CHAPTER - 1

INTRODUCTION

At a Glance

- Sport: A Preview
- Prevalent view regarding sport.
- Concept of Play, Game and Sport.
- Why Sport?
- What Sport does for people?
CHAPTER - I
INTRODUCTION

Sports: A Preview

Sports activities have been part and parcel of human life since time immemorial. Play or recreation has been shown to be a fundamental necessity of man. This fact clearly affirms that there is an essential interconnection between the social structure of a society and the activities of games and sports.

The evolution of human life started with movement; coupling of which provides the bases for sports activities. Human beings have been very active and creative by nature and physical activity has been part of their life all along since evolution\(^1\). The importance of physical activity was first recognized by Plato when he said: "Lack of physical activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it." (Plato, 1955) In this context the words of Miller & Russell also seem pertinent that play is nature's hand on the back of the child pushing him to educate himself or in other words "to move is to learn and to learn is to move"\(^2\) (Miller & Russell, 1971)

Sport has been a mirror of society as society changes so does the sport hence in different societies the purpose of physical activities has been different like for primitive man search for food and shelter was the first requirement and thus the activities like running, jumping, throwing, swimming and hunting were necessitated by his instinct for survival. Besides this the physical activity was the first mode of communication and it was also a means of expression.

In ancient society people used physical activities for dignity and loyalty and in medieval society these activities were generally used for skills
of surprise attack and commando ship. But with the passage of time human beings evolved culturally, socially and emotionally and so does the physical activity. In modern society these activities have taken a new shape and become more organised, competitive, specialized, professional and commercialized event.³ (Singh.A.2006)

**Prevalent View Regarding Sports**

Sport is not a new horizon rather it is as old as the human society itself. Infect sports and societies both are changing their shape, form and nature together with the passage of time. The importance of sport in a society depends upon the culture of the society to a large extent. In modern era the importance of sport is much more than ever before because now the sport is no more a mere part time activity rather it is highly professional, commercial and specialized activity and the people are very much concerned and involved in it. But a few years back the picture was a little different at that time a large population had the opinion that sport is an idle activity and people used to scold their children for participation in sport. The proverb "Kheloge Koodoge Hoge Kharab Aur padhoge likhoge Banoge Nawab" was very famous with the middle class families. But the things have changed in modern world now a huge population wants to see their children playing like Sania Mirza, Sachin Tendulkar and Vishwanathan Anand and this is all because of the involvement of name, fame and money in sport. The Media has placed the sport at apex end and that's why the leading sportsman are more famous than politicians or businessman of any country but still we find two opposite streams of thought on sport prevalent in most of the literature on this subject. On one extreme there are thinkers who regard sport as on idle activity, a mere pastime and on one extreme there are thinkers who regard sport as a key to success in life. In this regard John huizenga in his
study attempted to show the role of sports in every aspect of social life.\(^4\) George H.Med has postulated that games and sport provide a medium for the development of the self. Many other thinkers visualize sport as vehicle for character formation and as an instrument for preservation of values in the society. Besides, the sport has become one of the most viable factor in cross culture integration. In modern society sport is supposed to be the best medium for international understanding and goodwill among nations. For most of the philosophers sport is important not only for self actualisation at the national level but for social maturation and survival at the global level.\(^5\)

**Concept of Play, Game and Sport**

There are three different terms used for one another Sport, game and play. It is all right for a person whose main concern is to get to know about something in which people involve themselves to get amused. But it is important to pin point the meaning of sport so that difference could be made to understand what are the activities referred to as sport. In the village’s children play Hockey with ordinary sticks made from tree and ball made from clothes and thread tied over it. Their intentions, motives and rules are quite different from the game Hockey played on Astroturf. Playing cricket in the streets with bricks as wickets and a flat wooden piece as a bat is different from the game played in Eden garden stadium. Playing marbles, playing kites and trekking are also referred to as sports. Mountain climbing, chess, camping, auto-mobile racing, hunting and Weight lifting are all called sports. But little careful observation would lead us to confusion. It happens because the elements of skill involvement and physical fitness very amongst all the above. To remove this confusion it becomes very important to know which kind of activity can be referred to as sport.
The other important thing is that the activities in which one involves voluntarily to get some reward and the activities in which one engages oneself to entertain audience for which he earns money should also need attention while categorizing the activities. Therefore, an activity can be sport, play or game depending on the type of activity, condition under which played and the subjective orientation of the participants.

Play

Every one has observed children at play, yet it is very difficult to define play. A four month old infant kicking his/her legs or throwing up his/her arms, looking at a dancing doll and squealing with joy is quite a familiar sight. A baby of 18 month may sit beside his/her mother banging two plates and vessels together, once in a while beating them with the ladle. A group of four to five years olds may place some leaves and flowers in a row and act as though it were a feast. All these are instances of play. Almost all self-initiated actives of children are instances of play in their natural context. Play is spontaneous and creative activity, having its own limits and space, indulged voluntarily, soaked in fun and pleasure inspired by nature for its own sake. Play is an activity which is free, separate, creative, unproductive, governed by self-rules and make-believe \(^6\) (Singh.B. 2006).

**Characteristics of Play**

- Natural to Children
- Attractive
- Participatory
- Rewarding
- Related to activities which promote intellectual skill

**Chart 1.1**
Chart 1.1

Play is a serious business for children and children actively participate in constructing their environment. It has been observed that while playing, children are:

- Involved in what they are doing;
- Almost always initiate the activity on their own;
- Experience intrinsic joy;
- Express curiosity and show the urge to explore.\(^7\) (M. Swaminathan, P. Dancil, 2006)

Elements of Play

<table>
<thead>
<tr>
<th>Recreational</th>
<th>Fun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spontaneous</td>
<td></td>
</tr>
<tr>
<td>Self</td>
<td>Inspiring</td>
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<tr>
<td>Active</td>
<td></td>
</tr>
<tr>
<td>Constructive</td>
<td></td>
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</tbody>
</table>

Chart 1.2

Game

Most of the literature on sports reveals that when play becomes repeatable, systematic and predictable it is called as game. Therefore, game can be defined as any form of playful competition, whose outcome is
determined by physical skill, strategy or chance, employed singly or in a combination.

**Characteristics of Game**

![Chart 1.3](chart.png)

Play is inherent in all forms of games but not all types of play are games. Similarly all sports are possessing elements of game but not all games are sports.

**Sport**

Sport is a highly ambiguous term having different meanings for different people. Its ambiguity is attested by the range of topics treated in sport literature. The broad, yet loose encompass of sport reflected in literature suggests that sport should be dealt with on different planes of discourse, for a better understanding of its nature. Sport is a word taken from middle-English language 'sporten' which means 'to divert.'

Etymologically, sport means, turning aside, distraction or going away from ordinary schedule of life. (Singh.B. 2004) although etymology does help to grasp the historical concept of the term, but it does not provide a true definition of sports especially in the present context. In the present
perspective, sport may be defined as a structured, goal-oriented, competitive, contest-based, lucid physical activity.

**Characteristics of Sport**

![Chart 1.4]

Sport involves physical and mental activity. This is one of the ways in which physical development is exercised. Sport is a human activity that involves specific administrative organisation and a historical background of rules which define the objectives and limit of the pattern of human behaviour. It involves competition and challenge and a definite outcome primarily determined by physical skills.  

Coakley suggests that sport can be defined as follows:

"Sport is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals. Whose participation is motivated by a combination of intrinsic and extrinsic factors." (Coakley, J. 1977)

Depending upon the conditions in which it is carried out some activities can be put in the category of sport but not under others. For instance, swimming is a form of play if it is engaged in primarily for exercise and pleasure but it becomes a sport when it is regulated by specified rules and
carried out to defeat an opponent. Walking, sailing, cycling and so on are similar activities which are sports in some conditions and not in some others.

Hence the main attribute which distinguishes sport from game, in general is, physical prowess that is sport demand the employment of highly developed motor abilities and physical skills executed in patterned manner which implies considerable training, and practice on the part of the player. Hence it is rightly said that "A Game is an occurrence; a sport is a pattern." Primitive sports were limited and regulated by Taboos and traditions and Modern sports are regulated by prescribed rules set norms and rules regulate the competition. However the difference between the primitive and modern rules is that modern sports are rationalized rather than prescribed by tradition.11 (Guttmann, 1978).

Therefore, sport is regarded as organised and institutionalised competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and the external rewards earned through participation.

Why Sports

Sport has a social obligation for preparing the youth for work and socially useful activities. Sport activities have accepted as an integral part of education. It contributes to the development of the individual through planned movements in physical activities. Children are naturally active and sport provides an enjoyable way to them to enhance their overall development. Regular participation in physical activities is an essential adjunct to normal growth and development. By participation in sport children become fitter and healthier and their natural instinct of play encouraged them. Moreover, participation in sports improves the self-
confidence and social competence of the participants and which in turn make them unable to cope with stress and anxiety. It has been observed that sport activities intended not only to achieve physical fitness but also optimum organic health, emotional stability and social adaptability to take proper decisions and develop skills that unable a child to participate in other various activities. (Waknarkar. D.G. 2002) Thus it is rightly said that the physical fitness is one's richest possession; it can't be purchased but can be earned through a daily routine of physical exercise. Fit citizens are the best assets of a nation.

Sport and society has been developing together and reflecting and complementing each other from ancient times. Infect, sport is and has been a mirror of society. Sport is important not only for individual but for a group, a nation and the World, It has been observed that the progress of a country to a great extent depends upon its status in the field of sport, that's why the number of countries participating in Olympics is larger than the countries participating in United Nations Organisation.

In modern society people all over the world are recognising the importance of sport because now this is a well established fact that participation in Sport activities is the best mean by which the objective of over all personality development can be achieved.

Besides this, the new generation is opting to participate in sport because they feel that sport can give them everything that they wish in their lives that is the name, fame, enjoy, self satisfaction, respect and competition. Moreover, much of the attraction of sports comes from the wide variety of experiences and feelings that result from participation in sport: Joy, anguish, success, failure, exhaustion, pain, relief and above all feeling of belongingness. Sport can bring money, glory, status and goodwill, that is
why a lot of sport stars are better known than the leading politicians of a country. Besides this sports provide a platform where the youth can satisfy their natural instincts of competition and urge to prove themselves better than others.

**What sport does for people**

Wilkerson and Dodder have conducted research to determine what sport does for people. They found that sport has seven functions in society:\(^\text{13}\)

- **Emotional Release:** Sport is a way to express emotions and relieve tensions; it acts as a safety valve and catharsis to relieve aggressive tendencies.
- **Affirmation of Identity:** Sport offers opportunities to be recognised and to express one's individual qualities.
- **Social control:** Sport provides a means of control over people in a society where deviance is prevalent.
- **Socialization:** Sport serves as a means of socializing those individuals who identify with it.
- **Change Agent:** Sport results in social change, new behaviour patterns and a factor that changes the course of history. It allows for interactions of all kinds of people and for upward mobility based on ability.
- **Collective conscience:** Sport creates a communal spirit that brings people together in a cohesive manner in search of common goal.
- **Success:** Sport provides a feeling of success both for the participant and the spectator when a player or a team with whom one identifies achieves. To win in sport is also to win in life.
Hence it is evident that sport in this age of increasing participation, holds many meanings for its participants as well as having a significant impact on our society. Infect sport has an undeniable role in society and as society changes so does the sports.
CHAPTER -1.1

ANNALS OF SPORT IN VARIOUS AGES
AT A GLANCE

Sport during pre-Historic Age or Stone Age.
Iron and copper Age
Indus valley civilization period (3250 - 2500 BC)
Vedic period (2500 - 600 BC)
Early Hindu period or Historical Age (600-320 AD)
* The Ramayana * The Mahabhrata * The Purans
Buddhism and Jainism period
* Jataka stories
Later Hindu period (320 AD - 1200 AD)
Medieval period (1000 AD - 1757 AD)
* The Rajputs * The Muslim / Mughal period
Development of sport in British Period
CHAPTER - 1.1
ANNALS OF SPORT IN VARIOUS AGES

In early India games and sports were very much concerned with the development of the physique and the art of offence and defense. Games were also considered a kind of recreation, which played a vital role in the development of a man's personality, important of them including indoor games, music, fishing and boating, singing and dancing, water sports etc.

Fortunately, India has a rich heritage of these activities as can be found in the archaeological excavations of Mohan Jodaro and Harappa, the Vedic literature, the Ramayana and the Mahabharata, the puranas, the literary works of Kautilya, Kalidasa, Panini and Dandin as well as a lot of Buddhist and Jain literatures. Various archaeological evidences like coins, inscriptions, and monumental carvings support them.

Sport during pre-historic age (stone age)

In pre historic societies the main concern was survival and survival of the fittest was the main principle. The games and sports were a part and parcel of daily life and people used these activities to protect themselves from the animals and to earn their bread.

Muscular strength, endurance, muscular power speed and agility were important physical attributes that ensured survival. It was natural that foot racing and wrestling competitions would have evolved in these societies. Dancing was considered a religious activity. The games like ring and pin and tree climbing contest were integral part of the daily life of pre-historic societies.

In this age primitive play was related to the elemental emotions of savage life. Mimicry in movements and noise of the myriad of animals
gave vent to their energy. Imitation was one of the chief characteristics of primitive play. For Instance, the modern game Kabaddi may represent the struggle which resulted when one hostile group tried to cross the boundary of an area occupied by another group.\textsuperscript{14} (Srinivasa 1952).

Wrestling, which is a highly popular physical activity in our country right from epic times, is perhaps the oldest sport in India. The "Suryanamaskar" owes its origin to nature worship indulged in by man, far back in his childhood on earth. Stick play with the use of bamboo and wand drills are predominantly of primitive method of defense and attack. In this period hunting was one of the chief occupations of man. The leisurely occupation of letting cattle led to the development of music and dancing.\textsuperscript{15} (T.Mall. 1991)

**Age of Iron & copper (Metal Age)**

In this age, the man had further improved in his pursuits and was physically so strong and alert that he used such metal tipped spears and arrows which helped him in his struggle against nature for existence.

**Indus valley civilization period (3250 BC - 2500 BC)**

There is no record of any physical art or craft during the pre-vedic age. But an idea of the same can be formed from a careful study of the war weapons, tools and implements, seals and sculptures found at Harappan and Mohan Jodaro. During this age the objective of physical exercise was achieved through a daily routine of work, games, sport and amusements.

A statuette found in the Mohanjodaro remains was that of a dancer which points out that the important pastime of the people then was the dancing and singing. The other important game was swimming which has strong evidence as to the presence of the "Great Bath" which was similar to modern swimming pool.
Marbles, balls and dice were used for games. Dicing was a very popular game as it would be evident from a large number of dices unearthed. Besides, a type of board game resembling the modern chess was also prevalent. A cylindrical gamesman resembling the present day game of Draught has also been excavated at Harappa.

Hunting was also an important game, seals showing men using bows and arrows for killing wild boars and deer have been found. Punching or Boxing was also played as evident from a seal found. A number of toys of children made of clay have been found which shows that children engaged themselves with lots of games.¹⁶ (Pusalker, 1951)

**Vedic Period (2500 BC - 600 BC)**

Pranayam and Suryanamaskar was supposed to be developed in this period and suryanamaskar was performed more as a religious duty. Military training was also popular during this period, people in this period were involved in hand wrestling, use of bow and arrow, dagger fight, sword fight, mace fight, hurling the discuss and spear. Horse riding, Chariot racing, hunting, elephant riding and Boxing were also in practice. People were fond of swinging. Ball games were in vogue in those days by both men and women. Apart from this a number of courtyard games like hide and seek and run and catch were also played by the girls. Playing with dice become a popular activity. The dices were apparently made of vibhidaka nuts. From the Rigveda it appears that the art of boxing was known to the Aryans and it was used in battles for defeating the enemies. Birds and animal fighting was also popular pastime, these fights were generally organised in the fair and festivals for amusements. Great emphasis was placed on the culture of physique and strength during the vedic period. Physical strength was
emphasized greater than academic learning. Practice of yoga was recommended for the development of spiritual strength in this period.

**Early Hindu period/Historical Age/Epic Age (600 BC - 320 AD)**

**The Ramayana**

Ramayana makes a great deal of reference to physical training and recreation. People took much interest in games during this period. Ayodhya, Kiskindha and Lanka the three great places related with this period were centers of many games and sports. Chariot riding, horse riding and hunting were very popular and considered as royal sports.

Swimming was also very popular and it is learnt that Ravana had a beautiful swimming pool in Ashoka Vatika where he used to sport. Gamling with dices was also well known. "Chaturang" or chess was infect the invention of some Hindu and India is proud to be called the homeland of this great sport. Ball games were popular with the women. Prowess of Hanuman and others in the context of Ramayana needs no elaboration to substantiate the supremacy of physical culture in this period.

**The Mahabharata**

During the epic period of Mahabharata games and gymnastic activities were very popular. Jumping, arms contracting, wrestling, playing with balls, hide and seek, chasing animals were some of the games prevalent during this period. Guru Dronacharya was the physical education teacher of the Pandavas and Kauravas. Ball games were very popular and it is said that Lord Krishna used to play ball games with maidens on the banks of the Yamuna. "Iti-Danda" or Gullidanda was also played during this period. Yudhistir had a great liking for dicing and he lost his whole Kingdom, his brothers and his wife in this game to his opponents. People also enjoyed water sports and Bhima and Duryodhana were great swimmers. Balrama the
brother of Lord Krishna was a strong man and excelled in wrestling and male fighting. He was an excellent teacher in the art of teaching male fighting. Bhism was skilled in all the branches of physical culture and weapons and was a mighty bowman. The practice of fighting with animals was prevalent and important feature of this age.

**The Puranas**

The use of discus was very popular in this period. At times, the attack of sword was also rendered useless by the discus. The Munda monster is said to have used it. Rope fighting Pasi-Yuddha was also prevalent. The rope was the main weapon of some of the Gods and because of the use of rope, Varuna is called Pasi. The art of using silambu or long sticks, lathi and slings was also taught during this period.

**Buddhism and Jainism period**

Both Buddhism and Jainism stressed non-violence and peace. They did not encourage body building activities even for defense, fitness or health as they believed in the good nature of man and did not consider anyone to be an enemy. The founder of Buddhism, Prince Siddhartha, later known as Buddha, practiced several manly sport and exercises. Archery was a popular pastime of princes.

The game of chess is found mentioned in the canonical texts of Jainism. Chess was found prevalent in the campus of Nalanda. Archaeological excavations have found gambling dice in monasteries and other Buddhist sites. Another item of amusement was swimming. The Vihars offered the pleasure of bathing pools. Study of literature of this era reveals that wrestling, running, jumping, Javelin throwing, chariot and horse-racing were very common activities as sport. Ashoka, the great, had a well-trained and very strong army. This shows that training for War was
both intensive and extensive. The doctrine of yoga was popular in Buddhist times and Buddha had practiced it.\(^{18}\)(Bucher, Wuest. 1992).

**Jataka stories**

Archery is found mentioned in Jataka stories. The Bhimsena Jataka tells that Boddhisatva learnt archery at Takshila. Wrestling was very popular and descriptions of such breath-holding bouts are available in Jataka stories. Two kinds of games called udyana Krida or garden games and Sallila Krida or water sport are also mentioned.

**Later Hindu period (320 AD- 1200 AD)**

Great universitites like Takshila and Nalanda developed during this period. Takshila was famous for military training, wrestling, Archery and mountain-climbing. In Nalanda, Swimming, breathing exercises and yoga formed an integral part of the curriculum. There were nearly 10 swimming pools near Nalanda Monastery and every morning a bell was sounded to remind the students of swimming hours. Harsha Vardhana of the Gupta dynasty was a great sportsman and he encouraged his subjects as well. Another great contemporary of Harsha, Narasimhan or Mamallah was also a great wrestler he belonged to Pallava dynasty. During this period Hunting was also a very popular pastime of the people. Cock, elephant, buffalo and Partridge fighting’s were also in existence. Archery was also popular among the Women during this period can be seen in Ahicchatra images.

**Medieval Period (1000 A.D. - 1757 A.D.)**

Gurukulas were established during this period about 12th century A.D. and physical education was promoted in the Gurukulas. Handling various types of weapons for self defense or Military training was paid more attention by the kings.
'Shree samarth Ramdas Swami ' the well known religious prophet started the Gymnasium movement and opened hundreds of Gymnasium throughout the country to promote sport activities during this period. He is known as the 'grand father' of the 'Indian Gymnasium movement.' Suryanamaskar, Malkhamb, Dands, heavy club swinging, wrestling and sword fight were the main features of these Gymnasiums.

The art of Malkhamb was revived and a new type of Malkhamb known as 'Hanging Malkhamb' and 'Care Malkhamb' were introduced during this period.

**The Rajputs**

There was revival of the Hinduism during this period, generally known as the age of chivalry. The Rajputs called themselves as the pure Kashatriyas or the warriors and hence their profession by birth had been fighting. That is why during their heyday they had contemplated a wonderful system of physical exercise and military training.

Horse riding, Javelin throwing, wrestling, hunting, male fighting and above all archery were extremely popular sports with the Rajputs. The Rajputs were lovers of festivals, music and dance. The Rajput girls were also taught to ride horses without saddle. The tradition of religious fairs in Rajasthan speaks of that glory. The chess was extremely popular recreational activity not only amongst the princes but also among the masses.

**The Muslim/Mughal Period**

This period is marked by great strife in which both Hindus and Muslims took part for supremacy of the one over the other. The sports activities present in this period were generally for the purpose of preparing for war. Hunting, sword fighting, mace fighting, horse riding were preferred
to yogic exercises because physical activity leading to acquisition of war skills was an important aspect of the life of these people.

Babar, the founder of the dynasty in 1525, was foremost an athlete and adventurer. Akbar the greatest of the mughuls was a passionate lover of sport. During his rule, Fathepur Sikri was teeming with sport activities. Akbar often took part in polo, which is now a popular and fashionable game. He was also big game hunter and equally fond of swimming and riding. The mughals were expert swimmers and especially Babar and Akbar could swim across the Ganges in full tide. The Indoor recreation of the mughal included a game known as Chandel-Mundel, which was one of the favourite games of Akbar\(^{19}\) (Benier, 1916).

Edward Terry, a Western traveler, who toured mughal India during the years mentions that they shoot for pastime and are so skillful that they killed flying birds\(^{20}\) (Terry, 1916).

The Mughals were great patrons of Wrestling and they encouraged the wrestling schools. Often dands and baithaks were used to develop muscular power and elasticity. Massage was also very popular activity among wrestlers. Boxing, hunting, swimming, animal fight, chaogan, Pigeons flying competition, chess, chaupar and Pachisi were some other popular sport activities of this period.

**Development of Sports in British Period**

During this period the western civilization influenced the Indian culture and as a result young generation kept themselves away from Akharas and Vyayamshalas. The main reasons for this change were:

- Activities introduced by the foreigners were more attractive.
- Games had more recreational values than Indigenous activities.
The Western activities were of group type where more people could participate with lesser skill.

British ruled India for about 200 years and during this period physical activities and Military training lost their importance because the activities like sword fighting, dagger fight, spear fight etc. were banned by the British government and it resulted in degeneration of physical state of Indian people \(^2\) (Singh & others).

Though British were magnificent sport loving people but as rulers in India they never paid any attention to physical education and sport. They used to organise some selected games after school hours but that was not enough. For the first time, it was the Indian Education commission, which in 1882, recommended that "physical training be promoted in the interest of the youth by the encouragement of native games, gymnastics, drills and other exercises suited to each class of school."\(^2\) (Kamlesh M.L.2004). After this in 1894, the question of making physical education as a compulsory subject was considered but no definite policy was pursued further.

During British rule the organisation and the conduct of athletic activities and cricket were result of private efforts. German system of Gymnastics, Drills and calisthenics were introduced in schools but it was not much successful. The long Association of British people with Indians and their love towards sport resulted in promotion of team games like cricket, hockey and football. Most of the modern games and sport came to India via England.

Voluntary organisations like vyayam shalas, Krida-Mandals and Akharas contributed in the development of interest in physical activities like
Dands, Baithaks, Yogic exercises, folk dancing, wrestling lathi exercises and indigenous games like Kho-Kho and Kabaddi \(^{23}\) (Thysis, S. Santosh 1997).

In some of the public schools physical education was arranged as a compulsory subject but greater attention was paid to the Western type of games and sport like Track and field, swimming, horse riding, horse-polo, cycle polo and not to indigenous activities.

The organised scientific physical education came to India in 1920 when Mr. H.C. Buck founded the Y.M.C.A. College of physical education at Madras. This institution gave a firm foot hold to physical education in India. After this many more institutions of physical education were came into being like Government College of physical education Hyderabad in 1931, Christian College of physical education, Lucknow in 1932, Training institute of physical education Kandivali in 1938. Shree Hanuman Vayayam Prasark Mandal Amaravati founded by Vaidya Brothers in 1914, serves the cause of indigenous sport activities and started a five week summer course for young men and women and those who completed this course were awarded Vayayam Visharad. In 1945, at the time of All India physical education conference, National Association of physical education and recreation was formed. Y.M.C.A. introduced Basket Ball and Volleyball in India though these games were of American origin. The Akhil Maharashtra Sharirik Mandal standardised the rules of indigenous games like Kabaddi, Kho-Kho and Atya-Patya and then these were followed through out India.\(^{24}\) (Khan, E.A.)
CHAPTER - 1.2

DEVELOPMENT OF SPORT IN INDEPENDENT INDIA

At a Glance

- Tara Chand committee (1948)
- Central Advisory Board of physical education and Sport (1950)
- 1st Asian Games at Delhi (1951)
- Raj Kumari Sports coaching Scheme (1953)
- All India council of Sports (1954)
- National Plan of physical education and Recreation (1956)
- Laxmi Bai National College of physical education (1957)
- Sports and Youth Welfare Department (1958)
- Ad-hoc enquiry committee on Games and sports (1958-59)
- National physical efficiency drive (1959-60)
- Kunzuru committee (1959)
- Kaul-Kapoor committee (1960)
- Netaji Subhash National Institute of sports. (1961)
- Integrated scheme of National Discipline & physical education and National fitness corps (1965)
- Rural Sports Tournament Scheme (1970-71)
- Sports Talent Search Scholarship scheme (1970-71)
- IXth Asian Games (1982)
CHAPTER - 1.2
POST INDEPENDENCE DEVELOPMENTS OF SPORTS

With the achievement of independence in 1947, India made rapid progress in all aspects. Restricting ourselves to physical education and sport it may be said that for the development of Physical education, sports and recreation a number of schemes were introduced by Govt. of India. In this process in 1948 the Govt. set up a physical education committee named 'Tara Chand committee.' This committee made several recommendations for the development of physical education and recreation which included the establishment of central institute of physical education and recreation. After this in 1950 a Central Advisory Board of physical education and recreation was set up to advice the Government on all matters related to physical education. The actual development process of sport started with the first Asian Games in 1951 which were held at Delhi as these games increase the participation of Indian Youth in Games and sports.

In the year 1953, the ministry of Health, initiated a National Coaching Scheme for Games and sports during the tenure of Smt. Raj Kumari Amrit Kaur. The objective of this scheme was to provide training to athletes in various Games and sports. As no qualified coaches were available at that time so the task of coaching was entrusted to those people who had made mark in their specialized sport. The players like Dhayan Chand and A.G. Ram Singh was working under this scheme and the scheme received wide popularity. Some foreign coaches were also hired on contract basis to do the job of coaching. Under Raj Kumari sports coaching scheme a number of short term coaching camps were organised for school and college students.
All India council of sports (1954)

In the year 1954 a meeting of the Presidents of various National sports federations/Associations was held under the chairmanship of Maulana Abul Kalam Azad and recommended the establishment of National sports council to promote sport in the country. National sports council acted as a liaison between the Government and the national federations for various sports.

This council also offered financial assistance to various sports federations. After this, under All India council of sports, state sports councils and District sports councils were formed.

National Plan of Physical Education and Recreation (1956)

To promote and popularize indigenous physical activities the plan was adopted by the union Education Ministry in 1956 on the advice and with the assistance of the Central Advisory Board of Physical education and Recreation. After reviewing the position of physical education, the national plan of physical education made recommendations on:

- The steps to be taken for the improvement of the status of physical education.
- A syllabi of physical education for boys and girls.
- The norms of physical efficiency test for boys and girls.
- Rules of recognition for the diploma and certificate courses in physical education.

In the light of the recommendations made by the board the union ministry of education took a number of steps like:

- Development of facilities for training of teachers in physical education.
- Institution of scholarships for research in physical education;
Conduct of National Physical efficiency drive;
Conduct of seminars on physical education
Financial assistance to the colleges of physical education.
Issuing directions to the state governments for effective organisation of physical education in state schools.

Laxmi Bai National College of Physical Education (1957)

In the year 1957 the ministry of education established a college of physical education at Gwalior offering three year degree course. Later on Master's Degree course of two year duration was also introduced. The college was named so in the memory of the famous Rani of Jhansi, the heroine of the first war of Indian independence. This was the only institute of physical education being run by Central Government.

Sports and Youth Welfare Department (1958)

In the year 1958 the ministry for education opened the department of Sports and Youth Welfare to promote physical education and sports in the country.

Adhoc Enquiry Committee on Games and Sports (1958-59)

Under the chairmanship of Maharaja of Patiala Shri Yadavinder Singh an Ad-hoc enquiry committee on games and sports was set up by the Government of India to find out the causes of debacle in sports performance. In first Asian games at Delhi India scored overall second position but after that in the next Asian games in 1954 at Manila India down graded to fourth position and in 1958, Indian Hockey team lost gold medal to Pakistan. In view of this grave situation the National sports Federations, Indian Olympic Association and Government of India took serious note and set up this committee to suggest ways and means to improve the situation.
The committee made following recommendations:

- In physical education and sports the planning should be on long and short term basis.
- To produce good coaches and for the training of various teams a central sports institute should be established.
- All the coaching schemes should be integrated and their programmes should be rationalized so that maximum number of people could benefit from it.
- More attention should be paid to rural sports since the sports talent come from there.
- Better sports facilities and funds should be provided for educational institutions.
- The educational institutions should pay more attention to the nutritional status of the school children as a whole and sports talent as a special case.

Apart from this the committee gave emphasis on a new organizational set up for National sports Federations:

- All the National sports federations must be affiliated to Indian Olympic Association.
- An office bearer in National sports federation should not hold office in another similar organisation simultaneously.
- The term of office bearer should be restricted to three years with another term on optional basis.

**National Physical Efficiency drive (1959-60)**

In order to evaluate the physical fitness status of the people the national physical efficiency drive for men, women, boys and girls was started and sponsored by the ministry of Education in 1959. The purpose of
drive was to create awareness and enthusiasm among the masses of the country for physical fitness. National physical efficiency tests were made to assess speed, strength, agility and endurance separately for men and women. The main features of this drive were:

- No Entry fee was charged;
- It was a national movement aiming to make people fitness conscious.
- Winners were awarded stars and certificates in accordance of their performance.
- The test was based on certain norms.
- It was a non-competitive fitness campaign. The participants were not to compete against others but against themselves.
- The testing programme was conducted in co-operation with the state governments.

**Kunzuru Committee (1959)**

In the process of reforms Government of India appointed a co-ordination committee under the chairmanship of Dr. Hridya Nath Kunzuru. The main purpose of this committee was to examine the various schemes of physical education, recreation, character-building and discipline. After having detailed study of all the schemes the committee submitted a report in 1963. The committee made following recommendations.

- Recommended an integrated compulsory programme of basic curriculum at school stage for all.
- NCC should be encouraged at College Level.
- Scouts and girl guides should be encouraged.
- Recommended reorientation training for in-service instructors.
- School children must put on smart uniforms.
Extra curricular activities like song and dance, campfires, dramatics, and plays should be encouraged.

Youth hostels should be set up.

Inter-varsity youth festival, Inter-varsity sports, and Inter-state sports competitions should be encouraged.

Leadership should be developed in youth.

National Anthem must be a regular feature in school.

**Kaul Kapoor Committee (1960)**

The Government of India deputed a two-member committee comprising of Sh. M.K. Kaul and Sh. M.N. Kapoor for the Rome Olympic Games held in 1960. The objective of this committee was to study the organisation of sports and to observe the structure and system of sports in nearby countries. In 1961 the following significant recommendations were made by the committee:

- The physical education should be made an integral part of general education in schools and colleges.
- Play fields in schools and colleges should be developed.
- Outstanding sports persons in schools and colleges should be awarded scholarships.
- Sports and Recreational clubs should be established all over the country at district towns.

**Netaji Subash National Institute of Sports (NSNIS 1961)**

On the recommendations of the Ad-hoc inquiry committee in the year 1958 the institute was established at Motibagh Palace, Patiala by the Government of India in 1961 to raise the standard of achievements in games and sports. The institute was set up with the basic objective of providing training to various teams and producing first-rate coaches. Apart from
training and coaching the institute also serves as a centre for supplying information and providing technical personnel for games and sports.

For these purposes it conducts a regular coaching course of one year's duration in Athletics, Badminton, Basketball, Cricket, Football, Gymnastics, Handball, Hockey, Lawn-tennis, Table-Tennis, Swimming, Volley Ball, Boxing, Weight lifting, Judo, Wrestling, cycling and Archery. The Institute has trained a large number of qualified coaches for service in state Governments, universities and sports bodies. Some of the important objectives entrusted to the institute were as follows:

- To produce good coaches;
- To provide training to various teams;
- To promote and carry research work in the field of sports.
- To conduct reorientation programmes for physical education teachers.
- To render assistance to various sports bodies in talent identification.
- To produce and publish popular literature on games and sports.
- To carry out the rural sports programmes of Government of India.

The management of the Institute was vested in the society for the National Institute of Physical Education and sports. In the year 1974 a southern coaching centre was also established at Bangalore from 1st May, 1987 and the Sports Authority of India was the governing organization of the institute.

**Integrated Scheme of National Discipline and Physical education and National fitness corps (1965)**

In the year 1965 a new venture called as National fitness corps was set up. This was an amalgamation of Physical education National Discipline scheme and National Cadet Corps. Directorate of National fitness corps prepared a hand book of activity programmes for teachers. The state
education secretaries and directors of public instruction met in New Delhi in February and April 1965 and decided to introduce this integrated scheme on a compulsory basis in all high and higher secondary schools in the country. The programme of the integrated scheme included the best of all essential features of various schemes in vogue in schools. The II-point programme of integrated scheme included:

(i) Exercise Tables  (ii) Drill and Marching  (iii) Lagium (iv) Track and field events  (v) Games and Relays  (vi) Gymnastics for Boys and Folk dances for girls. (vii) Simple combative like wrestling, judo and zambia (viii) Hiking and cross country. (ix) Instruction and practice in Tests (x) Field craft (Boys), Home Nursing (Girls) (xi) General information, Practical projects and community singing.

In this scheme the emphasis was given on toughness of youth and qualities of leadership, discipline and loyalty. But as a matter of fact neither state declared National Fitness corps compulsory subject nor gave it a curricular status. 

Rural Sports Tournament Scheme (1970-71)

In order to promote sport activities in rural areas of the country the Government of India in 1970-71 launched the rural sport Tournament scheme. The basic objective behind this scheme was that the natural talent must be identified and as most of the population of our country resides in rural area hence this major segment of the rural youth must be involved in sport.

Sports Talent search Scholarship Scheme (1970-71)

To enable the young promising and talented boys and girls and to develop their talent in sport the Government of India in 1970-71 introduced the sport Talent Search Scholarship scheme. This scheme
provided National Level and state level scholarships. Besides, this an, another scheme was also implemented through university grant commission which aimed at improving sport standards among college and university youth. This was also in the form of awarding scholarship to talented players.

**Asian Games (1982)**

Asian games organised in New Delhi proved a great step towards the promotion of sport in India. The movement is run by the Government to make the games successful and made big contribution in encouraging the people to participate in sport. For hosting these games huge infrastructure was established, sports industries were built and these sports industries were encouraged to manufacture sport goods of top quality. As a result of these games the sports Authority of India was established in 1982 to look after, to maintain and to generate funds for the sports infrastructure. India won 13 gold medals in these games.

So in this way in the process of development of sport in our country, the last four decades have witnessed the rise and fall of many schemes of Physical education and sports. As discussed earlier the policies and schemes like National Discipline scheme, National fitness corps, National physical efficiency drive and National programme of fitness etc, were actually meant for mass consumption but the sport as a mass movement has remained an illusion only. For all the sport loving fraternity this is a heart searching question. Decidedly there has been something wrong with our polices and practices at school, College, university or training Institute level. Neither the general health oriented programmes nor excellence oriented schemes have yielded desirable results despite tremendous amount of inputs in terms of infrastructure, facilities, personnel and the like. 26
CHAPTER - 1.3

AN OVERVIEW OF SPORTS ORGANISATIONS, NATIONAL SPORTS POLICY, SPORTS AWARDS & INCENTIVES AND SPORTS PERFORMANCE OF INDIA

At a Glance

- Sports Authority of India.
- National Sport federations
- Indian Olympic Association
- National Sports policy
- Awards & Incentives for promotion of sports.
  * Rajiv Gandhi Khel Ratna Award
  * Arjuna Award
  * Dronacharya Award
  * Maulana Abul Kalam Azad Trophy
- India and Sports performance
  * India in Olympics
  * India in Asian Games
  * India in Common Wealth games.
CHAPTER - 1.3

An overview of Sports Authority of India 1984 (SAI)

With the objective of promotion of Games and sports in India, the sports Authority of India (SAI) brought into existence by Government of India in 1984. It was an autonomous organisation under the overall control of the Ministry of Human Resource Development, Department of Youth Affairs and Sports. It was assigned the responsibility of maintaining and utilizing the existing infrastructure created for the IX Asian games. Subsequently in order to adopt an integrated approach towards promotion and development of sports awareness (SNIPESS) Society for National Institutes of Physical education and sports (The controlling body of the NSNIS, Patiala and LNCPE, Gwalior) was merged with Sports Authority of India with effective from May 1987. The Head quarters of this apex organisation set up at New Delhi to:

- Look after development of sports in the country with several developmental schemes;
- Carry out sports programmes, policies and schemes of the Government of India, Ministry of sports;
- Run physical education and sport academy;
- Assist Indian Olympic Association and various National sports Federations in their organizational and national coaching programmes; and
- Run centers of sports excellence with direct control for upcoming sports persons.
An overview of National Sports Federations

The National sports federations are autonomous bodies which in turns have affiliated state level and District level Associations. The Management and development of their respective sports are the functions of the federation. The National federations exercise control over activities of state units and state Associations exercise control over District Associations. The technical arrangement is in their hands and they select teams to participate in various tournaments. No athlete or team can participate in an international competition without the permission of the respective national federation. The National sports federations are affiliated to Indian Olympic Association on the one hand and respective international body on the other. They are autonomous in their working and free to plan, formulate and implement their own developmental policies and programmes but can not close their eyes to Indian Olympic Associations (IOA) directives and Government guidelines in matters of National Importance and principles of Sports administration. In this way the sports federations bears great responsibility regarding promotion and development of sports. All national sports federations are therefore; work together harmoniously and in a coordinated manner to improve the status of sports in the country.

An overview of Indian Olympic Association (IOA)/ Bhartiya Olympic Sangh

With the efforts of Dr. A.G. Noahren then Director of YMCA in India and Mr. H.C. Buck the Indian Olympic Association was formed in 1927. Mr. Dorabji Tata was it’s first president with Dr. A.G. Noahren its Secretary and G.D. Sondhi as Assistant Secretary. They held these offices until 1928 when they were replaced by Maharaja Bhupinder Singh (1928-1938) and Prof. Guru Dutt Sondhi (1928-1952). Sir Tata continued as IOC
member in India unstill his death in 1931 after that Prof. Guru Dutt Sondhi assumed his responsibilities since then the Indian Olympic Association is functioning and is affiliated with International Olympic committee. The Indian Olympic Association is the highest sports organisation in the country and all the sports federations/Associations have to take affiliation from IOA. Though the IOA was established in 1927 at Delhi but Sir Tata Managed to send a token team of four athletes and two wrestlers to the 1920 Olympic Games in Antwerp after that eight members team was sent to the Olympics held at Paris in 1924 as an unofficial team. The following are some objectives/functions which were laid in the constitution of IOA:

- To develop and promote the Olympic movement and amateur sport.
- To enforce all rules and regulations of the International Olympic Committee and the Indian Olympic Association.
- To be the official organisation in complete and sole charge of all Olympic matters in the country.
- To educate the public of the country about the value of amateurism in sport.
- In co-operation with National sports Federations and Associations to guard and enforce amateur rules.
- To assist in co-operation with National sports Federations /Associations the selection, training and coaching of the teams that will represent India in Asian, Common wealth, Olympic and other International competitions and tournaments, under the patronage of the I.O.C. as well as I.O.A.
- After selection of the team to supervise and control the participation of the team in all international tournaments.
To have full and complete jurisdiction over all matters pertaining to the participation of India in the Olympic Games and other games under the patronage of IOC as well as IOA.

To undertake with the assistance of the National sports federations /Associations the financing, management transportation, maintenance and welfare of teams from India taking part in the Olympic Games and other games under the patronage of the I.O.C. as well as I.O.A.

To stimulate the interest of the people of the country in the promotion of Games and sports in the Olympic programme and to work for the formation of state Olympic Association for the development of Games and sports within a state.

To act as the channel of communication between National sports federations and the Government of India for financial or other assistance to the federations.

To admit the membership of the state Olympic Associations and National Sports Federations which shall be required to submit their annual reports and audited statement of accounts to the I.O.A. for information.

To take disciplinary action against any Federation for misbehavior or any other undesirable activity, bringing discredit to the country and sports.

To do all other things that may be necessary or expedient to promote the development of amateur sports and games in the country and for the conduct of its business.

To resist in the realm of sports all pressures of any kind whether of a political, racial, religious or economic nature.
Role of Indian Olympic Association (IOA)

The Indian Olympic Association is responsible for the preparation and participation of competitors in the Olympic Games as well as in the regional events like Asian Games and common wealth games. In each game/sport there is separate National Federation at national level which assist the Indian Olympic Association in preparation of sportsmen. The selection of sportsmen is generally carried out on the basis of their performance at National Level but sometimes special selection trials are also held to select the players to participate in Olympic Games and other International events. After the initial selection the competitors are required to attend coaching/training camps. Netaji Subhash National Institute of sports Patiala assist the federations in providing intensive training and required infrastructure to the players. The selected players are then recommended by the National federations to the Indian Olympic Association for official sponsorship for participation in Olympic Games.

A special feature of the Indian Olympic Association is that, in addition to the National Federation for each game/sport at national level the IOA has State Olympic Associations and State Sports Associations for each game/sport at State Level and District Olympic Association and District Sports Associations at District Level. All the State Sports Associations must have an affiliation with their respective National federation and must be recognised by Haryana Olympic Association. The aim of the State Olympic Association is to ensure the promotion of sports in their respective state in conjunction with the state bodies for different games and sports. In addition to the overall responsibility for participation in the Olympic Games and other International events the Indian Olympic Association has following responsibilities:
- Deciding the organisation of National Games.
- Maintaining Liaison between the Government of India and member federations.
- Protecting the amateur status of sportsmen.
- Promoting and developing the Olympic movement.

An overview of National Sports Policy

A resolution on the National sports policy was laid in both houses of Parliament in August 1984, and as a result people saw the National Sports policy emerging on the scene with the objective of raising the standard of sports in the country. The National Education policy, 1986 also incorporated the objectives of the policy in so far as education sector was concerned. The National sports policy, 1984 provided Inter-alia, that the progress made in it's implementation would be reviewed every five years to determine the further course of action, as may be necessary, following such review. The National Sports policy revised thrice since its formulation.

The main features of new National sports policy were as follows:

- The Central Government, in conjunction with the state Government, the Olympic Association (IOA) and the national sports federations will pursue the twin objectives of: "Broad-basing of sport and "Achieving Excellence in sports at the National and International Level.
- Sport activities, in which the country has potential need to be vigorously promoted for achieving excellence in sports at National and International level.
- Broad-basing of sport will primarily remain a responsibility of the state governments; the union Government will actively supplement their efforts.
The union Government, Sports Authority of India (SAI), Indian Olympic Association (IOA) and the National Sports federation (NSF) will focus specific attention on the objective of achieving excellence at the National and International Levels.

Efforts will be made to promote and encourage women's participation in sport.

The union Government, NSF, IOA, and SAI will Endeavour to promote a "Club culture" for the speedier development of sport in the country.

Specialized sports schools will be set up and an appropriate Inter-School, Inter-College, Inter-university competition structure would be introduced at National, State and District Levels.

For the development and Broad-basing of sports, availability of adequate sports facilities throughout the country is basic requirement hence the sports agencies like, Panchayati Raj institutions, Local bodies, educational institutions, Sports federations/Associations, Clubs and Industrial undertaking will be enlisted in creation, utilization and proper maintenance of the sports infrastructure.

Keeping in view the importance of National championships in the development of competitive spirit and talent-scouting it would be incumbent on the Federations /Associations to hold Annual championships in various disciplines in all categories viz, seniors, Juniors and Sub Juniors (For both men & Women) at the District State and National Levels.

Effective participation in International events especially the Olympics, Asian and common wealth Games, is a matter of National
prestige hence long term Development Plants (LTDPs) would be prepared for each sports discipline.

- Suitable measures will be initiated to ensure access to sports equipments of high quality and for these purpose eminent sports persons and federations may be extended exemption of customs duty.

- Concerted steps will be taken to train coaches, sports scientists, Judges, Referees and umpires and for this purpose promising persons would be deputed to seminars, work shops, conferences and courses abroad.

- Along side sports persons, suitable incentives will be provided to coaches, Judges and Referees for developing skills and enriching their experience.

- Insufficiency of financial resources has been a major constraint in promoting sports hence efforts will be made to mobilize corporate funds for the development of sports.

- It may be recalled that a National sports development fund has been created with initial contribution from union Government. All contributions to this fund have been extended 100% exemption from Income Tax.

- The role of mass media is central to the popularization of sports amongst the people at large. The electronic media, including the National broad casters, the private channels and the Print media would be mobilized for strengthen a sports culture in the country.29

Though every care has been taken by the Government of India in preparing the sports policy document and involved all most all essential points which could raise the standard of sports in India but the ground reality
is perhaps somewhat different and it appears that policies are meant for papers only and as a result the country is still waiting to see its name on the medal tally of Olympic games and other big International events.

**Awards and Incentives for promotion of Sports**

In the process of development and promotion of sports the incentives and awards keep an important place because recognition of any outstanding achievement is highly motivating. Moreover, honoring the deserving is a great encouragement for others to follow the legendary personalities. The Government of India has instituted "Padma Awards" the highest National Awards in recognition of outstanding contribution made by individuals in any field of human resource development. Similarly the Government of India, in recognition of meritorious Achievements in Sport has instituted National awards for Sports persons:

**Arjuna Award**

The Arjuna award was instituted in 1961 as the highest National recognition of distinguished sports persons for their contribution in the field of sport. It is for outstanding sports performance given by a sport person during the year for which it is presented after taking into account achievements during the preceding three years. The awardee is presented with bronze statuette of Arjuna, the legendary Pandava, a scroll and a cash prize of Rs. 3,00,000/- along with a monogram, a blazer and a tie. The President of India presents the awards on August 29th, the birthday of the legendary Hockey wizard, Late Capt. Dhyan Chand. The scope of the award has been enlarged to include such sports persons who have made life time contribution to their sport.
**Rajiv Gandhi Khel Ratna Award**

The scheme was launched from the year 1991-92 with the objective of honoring most outstanding sports persons to enhance their general status and to give them great dignity and place of honour in society. To motivate sports persons towards high level of sports performance and to intensify the spread of a sports culture in the country the award was instituted by the Rajiv Gandhi Trust. The award is given for the most spectacular and outstanding performance by a sports person. Only one award is given under this scheme. This award consists of Rs. 5,00,000/- in cash, a scroll of honor, and a plaque.

**Dronacharya Award**

The award was instituted in the year 1985 to honour eminent coaches who have done outstanding and meritorious work on consistent basis, to motivate them to dedicate themselves with a singularity of purpose for raising the standards of sports persons to the highest performance in international events and bring glory to the country. The award is given to those who have produced outstanding achievements consistently during three years preceding the award. Those who have contributed their life time to sport and sports promotion are also considered for this award. The award consist of cash prize of Rs.3,00,000/- along with a bronze statuette of Dronacharya, a scroll, a suit, a blazer and a tie. The award is presented by the President of India on August 29th every year on the birthday of late Capt. Dhyan Chand the "Hockey wizard."

**Maulana Abul Kalam Azad Trophy**

In the memory of Maulana Abul Kalam Azad this running trophy was instituted by the Government of India in 1956-57. The trophy is awarded annually by the President of India to the University which gives the
best overall sports performance in All India Inter-varsity, Nationals and International level competitions. The university receives a replica of the trophy and a cash award of Rs.2,00,000/- for the promotion of university, sport. Guru Nanak Dev University Amritsar, Punjab and Panjab university Chandigarh performed tremendously over the period of time and won this prestigious trophy 14 times and 12 times respectively.  

**Over-view of the Sports performance of India**

The best way to judge the success and failure of an organisation is to see the results of the organisation, as the famous saying goes 'Nothing succeeds like success' same is the case with sports organisations if we have a glance on the sports performance of India in major International competitions we find a very poor show. Now it's a big question that why a country having population more than a billion failed in producing players of International repute? However its pertinent to mention here that India had been doing reasonably well in the International competitions before the invasion of politicians and bureaucrats on National federations. Even at Olympic Games level, India is the proud winner of eight gold, two silver and four bronze Medals.

**India in Olympics**

India first participated in Olympics in 1900 in Paris. The country was represented by 'Norman Pritchard,' an Anglo Indian who was holidaying in Paris during that time. He bagged two silver medals in 200m dash and 200m hurdles. Then after a gap of 20 years India again participated with two athletes in 1920 Antwerp Olympics and with eight members in 1924 Paris Olympics. But the more organised official representation by India was made in 1928 Amesterdam with the formation of Indian Olympic Association in 1927. That year, Indian Hockey team participated in their first
Olympic Hockey event and won the gold medal under the captaincy of Jaipal Singh. For the next six successive Olympics spanning 28 years from 1928-1956 Indians retained their gold medal for the Hockey event. Hockey wizard Dhyan chand played a major role in Indian Victory in the first three successive wins. It was definitely the Golden era of Indian Hockey in Olympics, during which India played 24 matches and won all 24, scored 178 goals and conceded only 7 goals. India again won two gold medals in Olympic Hockey in 1964 Tokyo Olympics and the 1980 Moscow Olympics.

In Athletics, six Indians and the 4 x 400 women's relay team reached the finals of their events in Olympics. They are as follows:

Table 1.3.1
India in Olympics

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Year</th>
<th>City</th>
<th>Performance Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Norman Patrichard</td>
<td>1990</td>
<td>Paris</td>
<td>Two silvers one each in (200 m dash 200 m Hurdle)</td>
</tr>
<tr>
<td>3.</td>
<td>Milkha Singh</td>
<td>1960</td>
<td>Rome</td>
<td>Fourth place in 400 m</td>
</tr>
<tr>
<td>4.</td>
<td>Gurbachan Singh Randhawa</td>
<td>1964</td>
<td>Tokyo</td>
<td>Fifth place in 100 m hurdle</td>
</tr>
<tr>
<td>5.</td>
<td>Sriram Sing</td>
<td>1976</td>
<td>Montreal</td>
<td>Seventh in 800 m</td>
</tr>
<tr>
<td>6.</td>
<td>P.T. Usha</td>
<td>1984</td>
<td>Los Angeles</td>
<td>Fourth in 400 m hurdles</td>
</tr>
<tr>
<td>(It's worth mentioning here that she lost her bronze medal by 1/100th of a second)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Four Member squad of 400 m women's Relay (P.T. Usha, M.D. Valsamma, Vandana Raw and Shiny Abraham)</td>
<td>1984</td>
<td>Los Angeles</td>
<td>Seventh place</td>
</tr>
</tbody>
</table>

Apart from Hockey and a few fine performances in Athletics. India's record in the Olympics paints a dismal picture. Apart from the 8 Gold medals 01 silver medal and 02 bronze medals in Hockey, two silver medals

Table 1.3.2
Medals in Olympics since 1896

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Venue</th>
<th>Year</th>
<th>Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Antwerp Olympic</td>
<td>1928</td>
<td>Gold in Hockey</td>
</tr>
<tr>
<td>2.</td>
<td>Los Angeles Olympic</td>
<td>1932</td>
<td>do</td>
</tr>
<tr>
<td>3.</td>
<td>Berlin Olympic</td>
<td>1936</td>
<td>do</td>
</tr>
<tr>
<td>4.</td>
<td>London Olympic</td>
<td>1948</td>
<td>do</td>
</tr>
<tr>
<td>5.</td>
<td>Helsinki Olympic</td>
<td>1952</td>
<td>do</td>
</tr>
<tr>
<td>7.</td>
<td>Rome Olympic</td>
<td>1960</td>
<td>Silver in Hockey</td>
</tr>
<tr>
<td>8.</td>
<td>Tokyo Olympic</td>
<td>1964</td>
<td>Gold in Hockey</td>
</tr>
<tr>
<td>9.</td>
<td>Mexico Olympic</td>
<td>1968</td>
<td>Bronze in Hockey</td>
</tr>
<tr>
<td>10.</td>
<td>Munich Olympic</td>
<td>1972</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Moscow Olympic</td>
<td>1980</td>
<td>Gold in Hockey</td>
</tr>
<tr>
<td>12.</td>
<td>Atlanta Olympic</td>
<td>1996</td>
<td>Bronze in Tennis</td>
</tr>
<tr>
<td>13.</td>
<td>Sydney Olympic</td>
<td>2000</td>
<td>Bronze in Weight lifting</td>
</tr>
<tr>
<td>15.</td>
<td>Beijing Olympic</td>
<td>2008</td>
<td>Gold in shooting, Bronze in Wrestling, Bronze in Boxing</td>
</tr>
</tbody>
</table>
India in Asian Games:

In Asian games also the picture is also not much different. In the first Asian games which were held at New Delhi in 1951 India placed on second position in medal tally after Japan but after that the position got deteriorating in every-successive games.

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Year</th>
<th>Venue</th>
<th>India’s Position</th>
<th>Gold Medal</th>
<th>Silver Medal</th>
<th>Bronze Medal</th>
<th>Total Medals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1951</td>
<td>New Delhi</td>
<td>2</td>
<td>15</td>
<td>16</td>
<td>21</td>
<td>52</td>
</tr>
<tr>
<td>2</td>
<td>1954</td>
<td>Manila</td>
<td>5</td>
<td>5</td>
<td>4</td>
<td>9</td>
<td>18</td>
</tr>
<tr>
<td>3</td>
<td>1958</td>
<td>Tokyo</td>
<td>7</td>
<td>5</td>
<td>4</td>
<td>4</td>
<td>13</td>
</tr>
<tr>
<td>4</td>
<td>1962</td>
<td>Jakarta</td>
<td>3</td>
<td>10</td>
<td>13</td>
<td>11</td>
<td>34</td>
</tr>
<tr>
<td>5</td>
<td>1966</td>
<td>Bangkok</td>
<td>5</td>
<td>7</td>
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<td>9</td>
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<td>19</td>
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<td>Seoul</td>
<td>5</td>
<td>5</td>
<td>8</td>
<td>23</td>
<td>36</td>
</tr>
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<td>11</td>
<td>1990</td>
<td>Beijing</td>
<td>11</td>
<td>1</td>
<td>8</td>
<td>14</td>
<td>23</td>
</tr>
<tr>
<td>12</td>
<td>1994</td>
<td>Hiroshima</td>
<td>8</td>
<td>4</td>
<td>3</td>
<td>15</td>
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<td>1998</td>
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<td>9</td>
<td>7</td>
<td>11</td>
<td>17</td>
<td>35</td>
</tr>
<tr>
<td>14</td>
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<td>10</td>
<td>12</td>
<td>13</td>
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</tr>
<tr>
<td>15</td>
<td>2006</td>
<td>Doha</td>
<td>7</td>
<td>10</td>
<td>17</td>
<td>26</td>
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</tr>
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</table>

India in Common Wealth Games

Ever since the start of common wealth games in 1930 in Hamilton (Canada) the India’s performance had not been very respectable except the common wealth games held at Manchester (Britain) in 2002 they
reaped a rich medal harvest by winning 32 Gold, 21 Silver and 19 Bronze medals. It was an historic achievement of Indian players in the International competition ever since. In the history of 44 years in the games this was for the first time that Indian occupied 3rd position in the medal tally which was the highest performance of India. But before this edition of the games most of the time Indian players failed in bringing laurels to the country except a very few noticeable performances.\textsuperscript{31}

Table 1.3.4

<table>
<thead>
<tr>
<th>Year</th>
<th>Venue</th>
<th>India’s Position</th>
<th>Total</th>
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<tr>
<td></td>
<td></td>
<td>Gold</td>
<td>Silver</td>
</tr>
<tr>
<td>1930</td>
<td>Hamilton</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>1934</td>
<td>London</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>1938</td>
<td>Sydney</td>
<td>Returned Home without any success</td>
<td></td>
</tr>
<tr>
<td>1942-1946</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1950</td>
<td>Auckland</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1954</td>
<td>Vancouver</td>
<td>Returned empty handed</td>
<td></td>
</tr>
<tr>
<td>1958</td>
<td>Cardiff</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>1962</td>
<td>Perth</td>
<td>India did not participate</td>
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<tr>
<td>1966</td>
<td>Kingston</td>
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<td>Edinburgh</td>
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</tr>
<tr>
<td>1974</td>
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<td>5</td>
<td>4</td>
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<tr>
<td>1982</td>
<td>Brisbane 6th</td>
<td>5</td>
<td>8</td>
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<tr>
<td>1986</td>
<td>Edinburgh</td>
<td>India did not participate</td>
<td></td>
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<tr>
<td>1990</td>
<td>Auckland 5th</td>
<td>13</td>
<td>8</td>
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<tr>
<td>2002</td>
<td>Manchester 3rd</td>
<td>30</td>
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</tr>
<tr>
<td>2006</td>
<td>Melbourne 4th</td>
<td>22</td>
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</table>
CHAPTER - 1.4

At a Glance

- Statement of the problem.
- Significance of the study.
- Objectives of the study.
- Hypothesis
- References
CHAPTER-1.4

Statement of the problem

The promotion and development of sports in the state is a state government matter and the Central Government provides assistance in the form of Grant-in-aid to various sports Associations and provides funds to state government to promote and develop sports in the state. In the state of Haryana the Haryana Olympic Association and various other state sports Associations are working in co-ordination with sports and Youth Welfare department to enhance the status of sports in the state. But sadly enough the results of past few years and the present status of most of the state sports Associations does not present a healthy and pleasant picture. There are parallel Associations functioning in some of the games/sports and office bearers of these Associations are fighting not for the cause of sports but to prove their supremacy.

In the sports policy of the state, the Haryana Olympic Association and various sports Associations are entrusted a great responsibility regarding promotion and development of sports in the state. Generally the sports Associations are supposed to organise, standardize, promote and control sports in the state. But in present system the state sports Associations have even much bigger responsibility regarding development of infrastructure, providing facilities to players, organizing competitions, selecting teams to participate in National tournaments and to co-ordinate District sports Associations, hence it could easily be imagined that how important the sports Associations are. Infect it won't be exaggerated in saying that sports Associations are like pillars in promotion and development of sports but sadly enough all these things are limited up to papers only and practical picture some how different altogether. There are
reasons by virtue of which these sports organisations are not performing their responsibilities fairly enough and up to the expectations of the people. What type of role these sports Associations are playing, what are the deficiencies and drawbacks in the present system and how these sports Associations could be more effective, more transparent, more accountable and more professional are the questions of serious concern for every one related with the sports. When the sports Associations will follow the objectives for which these are being constituted and the policies on papers will come on the real practical ground no doubt that the status of state in the field of sports will automatically improve. Hence to allocate all such problems of these highly important sports organisations the research scholar dwelt upon to have a critical study on: “The role of state sports Associations in promotion of sports in Haryana-A critical study”

Significance of the study

As far as the promotion and development of sports in the state is concerned there is no doubt that both the Government and various sports Associations have to work together in co-ordination with each other, Infect these are the two pillars which holds the complete system of sports in the country. Besides this, every nation has its own sports system depending upon the need and nature of its society, infect it is the society that makes a system successful or unsuccessful. Over a period of time our society has also developed a sports system in which besides Government various sports Associations have also assigned responsibilities regarding development and promotion of their respective sports. The Government alone cannot achieve the heights of the goal of "sports promotion" because there are many more pressing problems standing in front of our government which the Government has to tackle on priority basis. The problems like
unemployment, illiteracy, population growth, poverty, electricity crises etc. need much more attention on the part of Government which in response increases the responsibility of these sports Associations in promoting sports culture in the society.

Moreover, in spite of having sports Associations for almost all games and sports at State level as well as at District levels the sports achievements of the state of Haryana are not very considerable. Whether these highly important sports agencies are following their basic objectives for which these are being constituted? Whether these Associations are following the guidelines being laid down by the state Government and Haryana Olympic Association? Whether these Associations are working to achieve the targets as mentioned in the sports policy of Haryana and whether these Associations are properly utilising their funds and employing the same for promotion and development of sports in the state are some questions which if answered properly can change the complete picture of sports in the state. The present study is related with locating and highlighting the, drawbacks, deficiencies, difficulties and problems in the organizations and functioning of the sports Associations and how these can be removed to enhance the status of sports in the state. Keeping all these things into consideration the researcher has taken the objectives enumerated herein:

**Objectives of the study**

1. To determine the existing status of sports and various sports Associations of state of Haryana.
2. To find out drawbacks, deficiencies and difficulties in the functioning of state sports Associations of Haryana and plug them to develop the sports environment.
3. To have an analysis of various sports promoting schemes and status of sports in the state of Haryana.

4. To find out how the state sports Associations could be made more professional efficient, transparent and accountable.

5. To suggest some concrete and remedial steps on the basis of the findings of the study.

Hypothesis

1. The state sports Associations are highly important sports organizations for promotion and development of sports in the state.

2. The state sports Associations are not following their basic objectives for which these are being constituted and are not doing their job satisfactorily.

3. Infrastructure / facilities / competition / coaching camps/ Exhibition matches /play a vital role in achieving sports excellence.

4. Financial position and finance management of most of the sports Associations are not as it required.

5. Functioning of the state sports Associations are influenced by the Politicians and Bureaucrats.

6. There is lack of transparency, democracy and accountability in state sports Associations.
CHAPTER -1

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