CHAPTER-2

NATIONAL LEVEL SPORT’S
IN INDIA

2.1. Historical background of various sports

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CHAPTER-II
NATIONAL LEVEL SPORTS IN INDIA

During the legendary period boxing and swimming were popular sports activities in India. Samadva’s Katha SaritSagara gives a good account of the sports competitions which were said to have formed part of life in those days (Tawney, 1924).

During the Pre-Vedic period, archaeological excavations at MohenjoDaro in the Larkhana district of Sind have revealed the presence of magnificent baths and houses of baked bricks during the pre-Vedic period. Among the ruins, the Great-Bath is the most impressive. It was a hydropathic establishment with an open quadrangle in the centre with verandas on all sides and a number of galleries and rooms. The open quadrangle also contains a swimming bath, about 39 feet long, 23 feet wide and 8 feet deep with a flight of steps at either end. This shows that swimming activities were popular in those days. During the Vedic age (C.2000-1000 B.C.), the Indo-Aryans were a strong, war-like race, skilled in the use of bow and arrow, spear and battle axe and adept at riding horses and driving chariots. Pranayama and Suryanamaskara were prominent exercises in Yogasana to keep good health and physical condition. It may be deduced that during the Epic Age (0.1000 to 600 B.C.) sports training was directed mainly towards military training such as Archery, Javelin and Spear throwing, fighting with sword and battle-axe. During these periods, however, wrestling, swimming and dancing were the most popular activities. Bhima, Jarasandha, Duryodhana and Balarama were the heroes of the wrestling arena. Arjuna, Ekalavya, Dhronacharya were the specialists in archery during the legendary period. Taxila was an important training centre which attracted members from royal families and the nobility.
During the historical period 6th Century B.C. onwards, Buddha himself kept healthy by exercising in the form of walking and by doing asanas. Nalanda was a great centre of learning during the 5th century A.D. Proper care of the body was taken through Yogic exercises. Rajputs practiced wrestling, horse-riding, arrow shooting, hunting, chess playing etc. as a tradition.

During the rule of Muslim kings, men practiced activities like horse-riding, use of spear and sword. They also played indoor and outdoor games. Chaugan Ancestor of Polo was popular during the Muslim period. Wrestling was popular at the time of Moghul emperor Akbar. Boxing also received royal patronage and reputed boxers were imported from Persia and Turan. Babar was a keen swimmer. Since it was essential for soldiers to cross rivers, they were encouraged to learn swimming. Animal fights, gladiatorial combats, chess, chauparchandel-mandal, pachissi were popular games during the Moghul period.

The battle of Plassey on June 23, 1757 placed the fate of Indian security in the British hands. They established schools and universities in India to train Indians for the clerical work. They also put physical education and sports programme in the curriculum of their educational institutions. The political consciousness led to the popularity of local traditional gymnasiaus (Vyayama-Shala), wrestling arenas (Akhada) and training grounds. These centres of sports training provided opportunities to the young and the old to take part in indigenous physical exercises and sports. People engaged in exercises for self defence such as the use of sword, spear and lathi, while dand and baithak formed a regular feature of the programme, together with wrestling.
In 1903 one of the Missionary schools at Bellary in South India, which now forms part of Karnataka state, the St. Joseph High School, was equipped with sports facilities. In 1912 the Education department of the Government of India got allotted a non-recurring grant of Rs. 25 lakhs for maintenance of school hygiene and also for the purchase of playing fields. In 1920 the well-organised Government schools had a good layout for physical education and sports facilities.

After the end of the First World War, a great need was felt for trained teachers of Physical Education to teach students in schools. To fulfill this demand, the Young Men Christian Association (Y.M.C.A.) at Madras took the lead and established the first College of Physical Education in India in the year 1920. The college even today is housed in the same spacious building, has extensive play fields (around 70 acres) and also possesses a good swimming pool. The Government College of Physical Education was established at Hyderabad in 1931. Another College of Physical Education was established in 1932 at Calcutta by the Government of Bengal.

To train the physical education teachers in India, a number of institutions were also established. Among them the Christian College of Physical Education was established in 1932 under private Missionary management at Lucknow. The Government of Bombay also established a training college at Kandivili. The first ever Indian P.E. school - the HunumanVyayamPrasarakMandal - was founded in 1914 at Amaravathi by the two Vaidya brothers. After the Independence of India, during the Second Five Year Plan period, in the name of Lakshmibai, Queen of Jhansi, a college of Physical Education was established at Gwalior in the year 1957.
The modern concept instituting institution of physical education is not only to keep fit but also to produce International level sportsmen and women in India. With this idea the Government of India established the National Institute of Sports at Patiala in Punjab in the year 1964 to train coaches in specialised games and sports.

2.1 HISTORICAL BACKGROUND OF VARIOUS SPORTS

Among the oldest games played on an organised basis in India are polo, football, cricket and tennis. Football is played by all classes of people. Next to it in popularity, though for a more exclusive patronage, come polo, cricket and tennis. All these games became popular long before the Indian Olympic Association was formed.

**Figure 1: Tennis**

The early history of tennis and its popularity in India dates from the end of the nineteenth century. The British introduced it in India the moment it gained popularity in Britain in 1877. The first tournament played in India was the Punjab Tennis Championship which was held as early as 1885 in which T.D. Barrington won the Men’s Singles and A.P. Mill and E.L.French won the Men’s Doubles. With the beginning of the twentieth century, tennis spread to many important Indian towns and cities. It was introduced in the well-to-do educational institutions which were under the management of British principals. The civilian clubs also adopted it as a means of keeping fit and making social contacts. The first
All-India Lawn Tennis Championship was held in 1910. The All-India Lawn Tennis Association was founded in the year 1920-21. India had produced a number of outstanding inter-national level tennis players before Independence. Among them are late Raj Kumari Amrit Kaur (1889-1964) a former Health Minister of Government of India and in her name the Raj Kumari Amrit Kaur Coaching Scheme was introduced in the year 1953. Mohammed Saleem was another Davis Cup player who represented India from 1921 to 1924. C. Ramaswami was one of the most prominent tennis players in India up to 1930. He represented India in the Davis Cup matches in 1922. SM. Hadi was awarded a Full Blue at Cambridge in 1921 and he represented India in the Davis Cup in 1923 and 1925. N.Krishnaswamy (captain), S.L.R. Sawhny and Ghaus Mohammed were the members of the first Indian tennis team which was sent officially outside the country to Kenya in 1936. After Independence there came a number of good tennis players who represented India in many international tennis tournaments and Devis Cup matches. Ramanathan Krishnan, Naresh Kumar, Jaideep Mukherjee, Premjit Lal, Akhtar Ali, Ramesh Krishnan, Vijay Amruti Raj, Nandan Bal, Leandar Paeas, Mahesh Bhupathi are the prominent ones. Leandar Paeas won the bronze medal in the Atlanta Olympic Games held in the year 1996. He is the only player who brought laurels to India by securing a place in the Olympics after many years.

Figure 2: Polo
Chaugan, which has affinities with Polo, was played for hundreds of years, from the time of Akbar in India. Modern polo too originated in India and is generally traced to a team of horse riders from Manipur in 1962. The Indian Polo Association was formed in 1892. The revival of old Chaugan in modern form appealed to Maharajas, Nawabs and Princes who took to Polo and played it with the British Army officers. Major Shah Mirza Beg of the Hyderabad Army earned a reputation as one of the world’s best players. The most prominent teams during the first four decades of the Twentieth Century were those of Aiwar, Bhopal, Hyderabad, Bikaner, Jaipur, Jodhpur, Patiala, Kishengarh and among the British the Indian Cavalry was important.

The Maharajas of Jaipur were great polo players; In 1933 the famous Jaipur team went England and won all the open’ tournaments. The Jaipur team also won the Indian Championship in polo from 1930 to 1938. For the first time a national Indian polo team took part in the World Championship at Deauville in France and won the Championship. The most important polo competition in India is for the Ezra Cup. The Maharaja of Jaipur is the President of the Indian Polo Association.

Figure 3: Cricket
More than a hundred years ago the British servicemen introduced cricket in India. The first cricket match on record was played in India in 1784 between the old Etonians and Parsees. In 1792 the first Cricket Club in India was formed at Calcutta and has the distinction of being the oldest cricket club outside Great Britain. In 1866 Bombay Union Hindu Club was formed and in 1883 the Mohammadan Cricket Club came into existence. When cricket became a popular pastime of the British in India, it was soon taken up by the Indian princes. Of these the most famous name is Maharajah Ranjit Singhji of Nawanagar. He is more familiarly known as ‘Ranji’, after whom the Ranji Trophy is called. The Board of Control for Cricket in India was founded in 1926 and received recognition in the same year by the Imperial Cricket Conference, which is the main controlling body for the game. To perpetuate the memory of another great cricketer, Duleep Singhji (1905-1959) nephew of Ranji, another tournament on Zonal basis for National Championship was introduced by the Board of Control for Cricket in India in 1961-62. The Irani Trophy match is played between winners of the Ranji Trophy and the Rest of India. The Devdhar Trophy matches are played between different zones of India. Rohington Shield matches are played between inter-zonal teams of university players. Cooch Bihar Trophy matches are played between school teams.

Figure 4: Athletics
The Olympics movement in India started in 1919. The initiative for this was taken by Sir Dorabji Jamshedji Tata (1859-1932), a great Indian philanthropist and one of the architects of modern India. He is largely responsible for the present set-up of the Indian Olympics Association and has given generous donations to Indian sports. The first Indian Olympic team was sent in 1920 to the Seventh Olympic Games held at Antwerp, consisting of the following members:

1. Sri P.F. Chaugle (Hubli) - Marathon and 10,000 metres
2. Sri A. Dattar (Satara) - Marathon and 10,000 metres
3. Sri K. Kaikadi (Belgaum) - Cross Country
4. Sri P C. Bannerji (Bengal) - 400 metres
5. Sri G. Navale (Bombay) - Light Weight Wrestling
6. Sri N. Shinde (Kolhapur) - Bantom Weight Wrestling

In 1923 Dr. AG. Neohren, Physical Director of Y.M.C.A., formed an ad hoc committee in order to hold the Indian Olympic Games for the first time at the Roshanara grounds, New Delhi, on the 8th and 9th Feb. 1924. And in 1924 a team of seven competitors was sent to Paris to take part in the Eighth Olympic Games there. Mr. H.C. Buck, Principal of the Y.M.C.A., College of Physical Education, Madras, accompanied the team as Manager. Mr. Sohrab Boot also went there as an observer. This was India’s second participation in the Olympic Games.

The First Indian Olympic Association had the following members:

1. Sir Dorabji Tata President
2. Dr. A.G. Neohren Secretary
3. Mr.G.D. Sondhi Associate Secretary
After the formation of the Indian Olympic Association an Indian team including a Hockey team, was sent to Amsterdam in 1928, for the Ninth Olympic Games in which India won the Olympic Hockey Championship. A National Federation has been set up for each of the major games and sports. These federations are affiliated to the International Olympic Committee. Their aim is to promote and control games ad sports on the international level. To do this they work through National Federations in all the countries whose names appear on the Olympic list. These National Federations select competitors for the Olympic Games, but they must submit their selections through their own National Olympic Association, one of whose tasks is to collect entries from all the National Federations in its country and send them to the International Olympic Committee. On account of this, the National Federations and State Associations are formed as follows:

Amateur Athletic Federation of India (A.A.F.I.) was formed in 1944. Since 1949 the National Athletic Championships have been held every year in order to create more interest in athletic events.

The first coaching camp was held at Subathu (Simla Hills) in 1950. Within a year ten more coaching camps were held at various places in which more than 200 coaches were trained. In 1950 the Federation also started official tests in order to have Certified Officials. Since 1958 the Federation has been conducting annually the National Athletic Championships for boys and girls below 16 years of age. In order to attract public interest to foster keen competition in athletics the AAFI Council on 5th August 1962 decided to introduce new competitions on three national levels.
1. All-India Inter-Zonal Championship

2. All-India Inter-State Championship

3. All-India Open Championship

**Figure 5: Basketball**

The Basketball Federation of India, founded in 1950, conducts separate annual National Championships on provincial basis for men and women. Since 1954 an Inter-State Championship for High School boys has been held every year and is conducted at the same time on the lines of the National Basketball Championship. The Federation obtained free services of Frank Kaufmann, an American basketball coach, for three months. The Rajkumari Coaching Scheme also provided Rs.15,000/- for basketball coaching during the year 1956-57.

**Figure 6: Boxing**
Boxing as a form of sport is popular in the Armed Forces and to a certain extent in public schools. The Indian Amateur Boxing Federation was founded in 1958. At the Jakarta Asian Games Padam Bahadur Mall represented India and won a gold medal. The Government of India also honoured him with the Arjuna Award for 1962.

Figure 7: Cycling

Cycling Bowls or Banked Tracks are essential for track racing. The National Sports Club of India has constructed two Cycling Bowls, one in Delhi and another in Bombay, both of which conform to international specifications. There are two other Cycling Bowls in India, one at Patiala and another at Bangalore, but these do not conform to international specifications. The National Cyclists Federation of India (N.C.F.I.) was founded in 1938 and is affiliated to the Union Cyclists' International. Since then Indian cyclists have been frequently taking part in the Olympic Games and in the World Cycling Championships. In 1963 the XVIII National Championship was held in Delhi but ended in tragedy when two competitors in the road race were killed in a truck accident. In 1951 the Asian Cycling Championship was organised in Delhi by the N.C.F.I.
The British Army in India first played organised football in 1880. The first football tournament in India, known as the Durand Football Tournament, was organised in 1888 on the initiative of Sir Mortimer Durand, Foreign Secretary to the Government of India. It was conducted in Simla with the object of promoting sports among the British people residing in India. As expected, only the British army teams participated, and in course of time civilian teams also entered the tournament. In 1960 Air Marshal Subroto Mukerjee, President of the Durand Football Tournament Committee, instituted a Junior Football Tournament for school boys. It was organised on an All India basis and later named “The Subroto Mukerjee Cup”, in memory of the late Air Marshal. It is also known as the “Junior Durand Football Cup”.
The ‘Trades Cup’, which was instituted in 1889 and renamed Indian Football Association Trophy, is usually shortened to, I.F.A. shield. The Mohun Bagan Club was founded in 1889 at ‘Mohun Bagan Villa’ in North Calcutta with an under-sized football field at their disposal. The club has a brilliant record and in 1904 and in 1905 it won the Cooch Bihar Cup, and emerged winners of the I.F.A. Shield. The first Indian football team entered the 1948 Olympic Games in London. Most of the players who participated in it were barefooted and so they could not do well. The AH India Football Federation was not founded till 1937. On formation the Federation directed that the players should not be permitted to play without boots and consequently the Indian football team played better at Melbourne in 1956. It also benefitted from the expert coaching of Mr. SA. Rahim. The main trophies for football in India are (a) The Durand Cup, Delhi; (b) The I.F.A. Shield, Calcutta; (c) The Santosh Trophy (National Football Championship); (d) The Rovers Cup; (e) The DCM Tournament, Delhi (Delhi Cloth Mills); and (f) Sir Asutosh Mukerjee Trophy (All India Inter-University Football Championship).

**Figure 9: Gymnastics**

When Swedish gymnastics was introduced in the educational curriculum in England, the British educational authorities subsequently introduced it in Indian schools, wherever possible. The Gymnastic
Federation of India was founded in 1951. In 1952 it was affiliated to the Federation International de Gymnastic and also to the Indian Olympic Association. A Gymnastic team of two competitors - Khusi Ram and Vii Sing – was sent in 1952 to participate in the Olympic Games at Helsinki and fl 1956 a team of three competitors - Anant Ram, Pritam Singh and Sham Lal were sent to Melbourne; but in both the Olympic Games the performance of the Indians was poor.

**Figure 10: Hockey**

Hockey was first played in India by the British Regiment and then it was introduced in the educational institutions as it suited the Indian climatic conditions. As early as 1885 Hockey clubs in India were formed at Calcutta. Within twelve years the game became so popular that two tournaments, which are now played on All India basis, were organised. One of them is the Beighton Cup Tournament (1895) in Calcutta and the other the Agha Khan Tournament (1896) in Bombay. As the popularity of the game increased, the first association to be formed was the Bengal Hockey Association in 1908. The Indian Hockey Federation was founded in November 1925 at Gwalior and has the distinction of being the second National Federation in India. The Federation later received strong support because of the Indian team’s success at the Olympic Games in 1928. Major Dhyan Chand, K.D. Singh Babu, and Lal Shah Bokhari greatly
contributed to India’s reputation abroad. Major Dhyan Chand earned the title of ‘Wizard of the World’ and received the Padma Bhushan for his services to Indian hockey. The principal hockey tournaments in India are:

1. The Beighton Cup Tournament
2. Rangaswamy Cup (National Hockey Championship)
3. The Agha Khan Cup
4. Dhyan Chand Trophy
5. Scindia Gold Cup
6. Lady Rattan Tata Trophy for Women
7. Indira Gandhi Gold Cup (an International Hockey Tournament)

**Figure 11: Kabaddi**

Kabaddi is one of the traditional games which is still popular in rural India. The Kabaddi Federation of India was founded in 1954 and since then it conducts annually the All India National Championship. The
The first All India Kabaddi Championship was held in February 1938 at Calcutta. India won the Gold Medal in Asian Games at Peking in 1990.

**Figure 12: Rifle**

The National Rifle Association of India was founded in 1953. The first Indian rifle team took part in the British National Rifle Association Competition in 1974. After the formation of the National Rifle Association of India an Indian team for the first time took part in the shooting competition in the Olympic Games at Melbourne in 1956. Maharaja Karani Singh of Bikaner and Prince Bhim Singh of Kolah took part in the shooting competition. Maharaja Karani Singh of Bikaner was the world’s second ranked clay pigeon shooter of his times. Recently the Indian Champion, Jaspal Rana, secured many prizes in Asian games for India.

**Figure 13: Swimming**
Before the formation of the Swimming Federation of India in 196, the Indian Olympic Association controlled all amateur swimming competitions in India. Then two swimming associations sprang up, later amalgamated into the Swimming Federation of India which was founded in 1940. The first All India Swimming Competition was organised in 1941. Indian competitors have taken part in the Olympic Games; but they have not achieved any distinction The international standard in swimming is too high for our competitors.

**Figure 14: Volley ball**

The Volleyball Federation of India was founded at Ludhiana in 1951. The first National Championship under the Federation was held in 1952. For the first time in 1953, women’s championship was conducted at Jabalpur in which three teams participated. In 1956 a Junior Championship for boys was introduced at Cuttak. In 1952 an Indian team took part in the World Championship at Moscow in Russia and was placed 8th in the tournament. In 1955 another team went to Japan and won the First Asian Volleyball Championship there. In 1958 in the Third Asian Games the Indian team was awarded the Bronze medal. Every year the Federation conducts coaching camps.
The First All India Weight Lifting competition was organised by Baghbazar Gymnasium in 1920 in Calcutta. The Indian Weight Lifting Federation was founded in 1935. India’s first entry in the Olympic Competition was at Berlin in 1936, in which only one competitor, ZawWeik of Burma took part. In 1948 D.P. Mony and D.R. Gopal took part in the London Olympic Games and again at Helsinki, in 1952.

The first Indian Weight Lifting Championship was held at Bombay in 1940. The Indian Weight Lifting Federation introduced the ‘Bharat Shree’ contest in 1951. Kunjurani Devi and Karnam Malleshwari won gold medals in Asian and World Championships and were honoured by Rajeev Gandhi Khel Ratna awards in the year 1997.
One of the oldest pastime activities in India is wrestling. During the last decade of the nineteenth century and since then Indian wrestlers have commanded respect in Europe and America. In 1892 Karim Bux defeated Tom Cannon when the latter visited India for wrestling bouts. In 1900 Ghulam Pahelwan accompanied late Pandit Motilal Nehru to Paris where he defeated Kader Ali of Turkey. The Gama versus Zybisko bouts have become legendary. Gama enjoyed international fame as world champion, but he died in poverty in Pakistan in 1960 after suffering a stroke and paralysis. In spite of India’s ancient traditions, the Wrestling Federation of India was not founded till 1948. However, the First Amateur Wrestling Competition was held in 1934. The Indian team participated in the Berlin Olympic Games. Shri K.D. Jadhav won a Bronze medal at the Olympics. Kartar Singh won a Gold medal during 1982 Asian Games held at New Delhi.

**Figure 17: Yachting**

The Yachting Association of India was formed in 1960. There are eighteen Sailing Clubs in India. The Fifth All India Regatta was held in Delhi in 1964 under the burgee of the Defense Services Sailing Club. The contribution of the Indian Army both under British rule and after
Independence is immense to Yachting.

The Army Sports Control Board was first formed in 1919. It was reconstituted in 1945 as the Services Sports Control Board (India). The Board is an inter-Services body which organises games and sports in all the three Armed Services - the Army, the Navy and the Air Force. Of late, the Indian Army’s contribution to games and sports in India has become very substantial. Many servicemen have been selected to represent India in international competitions.

**Figure 18: Table Tennis**

The International Table Tennis Federation was founded in 1926. India took part in the first World Table Tennis Championship held at London in 1926. Indian Table Tennis Federation was founded in 1938, and the First National Table Tennis Championship was held in the same year at Calcutta. Jayalaxmi Cup is awarded to the winner of the National Table Tennis Championship for women. In 1952 the World Table Tennis Championship was held in Bombay.
Figure 19: Badminton

The game of Badminton is the gift of India to the world, but the British are responsible for its world-wide popularity. The All India Badminton Association was founded in 1934. Thomas Cup is for men and Uber Cup for women and both are World Championship cups. Miss Meena Shah was awarded the Arjuna Award for the year 1962. Prakash Padukone from Karnataka won the All England Championship in 1980. Apart from the various Federations, there are some independent organisations established in India to promote sports and games in Table Tennis, Badminton, Billiards, Squash and Golf.

Another agency which has contributed much to Indian sports and games is the Railways. The Indian Railway Sports Control Board was established long back in India to promote sports and games and to give an opportunity to Railway employees to participate in sports. Indian Railways has contributed substantially and has produced a number of international level sportsmen and women.

Indian Police Force is another agency which, has contributed a lot to Indian sports. The All India Police Sports Control Board established in 1960, is promoting sports in the Police Force. It also helps to develop good relations between the Police and civilians, which promote national integration.
There are a number of Indigenous games which are played in rural India. They are usually played for recreation purposes. These games do not require any special equipments or facilities except a small ground. These are Kabaddi, Khokho, AtyaPatya, Guli-Danda etc.

One of the important steps taken by the Union Ministry of Education in 1954 was the formation of the Central Advisory Board of Physical Education and Recreation in order to enable the Government to refer to it specific matters for expert advice. The Government of India constituted the All India Council of Sports in 1954 to serve as a coordinating link between the National Federations, National Associations and the Central Government.

The purpose of the Council is to give advice and assistance to various sports organisations in order to raise the standard of games and sports. It recommends to the Government of India the amount of financial aid to be given to various sports associations and federations for construction of stadia, conducting coaching camps, purchasing of games materials, sending teams to international competitions and inviting foreign teams. It also recommends names of distinguished sports men and women for bestowing Arjuna awards.

In view of the poor standard of performance of Indian competitors the Government of India appointed an ad hoc Committee to suggest ways and means to improve the standard of sports and games. Dr. K.L. Shrimali, Union Minister of Education, in 1958, while addressing the Committee, referred to the poor standard of Indian competitors in all national and international level sports and games.
In order to improve the standard of sports and games, Government of India introduced Rajkumari Coaching Scheme in 1953, with the object of training good athletes and sportsmen. But it has not fulfilled its objectives. On the basis of the ad hoc Committee’s recommendation, the All India Council of Sports advised the Government of India to establish a National Institute of Sports for training coaches. Accordingly the Government of India established the National Institute of Sports at Patiala in March 1961 to train coaches.

In order to encourage University students to participate actively in various games and sports, the Government of India in 1961 instituted the Maulana Abdul Kalam Azad Trophy. The School Games Federation of India was founded at Calcutta in 1954 to encourage, promote and popularise all recognised Olympic athletic events and games as well as indigenous and modern games amongst the school boys and girls of India.

In 1957 the National Discipline Scheme was allotted to the Union Minister of Education for the furthering of educational development programmes. The aim of the scheme is to develop a sense of patriotism, good citizenship, social unity, removal of parochial tendencies, self-reliance and a spirit

2.2 INVOLVEMENT OF PARTICIPANTS IN DRUGS

The US Anti-Doping Agency has released a massive dossier of more than 1000 pages with testimony from 26 people including former team mates of Lance Armstrong and his much-famed United States Postal Service Cycling Team on doping activities.

It shatters the personal reputation of Lance Armstrong’s legacy as cancer survivor turned seven-time winner of the Tour de France already
stripped off with titles. In addition, it raises question marks over the ability of Tour de France organizers to check the use of performance-enhancing drugs in the sport. A Zee Research group analysis reflects that the curse of doping especially the use of performance enhancing drugs is destroying the ethical foundations and spirit of competitiveness in modern sports. All genres of sports across the world including India at some or the other point have suffered from it. While US doping agency detected 101 cases since 2009, Indian agency has only 30 cases.

Table No.1
Number of doping cases detected by US doping agency and Indian agency since 2009.

<table>
<thead>
<tr>
<th>The National Anti-Doping Agency (NADA) India</th>
<th>United States anti-doping agency</th>
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<tbody>
<tr>
<td>The National Anti-Doping Agency (NADA) is the national organization responsible for promoting, coordinating, and monitoring the doping control programme in sports in all its forms in the country. NADA works towards a vision of ‘dope free’ sport in India</td>
<td>The US Anti-Doping Agency (USADA) is the national anti-doping organization for the Olympic movement in the United States. The U.S. Congress recognized USADA as “the official anti-doping agency for Olympic, Pan American and Paralympics sport in the United States.”</td>
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<tr>
<td>37 cases were referred to Anti Doping Appeal Panel in India since 01-01-2013.</td>
<td>101 doping violations have been detected by United States anti-doping agency since 2009.</td>
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Table No.2.
Details of the Athletes involved in doping cases

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<tr>
<th>Olympics</th>
<th>Athlete</th>
<th>Country</th>
<th>Medal</th>
<th>Event</th>
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<tr>
<td>2000 Summer Olympics</td>
<td>Ashot Danielyan</td>
<td>Armenia</td>
<td>Bronze</td>
<td>Weightlifting, Men’s 105 kg</td>
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<td>Izabela Dragneva</td>
<td>Bulgaria</td>
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<td>Ivan Ivanov</td>
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<td>Silver</td>
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<td>Bronze</td>
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<td>2000 Summer</td>
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<td>United Kingdom</td>
<td>Bronze</td>
<td>Alpine Skiing, Men’s Giant Slalom</td>
</tr>
<tr>
<td>Olympics</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olga Danilova</td>
<td>Russia</td>
<td></td>
<td>Gold</td>
<td>Cross-Country Skiing, Women’s 5 km + 5 km</td>
</tr>
<tr>
<td>2002 Winter</td>
<td></td>
<td></td>
<td></td>
<td>combined pursuit</td>
</tr>
<tr>
<td>Olympics</td>
<td>Olga Danilova</td>
<td>Russia</td>
<td>Silver</td>
<td>Cross-Country Skiing, Women’s 10 km</td>
</tr>
<tr>
<td>2002 Winter</td>
<td>Larisa Lazutina</td>
<td>Russia</td>
<td>Gold</td>
<td>Cross-Country Skiing, Women’s 30 km</td>
</tr>
<tr>
<td>Olympics</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Larisa Lazutina</td>
<td>Russia</td>
<td></td>
<td>Silver</td>
<td>Cross-Country Skiing, Women’s 15 km</td>
</tr>
<tr>
<td>2002 Winter</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Larisa Lazutina</td>
<td>Russia</td>
<td></td>
<td>Silver</td>
<td>Cross-Country Skiing, Women’s 5 km + 5 km</td>
</tr>
<tr>
<td>Olympics</td>
<td></td>
<td></td>
<td></td>
<td>combined pursuit</td>
</tr>
<tr>
<td>2002 Winter</td>
<td>Johann Muehlegg</td>
<td>Spain</td>
<td>Gold</td>
<td>Cross-Country Skiing, Men’s 50 km</td>
</tr>
<tr>
<td>Olympics</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2002 Winter</td>
<td>Johann Muehlegg</td>
<td>Spain</td>
<td>Gold</td>
<td>Cross-Country Skiing, Men’s 30 km freestyle</td>
</tr>
<tr>
<td>Olympics</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2002 Winter</td>
<td>Johann Muehlegg</td>
<td>Spain</td>
<td>Gold</td>
<td>Cross-Country Skiing, Men’s 10 km + 10 km</td>
</tr>
<tr>
<td>Olympics</td>
<td></td>
<td></td>
<td></td>
<td>combined pursuit</td>
</tr>
</tbody>
</table>
Table No.3
List of Indian sportspersons banned on doping charges.

<table>
<thead>
<tr>
<th>Name</th>
<th>Country</th>
<th>Sport</th>
<th>Banned substance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanamacha Chanu</td>
<td>India</td>
<td>Weightlifting</td>
<td>Furosemide</td>
</tr>
<tr>
<td>Kavita Devi</td>
<td>India</td>
<td>Weightlifting</td>
<td>Unknown</td>
</tr>
<tr>
<td>Kunjarani Devi</td>
<td>India</td>
<td>Weightlifting</td>
<td>Strychnine</td>
</tr>
<tr>
<td>Gursharanpreet Kaur</td>
<td>India</td>
<td>Wrestling</td>
<td>Methylhexaneamine</td>
</tr>
<tr>
<td>Masuam Khatri</td>
<td>India</td>
<td>Wrestling</td>
<td>Methylhexaneamine</td>
</tr>
<tr>
<td>Sumit Kumar</td>
<td>India</td>
<td>Wrestling</td>
<td>Methylhexaneamine</td>
</tr>
<tr>
<td>Pratima Kumari</td>
<td>India</td>
<td>Weightlifting</td>
<td>Unknown</td>
</tr>
<tr>
<td>Shailaja Pujari</td>
<td>India</td>
<td>Weightlifting</td>
<td>Unknown</td>
</tr>
<tr>
<td>Harpreet Singh</td>
<td>India</td>
<td>Weightlifting</td>
<td>Nandrolone</td>
</tr>
<tr>
<td>S Sunaina</td>
<td>India</td>
<td>Weightlifting</td>
<td>Nandrolone</td>
</tr>
<tr>
<td>Rajiv Tomar</td>
<td>India</td>
<td>Wrestling</td>
<td>Methylhexaneamine</td>
</tr>
<tr>
<td>Paritosh Upadhyay</td>
<td>India</td>
<td>Weightlifting</td>
<td>Unknown</td>
</tr>
<tr>
<td>Seema Antil</td>
<td>India</td>
<td>Athletics</td>
<td>Pseudoephedrine</td>
</tr>
<tr>
<td>Anil Kumar</td>
<td>India</td>
<td>Discus Throw</td>
<td>Norandrosterone</td>
</tr>
<tr>
<td>Satheesha Rai</td>
<td>India</td>
<td>Weightlifting</td>
<td>Unknown</td>
</tr>
<tr>
<td>Neelam Jaswant Singh</td>
<td>India</td>
<td>Discus Throw</td>
<td>Pemoline</td>
</tr>
</tbody>
</table>
Kunjarani Devi born on 1st March 1968 at Kairang Mayai Leikai in Imphal in Manipur, is the most decorated Indian sportswoman in weightlifting. Kunjarani Devi started taking interest in sports while still in Imphal's Sindam Sinshang Resident High School in 1978. And by the time she finished her graduation from the Maharaja Bodha Chandra College in Imphal, weightlifting had become her first choice. She joined the Central Reserve Police Force and is currently serving as ASSISTANT COMMANDANT for the force, she also went on to make waves in the Police Championships and captained the Indian Police team from 1996 to 1998.

Her first World Women’s Weightlifting Championship was the Manchester edition in 1989 and the reward of three Silver Medals buoyed her spirits considerably. Since then she has taken part in seven successive World Championships and with the exception of the Melbourne edition in
1993, she has won medals at every one of those competitions. However, she however could not get to the top spot, having always to be content with Silver Medals.

A Bronze Medal was the most she managed in the Asian Games at Beijing in 1990 and Hiroshima in 1994 but failed to secure any medal in the 1998 edition of the Asian Games at Bangkok.

During a 2001 championship Kunjarani Devi was tested positive and was later suspended for six months. Kunjarani holds the rank of an 2ic in the Central Reserve Police Force (CRPF).

Figure No.21: Weight Lifter KAVITA DEVI

Kavita Devi a female weightlifter from India was banned for two years after failing a test by the World Anti-Doping Agency. She was sent back from the Asian championship in Japan after the Weightlifting Federation of India was informed of her positive steroid test for using steroid which is methadienone.
Eight-time national champion wrestler Gursharanpreet Kaur from Taran Tarn, who had won a silver medal during the 2003 Commonwealth Championship. Gursharan, who has been representing Punjab since 2000, is a head constable with Punjab Police and despite winning various medals at national and international levels.

Bronze medallist Mausam Khatri of India poses on the podium during the awards ceremony of the men's Freestyle 96kg wrestling final at the 16th Asian Games in Guangzhou.
Figure No.24: Wrestler SUMIT KUMAR

Sumit Kumar receiving cash award of Rs.44 lakh from the Chief Minister of Haryana Shri. Bhupinder Singh Hooda.

Figure No.25: Discus Thrower SEEMA ANTIL

Seema Antil born on 27 July 1983 is an Indian discus thrower. Her personal best throw is 64.84 m (212.7 ft), achieved in August 2004 in Kiev. Seema Antil was born in Sonipat, Haryana. She attended Government College, Sonipat.

Antil originally won the gold medal at the 2000 World Junior Championships, but lost it due to a positive drugs test for pseudoephedrine. As per the rules in force at that time for such an
offence, her National Federation issued her a public warning after stripping her of the medal. She won a bronze medal at the next World Junior Championships in 2002.

She won the silver medal at the 2006 Commonwealth Games, and was honoured with Bhim Award by the Haryana state government on 26 June 2006. Her absence from the 2006 Asian Games attracted considerable media attention. She won the bronze medal at the 2010 Commonwealth Games.

Figure No.26: Discus Thrower ANIL KUMAR

Anil Kumar born on 20th June 1975 is a male discus thrower from India. His personal best throw is 64.37 metres, achieved in July 2007 in Szombathely. In 2007 Kumar was found guilty of norandrosterone doping. The sample was delivered in an in-competition test at the 2005 Asian Championships in Incheon. He received an IAAF suspension from September 2005 to September 2007, meaning that his suspension was already over when announced. Additionally he was disqualified from the competition where he originally had won a bronze medal.
Satheesha Rai is an Indian weightlifter and Olympian from Mangalore, Karnataka. He is also a recipient of the Arjuna Award given in 1999. He won a gold medal and two silver medals in the 1998 Commonwealth Games. He also won two gold medals and a bronze medal in 2002 Commonwealth Games but the medal he won in 2002 was stripped because he tested positive for taking a banned substance. Rai pleaded innocence and stated, "I have participated in over 16 International events including the Olympics and the World championships the Asian Games, the Commonwealth Games besides a host of Asian Weightlifting championships and SAF Games. And in all these Games too tests are mandatory and I have come through clean. Also just before the teams left for Manchester, Sports Authority of India (SAI) conducted tests thrice and unless it's negative we are informed," but was subsequently served a life ban.
Neelam Jaswant Singh born on 8th January 1971 in Farmana, is an Indian discus thrower. Her personal best throw is 64.55 metres, achieved at the 2002 Asian Games in Busan. **During the 2005 World Championships** she tested positive for the banned stimulant pemoline in an in-competition test.

In the year 1998, Neelam Jaswant Singh won the bronze medal at the Bangkok Asian Games. In the Kosanova International Athlete Meet held at Almaty (Kazakhstan), Neelam J. Singh has to her credit a gold medal performance. In August 2000, she also won a gold medal at the ATF that took place in Jakarta. But with a throw of 55.26 metres, she failed to make a mark in the Sydney Olympics. She has been married to her coach Jaswant Singh. Neelam is employed with the Railway Coach Factory in Kapurthala and was awarded by the Punjab Government in the year 1996. Recognizing her talent the Indian Government conferred her Arjuna Award in the year 1998.
The curse of doping in sports

In-Competition Testing

NADA coordinates in-competition testing so that there is only one organization testing at one event. Criteria for the selection of athletes are predetermined, based on the regulations of the relevant IF or event ruling body. Athletes are notified of their selection for testing immediately following competition, and sample collection takes place in accordance with the International Standard for Testing. Samples are analyzed for “in-competition substances” as outlined in the WADA Prohibited List.

Out-of-Competition Testing

Out-of-competition testing or any testing done outside of an event ensures that all athletes can be tested at any time and at any place. An athlete identified in the registered testing pool by NADA is required to provide accurate and current whereabouts information. This information is usually required on a half-yearly basis, although NADA may have specific requirements, and updates are required if the athlete’s plans change. Whereabouts information may include details such as home address, work schedule, training venues and schedule, and competition schedule anything which will help a Doping Control Officer (DCO) find the athlete on any given day. International or national level athletes identified in a registered testing pool are responsible under the Code for providing whereabouts information to NADA. Failure to do so in accordance with anti-doping regulations may be considered an anti-doping rule violation and may result in a sanction.
The Code

The modified Anti Doping Rules of India in compliance with WADA code 2009 is placed for information and compliance of all Athlete/Sportspersons, Sports Federations and other concerned. These Anti Doping Rules of NADA will come into force from 01-01-2010.

Lifters, athletes dominate Indian doping list

The total number of doping cases reported from the Olympic Games since the 1968, when official testing started, is just one short of the century mark. It should cross that mark in London, no matter like in the past there is an unwarranted anxiety to project the “cleanest Games”. Moscow 1980 was the lone example of ‘zero positive’ in Olympic Games history. But did that mean ‘cheats’ were not among the medal winners in that edition of the Games Doping is an art, an expertise in avoiding detection or in masking the use of banned substances. Merely testing ‘negative’ may prove nothing.

Two Indians

There are only two Indians in the infamous list of 99 Olympic dope offenders, both weightlifters, both female. Sanamacha Chanu and Pratima Kumari were the ones to fall into the anti-doping net in the Athens Olympics in 2004. Much before that, weightlifting had acquired a reputation as the No. 1 dope offender in India. Some of those who attended the Athens Games, where Chanu and Pratima were packed off in humiliation, said later that they had seen ‘infusion kits’ in the rooms of the lifters. Chanu admitted before an enquiry commission that she had taken intravenous drips containing furosemide, a diuretic, prior to competition while Pratima stated that she had been given 31 injections...
while attending a training camp in Minsk, Belarus. Chanu tested positive for furosemide while Pratima had abnormal levels of steroid testosterone. Both National Coach Pal Singh Sandhu and foreign expert Leonid Taranenko expressed their innocence. Both were sacked by the then Sports Minister, late Sunil Dutt. Sandhu, however, slowly staged a comeback as an advisor. Chanu was to later test positive a second time in 2010, for methylhexaneamine, leading to an eight-year suspension. Egyptian coach Magad Salama accused Karnam Malleswari, India’s lone woman medal winner in the Olympics, of “evading” dope testers in 2008. There were more accusations against the star lifter two years ago also.

Figure No.29: Weight Lifter SANAMACHA CHANU

Sanamacha Chanu born on 2nd October 1978 is an Indian weightlifter who competed in the women's 53 kg weight class at the 2004 Summer Olympics. She originally finished fourth, **but tested positive for a banned substance and was disqualified.** She had also won three golds at the 2002 Commonwealth Games in Manchester and was a part of the
core team for the 2010 Commonwealth Games at New Delhi, during the trials for which, she was tested positive for methylhexanamine; a stimulant commonly used as a nasal decongestant. As per the rules of the World Anti Doping Agency (WADA), she, now faces a \textbf{life ban from Weightlifting after she tested positive for dope, for a second time at the 2010 Commonwealth Games.}

\textbf{Figure No.30: Weight Lifter PRATIMA KUMARI}

Pratima Kumari is an Indian weightlifter. 28 year-old Pratima, a double gold medallist at the Manchester Commonwealth Games in 2002. She was subsequently suspended from international competition for a period of two years as she tested positive for the banned stimulant.

\textbf{Twice Suspended}

Weightlifting dominated the Indian doping scene to such an extent that the International Federation (IWF) suspended the country twice between 2004 and 2006 for having too many Indian competitors testing positive in internationals.

Last time, just before she was to catch the flight to Beijing, Manipur’s Monika Devi was stopped because of a ‘positive’ dope test. It
took years to establish her guilt. Mercifully, there is less incidence of doping among national campers than was the case earlier, though domestic weightlifting competitions do churn out a number of ‘dopers’.

ATHLETICS

Figure No.31: Doping Shame in athletics

Athletics, in the meantime, has pushed forward to the No. 1 slot in Indian doping among frontline sports. From 2009 till now there had been 48 ‘positive’ cases among athletes, a figure that has been disturbing for the International Federation (IAAF). Last year when the top six woman quarter-milers of the country — Mandeep Kaur, Ashwini A.C., Jauna Murmu, Sini Jose, Priyanka Panwar and Tiana Mary Thomas — tested positive for steroids, the nation was shocked. The same girls who had so proudly wrapped the National flag around to the cheers of nearly 50,000 fans at the Nehru Stadium were branded ‘dopers’. Their case is still ‘on’ in the Court of Arbitration for Sport (CAS).

Indian sports witnessed its worst doping scandal with eight top athletes failing drug tests. Use of performance-enhancing drugs in sports has increased because of the large economic and other rewards for sporting achievements. Anti-doping agencies conduct regular drug tests to keep tabs on sportspersons.
Mandeep Kaur is an Indian athlete born on April 19, 1988, who mainly competes in the 400 meters. She competed at the 2008 Olympic Games, she failed to pass the first round.

The gold medal-winner hails from a farmer’s family of a hamlet called Jansale near Siddapura, about 30 km from Kundapura in Udupi district.
Jauna Murmu one of the eight athletes who tested positive for banned substances a member of the Commonwealth Games 4x400 metre gold winning quartet.

Sini Jose, one of the eight athletes who tested positive for banned substances blamed the country's athletics coaches for the scandal. A member of the Commonwealth Games 4x400 metre gold winning quartet, Jose lifted the lid on the doping scandal. It was the first time that any of the tainted athletes came out accusing the coaches of giving them performance enhancing drugs in the name of vitamins.

Jose said: "We had taken vitamins (not contaminated food supplements). Our coach had given us some vitamins. We are innocent."
Priyanka Panwar, who was in the reserves of the 4x400m women's relay team during the Commonwealth Games.

Sini Jose and Tiana Mary Thomas coming out of the National Dope Testing Laboratory.

The series of steps taken by the National Anti-Doping Agency (NADA) during the past year have paid off in curbing the trend among elite athletes though, correspondingly, performances have also fallen except for in a few events. There have been 32 'positive' cases from 1246 tests up to March this year in testing done by the NADA. Sixty-seven
from 2331 samples (2009), 107 from 2794 (2010) and 116 from 3206 (2011) were the corresponding figures in previous years. These are large numbers that show how rampant doping has been in the country. NADA’s drive to cleanse the system will, however, fail if it and the disciplinary and appeal panels continue to remain in the control of the government. 8th century BC first recorded attempt to enhance performance, ancient Greek Olympians ate sheep’s testicles to increase testosterone.

ANCIENT CIVILISATIONS

- Mushrooms
- Herbs, liquor, horse serum, blood
- 19th century-alcohol, caffeine, nitroglycerine, opium, strychnine
- World war 2 – amphetamines testosterone

1904 Olympics Thomas hicks (USA) won the marathon run and collapsed in St. Louis. He used brandy with strychnine.

1936 Olympics Nazi German athletes used first rudimentary testosterone preparations.

1954 world weightlifting championship: USSR administered testosterone injections and won all the gold medals creating world records.

1960 Olympics: Olympic movement in quandry. Drug offence law passed. First conference on doping held. Dr John Ziegler of USA weight lifting team administered dianabol tablets and dominated 1962 world weight lifting championship 1965. Dutch swimmers found using

2004 - Tim Montgomery (USA) world fastest with 9.78 banned for positive and retired. Out of competition and in competition started. Athens- wada takes over the first Olympics after famous 2003 Copenhagen declaration. Indian wt lifters also guilty and federation banned & fined

Gatlin & floyd steals the show in 2006: World fastest man on earth Justin Gatlin with gold in Athens (100m), bronze(200m) & silver (4x100m relay), sets 9.76 at doha beating Asaffa Powell & declared positive for testosterone facing life ban. 2006-floyd land is American star of tour de France winner positive for testosterone.

World fastest man stumbles: World champ caught after relay in Kansas on april22 for testosterone. 2004 Athens fastest man on earth. Second offence-life ban first offence amphetamine

Update 7th December 2007: Cas occupied with legal cases. Marion Jones to return medals after admitting involvement in BALCO’S scandal. World’s one of the highest paid Brazilian Footballer Romario found guilty of using Finasteride claiming for using for hair loss on 7th December. Fight starts between Detectors and Drug Designers—shall intensify further.