme, the SAI Training Centres scheme came up in 1994-95. Each of the 40 odd SAI centres carries facility for training of sportspersons in four Olympic disciplines including one compulsory mother sport either athletics, gymnastics, or swimming coupled with two or more indigenous ones. There is a provision for day-boarding athletes who are allowed incentives such as stipend, kit and travel expenses for participation in tournaments. The underlying motive is to (a) make the Central and State Governments to work together for sports development through an integrated effort, (b) remove regional imbalances in the development of sports infrastructure, (c) nurture talented sports-persons on a long-term basis, (d) ensure maximum utilisation of the existing sports facilities, and (e) make equitable distribution of the funds for the sports development.

Sport Science Research Fellowship Scheme

The Sports Authority of India awards 5-10 sports science scholarships each of the value of Rs. 20,000 per annum with a contingency grant of Rs. 10,000 per annum to research scholars for carrying out research in various sports sciences such as sport and exercise physiology, sport and exercise psychology, sports medicine, sports nutrition, sports bio-mechanics and sports training methods etc.17

The SAI acts as a nodal agency for a few schemes of the Government of India such as mentioned below:

Sports Scholarship Scheme - 1997

The Sports Talent Search Scholarship Scheme was introduced by Government of India in 1970-71 to assist the young promising and talented boys and girls studying at secondary stage of education but proficient in sports with the aim to develop their talent in games and sports and to enable them to have nutritious diet during their studentship. The students are selected on the basis of national or state level sports competitions for the award of scholarships. Scholarship is also provided to outstanding university/college level sportspersons under the National Sports Organisation programme and to women under the programme of promotion of sports and physical education among women. The old scholarships are also renewed and provided the awardees to maintain
or improve their level of achievement. Presently, scholarships are available under the following categories:

<table>
<thead>
<tr>
<th>Category – I</th>
<th>State Level</th>
<th>Rs. 5,400/- p.a</th>
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<tbody>
<tr>
<td>Category – II</td>
<td>National Level</td>
<td>Rs. 7,200/- p.a.</td>
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<tr>
<td>Category – III</td>
<td>University Level</td>
<td>Rs. 9,000/- p.a.</td>
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### Rural Sports Programme

The programme launched in 1970-71 was handled by the National Institute of Sports with the basic objectives to (1) involve major segment of the rural youth in the mainstream of the country's sports activities, and (2) spot out and nurture rural sports talent. The programme involves holding of sports tournaments for the rural youth at the block, state, and national levels. Financial assistance is made available to the State Governments for this purpose.

### National Sports Festival for Women

It was started in 1975 by the Government of India to boost women participation in games and sports.

### Creation of Sports Infrastructure

Under the Five Year Plans and annual budgetary allocations, the Government of India supplements efforts of the State Governments and other organisations such as local self-governments, voluntary bodies by providing matching central assistance for creation of sports infrastructure like playgrounds, indoor/outdoor stadia, swimming pools, skating rings, velodromes, sports hostels, district level and state level sports complexes. The financial assistance is provided on 75:25 shared ratio in case of special category status and 50:50 in case of others. Under a sub-scheme, financial assistance is also given to Rural Schools for the Development of Play-fields and Purchase of Sports Equipment under the main scheme of creation of sports infrastructure.

### Scheme for laying of Synthetic Track/Artificial Hockey and Artificial Surface

This revised scheme provides financial assistance up to Rs. 1 crore or 50% to the estimated cost of the project to the SAI, NSFs, State Sports Councils, Service Sports
Control Boards, local bodies, universities, colleges, schools etc. for construction and replacement of the artificial surfaces used in various sports.  

Games and Sports in Universities and Colleges

To promote sports in universities/colleges that receive financial assistance for development of play grounds, construction of stadia and other sports facilities in the ratio of 75:25 in the case of special category states and in the ratio of 50:50 to others, subject to certain ceilings is available. Assistance is also given for the purchase of sports equipment up to maximum amount of Rs.3.00 lakh without any matching share from the institutions. 

Assistance to National Sports Federations

The Government of India financially assists the NSFs for conducting national championships and International tournaments in India, participation in international tournaments abroad, organising coaching camps, procuring sports equipment, engagement foreign coaches and disbursement of salaries to the joint/Assistant Secretaries engaged by NSFs.

The Incentive Schemes of the Ministry of Youth Affairs and Sports

It include (a) assisting promising sportspersons and supporting to update their competence (b) promotion of sports and games in schools (c) national welfare fund for sportspersons (d) sports fund for pension to meritorious sportspersons (e) special cash award to medal winners in international sports events etc.

Scheme Relating to Talent Search and Training

Under this Scheme, assistance is provided to promising sportspersons for training and training-cum-competitions in India and abroad, for purchase of equipment and scientific support. Supporting personnel such as coaches, sports scientists, doctors and masseurs etc. are also assisted for undergoing specialised training and for attending seminars/conferences and major international sports events and for appearing in qualifying examinations. This scheme is implemented through Sports Authority of India (SAI).
National Sports Development Fund

The National Sports Development Fund (NSDF) was instituted by the Central Government with a view to mobilise resources from the Government as well as non governmental sources for promotion of sports and games in the country. The funds available under NSDF were used towards promotion of sports in general and specific sport disciplines and individual sportspersons for achieving excellence at the national and international level.

Scheme of Sports Fund for Pension to Meritorious Sportspersons

This scheme was launched in the year 1994. Under this scheme, those sportspersons, who are Indian citizens and have won gold, silver and bronze medals in Olympic Games, World Cup/World Championships, Asian Games, Commonwealth Games, and Para-Olympic Games and have attained the age of 30 years and have retired from active sports career, are eligible for life pension under this Scheme since July 2008. The details are given below:

Table- 2.2
Pension Scheme to Meritorious Sportspersons

| (a) | Medalist at the Olympic Games | Rs. 10,000/- p.m. |
| (b) | Gold medalist at the World Cups/ World Championship in Olympic and Asian Games disciplines | Rs. 8,000/-p.m. |
| (c) | Silver or Bronze medalist of the World Cups/World Championships | Rs. 7,000/-p.m. |
| (d) | Gold medalists of the Asian/Commonwealth Games | Rs. 7, 000/-p.m. |
| (e) | Silver and Bronze medalists of Asian/Commonwealth Games | Rs. 6, 000/-p.m. |
| (f) | Gold medalist of Para-Olympic Games | Rs. 5,000/-p.m. |
| (g) | Silver medalists of Para-Olympic Games | Rs. 4,000/-p.m. |
| (h) | Bronze medalists of Para-Olympic Games | Rs. 3,000/p.m. |
National Welfare Fund for Sportspersons

The National Welfare Fund for sports persons was set up in March 1982 and reviewed in July 2009 with a view to assist outstanding sportspersons of yesteryears, living in indignant circumstances that had brought glory to the country in sports.

Apart from the above mentioned schemes former Union Minister and Rajya Sabha member of Parliament Ashwani Kumar has urged the Prime Minister Manmohan Singh to set up a Prime Minister’s special relief fund for international and national level sportspersons who have done the country proud by their feats. The MP was referring to the media report highlighting the plight of the family of ace athlete of yesteryears Makhan Singh, who donned the national colours in the 1962 Jakarta Asian games. Apart from that, in the 1962 Calcutta National games, he got past the legendary Milkha Singh in the 400m race to garner gold.

He ended up winning four medals in different events in the same championship. The family of Makhan Singh, who was conferred the prestigious Arjuna award in 1964 by the then President Dr. S. Radhakrishnan, lives in abject penury in Bhathula village in Hoshiarpur. His wife Salinder Kaur and son Parminder Singh, who works as a sewadar in the Hoshiarpur BDPO office, have threatened to return the award and the scores of other medals Makhan Singh won back the government “if it does not wake up to their problems.”

A week after former athlete Makhan Singh’s case was highlighted in the tribune, the government said it was going to formulate a policy for the welfare of sportspersons.

Promotion of Sports among Persons with Disabilities

The Ministry formulated a scheme for promotion of sports and games among disabled during 2009. The objective of the Scheme is to broaden base participative sports among the disabled. The Scheme of Sports and Games for the Disabled has the following components:

1. Grant for Sports coaching and purchase of consumables and non consumable sports equipment for schools.
2. Grant for Training of Coaches.
3. Grant for holding District, State and National level competitions for the disabled.
Scheme of Assistance for Anti-Doping Activities

Doping is the deliberate or inadvertent use by sportspersons of a substance or method banned by Medical Commission of International Olympic Committee/World Anti Doping Agency (WADA). India is no exception to this malaise. Recognising the urgent need for embarking upon a concerted effort to check doping in collaboration with the global anti-doping community, The Government of India became one of the members of the Foundation Board of WADA, set up with the initiative of the International Olympic Committee.

National Anti Doping Agency (NADA)

NADA is the national organisation responsible for promoting, coordinating and monitoring the doping control programme in sports in the country. The Anti Doping rules of NADA are compliant with the Anti Doping Code of WADA.

Laxmibai National Institute of Physical Education, Gwalior

Central Government took a premium step in the year 1995 by giving the status, of Deemed University to the Institute of Physical Education. The main function of this institution is to prepare or trained the coaches in such a way that they can provide proper training to the students of physical Education at various levels. To do research on various aspects relating to the physical education, this institution has set up various research centres in various parts of the country. To fulfill the requirements or needs of various physical educators, this institute has run an academic staff college of UGC. Various courses are organised by this institute for the improvement of standard of coaching in the country.

Schemes Relating to Incentives to Sports Persons

The Ministry of Youth Affairs and Sports implements various schemes as incentives in the form of awards to sports persons to take up sports:

Rajiv Gandhi Khel Ratna Award

The scheme was launched in the year 1991-92 with the objective of honouring sportspersons to enhance their general status and to give them greater dignity and place of honour in society. Under this scheme an amount of Rs. 7.5 lakhs
and a medal are given as award for the most spectacular and outstanding performance by a sports person in the preceding year.\textsuperscript{28}

**Arjuna Award**

The Arjuna Awards were instituted in 1961. To be eligible for the award, a sportsperson should not only have had good performance consistently for the previous three years at the international level, with excellence for the year for which the Award is recommended but also should have shown qualities of leadership, sportsmanship and a sense of discipline. The Awardee is given a statuette, a scroll of honour, ceremonial dress and a cash award of Rs. 5 lakhs. Not more than 15 awards are given every year. So far 649 outstanding sportspersons from various disciplines have been conferred with this award.\textsuperscript{29}

**Dhyan Chand Award for Lifetime Achievements in Sports and Games**

Dhyan Chand Award for lifetime achievement in sports and games instituted in the year 2002 is given to honour those sportspersons who have contributed to sports by their performance and continue to contribute to promotion of sports even after their retirement from active sporting career. The award carries a cash of Rs. 5 lakh, a statuette, a scroll of honour and ceremonial dress. Twenty Five sportspersons have been given this award since its inception.\textsuperscript{30}

**Dronacharya Award**

The Dronacharya Award, instituted in 1985, to honour eminent Coaches who have successfully trained sportspersons or teams and enabled them to achieve outstanding results in international competitions. The awardee is given a statuette of Guru-Dronacharya, a scroll of honour, ceremonial dress and a cash award of Rs. 5 lakh. Not more than 5 awards are given every year.\textsuperscript{31}

**Maulana Abul Kalam Azad (Maka) Trophy**

The Maulana Abul Kalam Azad (MAKA) Trophy was instituted in 1956-57. The top overall performing University in the Inter-University Tournaments is given the Maulana Abul Kalam Azad (MAKA) Trophy, which is a rolling trophy. A small replica of the MAKA Trophy is also awarded for retention to the University. In addition, the University also gets a cash prize of Rs. 10 lakh. The second and third best universities also receive cash awards amounting to Rs. 5 lakh and 3 lakh respectively.\textsuperscript{32}
Rashtriya Khel Protsahan Puruskar

Government has instituted a new award entitled Rashtriya Khel Protsahan Puruskar from the year 2009. It has four categories, namely, community sports development, promotion of sports academics excellence, support to elite sportspersons and employment to sportspersons. The award consists of a citation and a trophy in each of the above mentioned categories without any cash award.

Special Awards to Winners in International Sports Events and their Coaches

This scheme was introduced in the year 1986 to encourage and motivate outstanding sportspersons for even higher achievement and to attract the younger generation to take sports as a career. The amount of cash is given below:

<table>
<thead>
<tr>
<th>Name of Championship/Game</th>
<th>Gold Medal First Position</th>
<th>Silver Medal Second Position</th>
<th>Bronze Medal Third Position</th>
</tr>
</thead>
<tbody>
<tr>
<td>Olympic Games</td>
<td>Rs. 50 lakhs</td>
<td>Rs. 30 lakhs</td>
<td>Rs. 20 lakhs</td>
</tr>
<tr>
<td>Official World Cups/Asian</td>
<td>Rs. 10 lakhs</td>
<td>Rs. 5 laksh</td>
<td>Rs. 3 lakhs</td>
</tr>
<tr>
<td>Asian and Commonwealth Championship</td>
<td>Rs. 3 lakhs</td>
<td>Rs. 2 lakhs</td>
<td>Rs. 1.5 lakhs</td>
</tr>
</tbody>
</table>

Cash award is also given to coaches. The coaches who have trained the medal winners for at least 240 days immediately preceding the game are eligible for cash award under the scheme. Award money to a coach is 50% of the award money given to the sportsperson whom he had coached.

Hierarchy and Functions of Sports Organisations

Sports associations or federations are voluntary organisations of athletes, players, sports promoters, sports organisers etc., with certain specific common interests and objectives of sports development. The roots of an organised sports body lie in the club culture at the baseline. A typical sport club usually caters to one game/sport and may be named after a hero (Jawahar Football Club), a place (Jaipur Polo Club), a community (Mohd. Sporting), or a high sounding concept (e.g. National Badminton Club).
A typical unit (whether a sport club or national association) of the sport hierarchy has the following characteristics:

1. Each unit (association) operates within well-specified geographical boundaries and is responsible for the development of the sport/game it represents.

2. Irrespective its place in the hierarchical structure of sport administration, each unit association has a written constitution almost similar in nature containing details of aim and objectives, office bearers, membership, business procedures etc., pertaining to that unit.

3. All associations have to be registered with the registrar of the Societies within the jurisdiction they fall under law of the land.

4. Unit associations are voluntary and autonomous bodies. They manage their own affairs subject to certain guidelines and directives of their superior bodies with regard to matters of technical and organisational importance.

5. Unless otherwise provided for no subordinate unit of an international sport federation can change, alter or modify the official rules and regulations of the sport it represents, subject to certain allowances.

6. No government agency has direct control over sport associations. However, each unit association is represented at and affiliated to the Olympic Association at the appropriate level.

**Parallel Set-up of Sports Organisations and Olympic Association**

The hierarchical set-up of sport associations parallel to that of the Olympic hierarchical structure with a direct parallel relationship between the two at each level as illustrated ahead:

**Table- 2.4**

<table>
<thead>
<tr>
<th>Set-up of Sports Organisations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amateur Sport Structure</td>
</tr>
<tr>
<td>International Sport Federation</td>
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<tr>
<td>National Sport Association</td>
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<tr>
<td>State Sport Association</td>
</tr>
<tr>
<td>District Sport Association</td>
</tr>
<tr>
<td>Sports Clubs</td>
</tr>
</tbody>
</table>
While typical sport association, at any level of organisation presents one sport/game only, The Olympic Association is a body of the representatives of various sports associations, and organisations having stake in sport. It is mandatory for all sports associations at all levels of organisational structure to be recognised by and affiliated to the Olympic committee (association) in order to qualify for admittance to certain privileges of the I.O.C. as well as the national government.

**National Sports Policy 2001**

In order to broad-base sports and to promote excellence, the Government has formulated a National Sports Policy, 2001. The salient features of the Policy are:

- Broad-basing of Sports and achievement of excellence.
- Up gradation and development of infrastructure;
- Support to the National Sports Federations and other appropriate bodies;
- Strengthening of scientific and coaching support to sports;
- Incentives to promote sports;
- Enhanced participation of women, Scheduled Tribes and rural youth;
- Involvement of the Corporate Sector in sports promotion; and
- Promote sports mindedness among the public at large.

**Panchayat Yuva Krida Aur Khel Abhiyan (PYKKA)**

The Government launched a national programme ‘Panchayat Yuva Krida Aur Khel Abhiyan’ (PYKKA) in 2008-09 for the creation of basic sports infrastructure in all village and block panchayats of the country over a period of 10 years and organising sports competitions at block, districts, state and national levels. All the 2, 50,000 village and block panchayats and equivalent units will be covered during the period. The scheme will not only contribute to public health and social inclusiveness, but also stimulate the economic activities within the sports sector, as it would lead to an exponential growth in the demand for sports instructors, coaches, sports equipment and consumables and sports events and related support services. Under the programme financial assistance shall be given to a village/block panchayat for the following purpose:
One-time Seed Capital Grant: For development of sports infrastructure, Rs. 1 lakh to each village panchayat having minimum 4,600 population (national average) with additional funding on additional population size beyond the national average. This is contributed on 75:25 basis between the Central Government and State Government for normal States and on 90:10 basis for special Category States.

For Block Panchayats: Grant of Rs. 5 lakh is to each block panchayat is provided for development of sports infrastructure. The sharing pattern between the Central Government and State Government is 75:25 for normal States and 90:10 for Special Category States.

Annual Equipment Acquisition Grant: For a period of five years for acquisition of sports equipment, accessories, support fixtures, consumables and repair and maintenance is given. Beyond five year it will be the responsibility of the State Government/Local body to fund this component. The grant is hundred percent central grant and a sum of Rs. 10,000 per annum to each village panchayat and Rs. 20,000 per annum to each block panchayat is given.

State Government provides fund to this component. This grant is also hundred per cent and a sum Rs. 12,000 per annum to each village panchayat and Rs. 24,000 per annum to each block panchayat is granted.

Annual Competition Grant: For organising tournaments at block, district, state and national levels as per details given below:
(a) Rs. 50,000 per annum to each block panchayat for organising block level competitions;
(b) Rs. 3 lakh per annum to each district for holding district level competitions;
(c) Rs. 10 Lakh per annum to each State and Rs. 5 Lakh to each Union Territory per annum for holding State level competitions.
(d) Rs. 70 Lakh per annum for holding national level competitions.

Annual competition grant is a 100 per cent Central grant.

Prize money of Rs. 25,000, Rs.15,000 and Rs. 5,000 respectively as 100% share from Central Government is given to first three village panchayats at the block level tournaments (all 6373 blocks) and prize money of Rs. 50,000, Rs. 30,000 and Rs. 10,000 as 100% share from Central Government is given to the first three block panchayats at the district level tournaments (all 607 districts).
Mission Outlay

Mission Outlay for the twelfth Plan is more or less restricted to the allocation of Rs. 500 crore made by the Planning Commission. The requirement of funds for the Eleventh Plan is projected at Rs. 1,567 crore. The requirement of funds for the Twelfth five Year Plan has been projected at Rs. 2,887 crore without any inflation indexing. The total for the two plan periods comes to around Rs. 4,455 crore.36

Indian Olympic Association

In the year 1927 that Indian Olympic Association came into existence. The honour of becoming its first president was enjoyed by Mr. Dorabji Tata. Since then, this association is functioning very efficiently and is affiliated with International Olympic Committee. Once in four years, elections of this association take place. These take place at the annual meeting of the General assembly the purpose to elect members of the councils.

COMMONWEALTH GAMES 2010

Commonwealth Games, 2010 were hosted in Delhi from 3rd October to 14th October. For successful conduct of the Commonwealth Games, a comprehensive integrated approach was worked out for creation and development of world class sports infrastructure, games village, civic infrastructure, tourism, transportation and security.

A number of institutional arrangements were made for ensuring proper planning and timely preparation for the Commonwealth Games, 2010. These included a Group of Ministers (GOM) under chairmanship of Minister for Urban Development for coordinating various works related to the conduct of the Games, an apex committee headed by Minister for Youth Affairs and a Minister for overseeing and coordinating various matters related to CWG 2010; the Organising Committee under the chairmanship of President, Indian Olympic Association for the conduct of the Games and a Committee of Secretaries headed by the Cabinet Secretary which was responsible for monitoring the implementation of the decisions of the GOM and taking decisions on other related matters. In addition to these arrangements at the Central level, there was a sub-committee under the Chief Minister of Delhi to take decisions in respect of all
matters pertaining to infrastructure and other preparations for the games within the jurisdiction of the Government of NCT of Delhi. Lt. Governor of Delhi was entrusted with the overall responsibility with specific reference to security, law a matters coming under Delhi Development Authority (DDA).

71 countries participated in these games and India won 101 medals including 39 Gold, it was highest ever tally and the country stood second in the medal tally behind Australia with a total of 177 medals.\(^\text{37}\)

**LONDON OLYMPIC GAMES 2012 AND INDIA**

India competed the 2012 Summer Olympics in London, from 27 July to 12 August 2012. The Indian Olympic Association sent the nation’s largest delegation to the Games in Olympic history. A total of 83 athletes, 60 men and 23 women, competed in 13 sports. This was India’s most successful Olympics in terms of total medal tally, having won a total of 6 medals (2 silver and 4 bronze), doubling the nation's previous record (3 medals at the Beijing Olympics, 2008). Two medals each were awarded to the athletes in shooting and wrestling. India also set a historical milestone for the female athletes who won two Olympic medals.\(^\text{38}\)

**International Co-operation**

**Commonwealth Youth Programme (CYP):** The CYP came into being in 1974 with the purpose of promoting the development of young men and the Commonwealth countries. The headquarter of CYP is situated in London.

**Main Objectives:**

I) To encourage and support participation of youth in the process of national development.

II) To give recognition to the contribution made by youth in economic, social and cultural spheres;

III) To promote productive activity in order to eliminate unemployment;

IV) To provide opportunities for international understanding among the youth.
Exchange of Youth Delegations at International Level

The International exchange of youth delegation has been conceived as an effective instrument for promoting exchange of ideas amongst the youth of different countries and to develop better relations with other countries.

SOME RECENT INITIATIVES

Enhancement in assistance to Subroto Mukherjee Sports Education Society: The Subroto Mukherjee Cup Football Tournaments are held in India since 1958 and are organised by Subroto Mukherjee Sports Education Society which is being managed by the Air Force Sports Control Board. The Ministry has been providing assistance of Rs. 5 lakh every year to the Society under the Scheme Assistance to National Sports Federations. It has been decided to enhance the annual support to this event to Rs. 25 lakh from the earlier level of assistance of Rs. 5 lakh.39

Review of the Scheme of National Welfare Fund for Sportspersons: Scheme of National Welfare Fund for Sportspersons was reviewed July 2009 to provide for lump sum ex-gratia assistance to outstanding sportspersons of yesteryears, who brought glory to the nation, but are now living in indignant circumstances.

Budget 2013-14, and Sports

A National Institute of Coaching Education will be established with the aim of producing quality coaches of international standards for which Rs 250 crore have been allotted in the 2013-14 budget for the Ministry of Youth Affairs and Sports. To establish the national coaching centre, the National Institute of Sport in Patiala will be de-merged from the Sports Authority of India. In all the finance ministry has allocated Rs. 1,219 crore to the Ministry of Youth Affairs and Sports for the new fiscal year, an increase of Rs 214 crore. For 2012-13, the sports ministry was allotted Rs 1,152 crore, which was later revised to approximately Rs 1005.60 crore. Out of the total outlay, Rs 792.72 crore has been kept aside for sports and games while the youth affairs department will receive Rs 301 crore. The Sports Authority of India (SAI) will receive Rs 326 crore out of the total amount sanctioned, while Rs160 crore will be given to the National Sports Federations. Last year, the sports federations received Rs110 crore.40
CONCLUSION

As we see sports have traveled a long journey on the way of their upliftment in the Indian society. Government and Non-Government agencies have worked a lot for the broad basing of sports in the country, but a lot is to be done yet in this regard. People are also getting attracted toward games due to many incentives offered on various stages in the form of cash prizes, and reservation in jobs under sports quota etc. It is a good omen for the country that we are receiving positive results in all the sports especially in athletics. With such sincere efforts on the part of both - government and public, we can hope that Indian Tri - colour will soar high because of sports achievements.
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