CHAPTER II

REVIEW OF RELATED LITERATURE
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Review of available literature is a component part of any research work. A comprehensive investigation can be evolved through the examination and updating of the progress of the development of general and characteristic trend of events from its earliest period of history. The review of related literature is required in a game and sports research work to know the researchers in their field in order to avoid unnecessary duplications and to make progress towards the solution and successful completion of new ones.

The main purpose is to find out the related information and collect the related materials regarding similar types of studies conducted in the past as well as from physical education and sports related books, magazines, journals; Thesis’s and research papers available in the different libraries in the State and outside.

The researcher made an intensive effort by personally digested himself many encyclopedia, works of experts in the field of physically imbedding with the conscious -sports-persons who have scaled certain applaudsable degrees.

In the context of the study the researchers collected some directly and indirectly related literatures which are reviewed hereunder.

The present investigator decided to review the old available literatures and has recorded in this chapter what researchers found directly or indirectly to the present investigation. The main objective of the present study is to find out how the physical education is contributing in the development of sports in Manipur as well as achievement of Manipur players in the International arena.
From its earliest period of history, the state of Manipur has a rich and fertile soil for games and sports. The indigenous games of Manipur have a long track record passing from generations to generations. The rulers or kings of the state used to patronize body building and health education to meet the manpower resource for war and defence of the state from internal revolts and external invasions. Apart from activities of warfare, sports persons were patronized out of sheer love of sports by the royal authority and subordinate dignitaries of the royal court. From the history of the distant past of Manipur, it can be recalled that on the occasion of the ritual festivals of Umang Lai (tree deities) in Manipur Valley traditional games were organized. Lord Curzon visited Manipur in 1901 and measured the present polo ground at Imphal for standardization.

In the famous Khamba Thoibi Epic of Manipur, there are elaborate heart breaking episodes describing the sagas of heroism shown by talented professionals of games and sports. It is still the glorious heritage of the Manipuris.

Dr. Brown says that, “Although the general facial characteristics of Munniporie (Manipuri) are of the Mongolian type, there is a great diversity of feature among them, some of them showing a regularity approaching the Aryan type. Among both men and women the stature is vary various, differing about as much as is found among Europeans. Some of them are very good looking and fair. It is not uncommon to meet with girls with brownish – black hair, brown eyes, fair complexions, straight noses, and rosy cheeks. The Munnipories are decidedly a muscular race, some of the men and particularly so; they are generally spare in habit of body, and fat people are rare. They have good chests and well formed limbs. The men wear their hair, which is coarse and black, long and combed back from the forehead, which occasionally shave; the hair is gather
into a coil behind ... The man are not heavy, though averaging about 5'7". The
women are four inches shorter than the men"1.

Hudson writes2, "Physically a fine race, the Maniporis is devoted to sports
and games. The principal games is foot hockey, or khong kangjei (khong = foot,
kang = ball or round object, jei, from root chei = to hit), which is play by every
naked little boy on the waste lands surrounding the village. Armed with a slightly
curved bamboo stick, they play keenly, and as times goes, some reach such a
degree of proficiency that they are selected to play for the "Pana" in which they
live, before the assembled crowds at Imphal during the Durga Pujas3. There are
nine players in each side, and the game comes to an end when one side obtains
an agreed number of goals. The principle stroke is on the "nearside" as it gives
protection to the legs from bellows of an opponents stick. A player may "coller"
or trip an opponent, or may pick the ball up and run with its some way. Such
runs are generally terminated by a piece of "gallery" play, the striker throwing
the ball up in the air and hitting it. Jeers await unskillful wretch who unsuccessfully
attempts this stroke3.

We can now turn to the following sources as available literature for review.

The All India Council of Sports (1954) under whose advise and initiative,
various policies and the programmes of physical education and sports were
formulated and the implemented. This is a mile stone in the history of physical
education and sports in the National Level.

1 The Meithels, T.C Hudson, Low Price Publications Delhi, pp. 2.3.
2 Ibid, p.49.
3 Ibid, p.49.
D.G.Wakharkar’s (1967) Manual of Physical Education is a comprehensive reference book of Physical Education Teachers as well as the planner and administrator in the field. In this book, a brief historical background of the physical education of the World and India is mentioned. It is also aptly said that “From time immemorial physical education has been used by human communities all over the world to develop fitness for survival in their struggle for existence including the capacity for protection against enemies”. A brief discussion is also made on pre independence and the post independence periods of physical education in India.

Th. Mangoljao’s (1967) Western education in Manipur clearly states that the pioneers of education in Manipur were Major General W.E. Nuthall, Sir James Johnstone K.C.S.I., Reverend William Pettigrew and Sir Churachand Singhajee, K.C.S.I. It may be recall that the introduction of the modern games and sports in Manipur was made by his highness Meidingu Sir Churachand Singhajee, K.C.S.I., C.B.E. It is also said that Mr. Nuthall established an English School in Manipur with financial assistance from Bengal Government. The Johnstone School was established in the year in 1885-86. In short, it can be said that the seed of Western Education in Manipur was sown during the period of 1872-86. It covers education system of Manipur up to 1946-47. Physical Education was introduced in the school in the year 1911-12. Maharaj Kumar Shri Bodhachandrajee started Boys Scouts in the Johnstone School in the year 1925-26.

Jamini Devi (1980) studies, Physical Education and its influence on adjustment of adolescent girls in the secondary schools of Manipur. It was published in 1988 under the title of “Physical Education and Adjustment”. She

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5 Th. Mangoljao Singh, Western education in Manipur, vol.1 Imphal, Students store, 1967, pp.3,4,5,42,43
tried to cover all relevant materials on the parts of Physical Education and Sports in Manipur with a brief historical background. But the main objectives of the study were to examine the prevailing conditions of Physical Education in the Secondary Schools of Manipur. It investigates the influence of Physical Education on the Adjustment of Adolescent girls in the Secondary School of Manipur. It enquires into the problems of certain mal-adjusted girl’s students. It also attempts to determine the scope for adjustment of girls not having received physical education. There are suggestions for provisions of adequate facilities and introduction of physical education as a compulsory subject by giving due weightage in the schools at all levels. She studies (1989) education in Manipur in a precise manner and tried to explore the unfold nature of education system in ancient Manipur and the development of modern education in the State. The study tried to cover all the relevant topics of education in Manipur. But, in case of Physical Education and Sports, it is also mentioned that in Manipur physical education was imparted to the youths in a systematic way since the days of King Pakhangba (33.A.D.)

W. Budha⁷ (1992), Indigenous Games of the Meitei with special reference to Kang and Polo, (19th century A.D.) with historical background. It was published as a book form at Imphal. It has tried to give comprehensive information in terms of origins and back ground of every minor and indigenous games of the Meiteis. This work is a remarkable and also one of the important reference books of games and sports in Manipur. The main topics mentioned in this book are, minor games of children, Race and Hiyang (Boat Race), Sharit-Sharak, Yubi-Lakpi (Coconut Snatching), Martial Arts, Thang-Ta, (Sword and Spear), Mukna and Mukna Kangjei, Kang and Polo etc. but this study also does not cover the areas of physical education and other important major games and sports.

Y. Mangi’s\(^8\) (1995) Development of Sports and Physical Education in Manipur (1947-1990) conducted thoroughly a study on the above topic and he made comprehensive studies of the history of the development of Physical Education and Sports in Manipur. The main objective of the study was to find out the developments of sports and physical education in the State of Manipur after independence up to 1990.

In his thesis, he presented in five chapters. The first chapter discussed mainly on the historical background of Physical Education and Sports in Manipur. In the second chapter he analyzed and discussed the review of literature from all the available sources. The third chapter narrates about the indigenous games of Manipur specially Kang and Sagol Kangjei. The fourth chapter highlights the development of physical education, games and sports in Manipur. In this chapter he divided into three periods that is (i) pre-independence, after independence (up to 1979) and new era of physical education and sports in Manipur (1980 onwards). The fifth chapter analyzed the existing curriculum and syllabi prevailing in the Schools, Colleges, and University of Manipur.

The purposes of his thesis were:

(i) To find out the sports development in the high school, secondary school levels of Education in Manipur.

(ii) To find out the particular period of introducing physical education in the school and college curriculum in Manipur.

(iii) To find out the outstanding sportspersons of the State, Clubs and the role of Sports Department and its functions.

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(iv) To find out the incentives given to the players by the Government of Manipur.

Shalauddin\(^9\), (1995), the aims of the study are,

i. To study the fitness status of the student in the high schools of Manipur.

ii. To study the influence of Physical education on the fitness of the boys in the high schools of Manipur.

iii. To find out the effect of exercise on physical fitness.

iv. To enquire into the problems of the boys to have poor physical fitness.

v. To determine the scope of the physical fitness of boys having low physical fitness.

vi. To offer suggestion and measures regarding adequate facilities of physical education to be provided in the schools with a view to motivating regular participation of the boys in the physical education activities, games and sports for achieving the desired goal of physical efficiencies.

Since his studies are limited only for the boys, we could not get the probable status of the girls in the schools.

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He made the observation that boys who have been trained in a regular course were fitter than untrained students (boys).

Kokngang\textsuperscript{10} (2000 M.U.) another scholar made historical study of the traditional Manipuri Martial Art of Manipur (Thang-Ta) and exposed valuable findings. The researcher found that in the early time the Meiteis did not have any reserve regular groups of shoulders like the army, instead there was a customary system called Lallup. The Lallup is derived from two Manipuri words “Lal means war and “Lup” means group. Lallup was a military organization but in the piping time of peace it was made to play a part in the economy life of the country. Indeed, the change which came over it was completed by the introduction of modern weapons which involve the employment of trained soldiery. The Meiteis were so skillful and the convergent in Thang-Ta that the British Government appreciated it to a great extent. They practice and use of such system usually after they took over the State (Manipur).

Although, Thang-Ta has lost its historical habitat since the mode of war and weapon army have altogether changed a body movement pattern for physical fitness, agility, flexibility, body mind coordination’s, endurance, alertness of mind which are immediate importance in the field of games and sports...

It can be observed that members of the Lallup and those who practiced martial art had developed a good physique and the maneuverability which were the unique quality of the practitioners.

Debamanii\textsuperscript{11} (2001) conducted a study on "Kinanthropometry of Meitei Male Adolescent of Manipur in relation to Motor Performance". He collected data from 969 male non athletes of age group from 12 to 28 years of age. He took 26 Anthropometric measurement and conducted 6 motor test and cross sectional analyzes were taken. The study was conducted among the Meitei boys who had never experienced in any kind of sports and physical training. In this study, he finds out that the boys from non influent families performed better in motor tests than there counter parts of influenced families. The latter who are supposed to have nourished better poses higher accumulation of fat and residual masses and relation to body weight. This fractional body masses are however not favorable to the mix motor test examined. Such a study will through light on the role of diet and influence of fat and residual masses in the body development through training. The study will also enable to confirmed the suitability of different somato type and other body characters in different motor performances and the sports activities.

Nabachandra\textsuperscript{12} (2004 M.U.) The relationship of Sports Facilities with Sports Participation and Achievements in the Colleges of Manipur, observes that "The degree of taking part in sports festivals has direct relationship with facilities provided. Promising facilities tend to increase quantum of participation. The provision of more facilities enhances the capability of competency and thus the more competitors do come up on the line. Thus, the quantum of facilities, by enlarged, tends to increase the quantum of participation. A good number of spirited sports persons are retiring from the arena with these content feelings for want of adequate facilities of equipments and infrastructures. It is because of mainly due to lack of enough facilities. The futures of many adroit sports


persons are kept still at vacuum with a ray of light towards prosperity. This is the most glaring stumble on the path of sports prospect and thus spread feelings of discontentment among the athletes of Manipur especially to the college going students.

G. Satyabhama Devi\textsuperscript{13}, (2004), She studies on the participation of Manipuri women in Games and sports with special reference to the valley districts of Manipur. She narrates about the Manipuri female's participation in the physical activities in the form of dance, recreational minor games and other indigenous games like Kang, Sagolkangjei, Thang-ta etc. A few women's who were studied outside Manipur started to participate in their intercollegiate women sports championships since 1946 in few athletic events. There after participation of female players of Manipur increases slowly. Manipur female players started playing hockey in 1951. In the beginning they were facing lots of problems like, family prejudice, lack of facilities, and lack of encouragement from the parents and the publics, social constraints especially for playing in the open air with sports kids, also away from home for practice in the early morning and after evening with their male counter parts. Although they continued their practiced and starts participating in the Manipur Olympic Games. Due to their hard work, perseverance, dedication and love of sports today, Manipur women's becomes world Champions and shining in the games and sports arena of India as well as in the World.

The emergence of sports journalism in the present enriches the literature for sports movement. Internet facilities and other I.T net work also provide sports services to sports personals all over the World.

\textsuperscript{13}G. Satyabhama Devi, "The studies on the participants of Manipur Women in Games and Sports with special reference to the valley Districts of Manipur" (Unpublished Thesis M.U.) 2004.
THE NATIONAL SPORTS POLICY¹⁴

THE PREAMBLE

1. Activities relating to Sports and Physical Education are essential components of human resource development, helping to promote good health, comradeship and a spirit of friendly competition, which, in turn has positive impact on the overall development of personality of the youth. Excellence in sports enhances the sense of achievement, national pride and patriotism. Sports also provide beneficial recreation, improve productivity and foster social harmony and discipline.

2. A resolution on the National Policy was laid in both Houses of Parliament in August, 1984. The National Sports Policy, 1984 was formulated 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 the Education Sector was concerned. The National Sports Policy, 1984 provided inter-alia that the progress made in its implementation would be reviewed every five years to determine the further course of action, as may be necessary, following such review.

3. Over the years, it has transpired that even as the National Sports Policy, 1984 encompasses various facets in respect of encouraging sports in the country, the implementation of the same is not complete and leaves much to be desired. The goals and the objectives laid down in the Policy are yet to be substantially realized. A need has, therefore, been felt to reformulate

¹⁴XX NESF, Souvenir 06, pp. 7-14.
the National Sports Policy in more concrete terms, spelling out the specific measures required to be taken by the various ways, in promoting sports in the country.

INTRODUCTION

4. In terms of the National Sports Policy, 2001, the Central Government, in conjunction with the State governments, the Indian Olympic Association (IOA) and the National Sports Federation will concertedly pursue the twin objectives of “Broad-basing” of Sports and “Achieving Excellence in Sports at the National and International levels”. Sports activities, in which the country has potential strength and competitive advantage, need to be vigorously promoted. Towards this end, Sports and Physical Education would be integrated more effectively with the Education Curriculum.

5. While the broad—basing of Sports will, primarily remain a responsibility of the State Government, the Union Government will actively supplement their efforts in this direction and for tapping the latent talent, including in the rural and tribal areas. The Union Government and the Sports Authority of India (SAI), in association with the Indian Olympic Association (IOA) and the National Sports Federations, will focus specific attention on the objective of achieving excellence at the National and International levels.

6. The question of inclusion of “Sports” in the concurrent List of the Constitution of India and introduction of appropriate legislation for guiding all matters involving national and inter-state jurisdiction will be pursued.
BROAD BASING OF SPORTS

7. Considering the key role of Sports in national life and for inculcating national pride in the younger generation, the objective of broad basing, that is, universalisation or mass participation in Sports assumes special significance. It is imperative to ensure that the educational institutions, Schools, Colleges, in both rural and urban areas; the Panchayati Raj Institutions, Local bodies, the government machinery, the Sports Associations and Industrial Undertakings, as also the various Youth and Sports Clubs, including those of the Nehru Yuva Kendra Sangathan (NYKS) throughout the country are, and remain, fully associated with the Programme. Efforts will be made to promote and encourage women's participation in sports. The Union and State Government, as well as the Sports Federations / Associations will endeavor to promote a "Club Culture" for speedier development of Sports in the country.

8. In the National Sports Policy, 2001, high priority will be accorded to the development of Sports in the rural areas to harness the available talent and potential. In this context, the village Panchayats / Goan sabhas as well as rural Youth and Sports clubs will be mobilized to facilitate development of the requisite infrastructure and for the identification of talent through an appropriate competition structure in the rural areas as also in the disadvantage and remote parts of the country which appear to merit special consideration under various schemes including for the North East. Efforts will also be made for tapping such potential as swimming in costal areas and Archery in tribal areas. The available talent will be nourished and actively supported. Geographically disadvantaged Regions will be extended additional support for the promotion of Sports. There has been a strong tradition of Indigenous and traditional games in practically all parts of the country through ages. Indigenous games will be promoted through schemes related to rural sports.
INTEGRATION WITH EDUCATION

9. The integration of Sports and Physical Education with the Educational Curriculum, making it a compulsory subject of learning up to the Secondary School level and incorporating the same in the evaluation system of the student, will be actively persuaded. A National Fitness Programme would be introduced in all schools in the country, steps initiated to augment the availability of infrastructure, including playfield / sports equipment and action taken to provide Physical Education Teachers in educational institutions through, inter-alia, the training of selected teachers in these disciplines. Specialized Sports Schools may also be set up. An appropriate Inter-school and Inter college / University competitions structure would be introduced at the National, State and District levels.

INFRASTRUCTURE DEVELOPMENT

10. The availability of adequate sports facilities throughout the country is basic to the development and broad basing of Sports. In addition to the Union and State Government, the sustained involvement of other agencies, including the Panchayati Raj Institutions, Local Bodies, educational Institutions, Sports Federations / Associations. Clubs and Industrial Undertakings will be enlisted in the creation, utilization and proper maintenance of the sports infrastructure. While existing play field and stadia, both in rural and urban areas, will be maintained for sports purposes, the introduction of suitable legislation may be considered for providing open areas to promote sports activities. Steps would be taken to evolve low cost functional and environment-friendly design in his regard, so that maximum benefits could be derived through relatively low levels of investment. Efforts will also be made to optimally utilize the available infrastructure and manpower and Special Coaching Camps organized, during the vacations, to provide intensive training to talented sports persons, even as they pursue their academic work.
EXCELLENCE IN SPORTS

11. The Union Government would focus attention on achieving Excellence in Sports at the National and International levels. Various sports disciplines will be prioritised on the basis of proven potential, popularity and international performance. Particular emphasis will be placed on the development of such priority disciplines and the prioritization reviewed, from time to time. The IOA and the state Government would also accord higher priority to such disciplines. In planning the development of various disciplines, the genetic and geographical variations within the country would be taken into account so that in areas of potential, in particular disciplines, timely steps may be taken to harness the existing and emerging talent. Centers of excellence will be set up to identify and train outstanding sportspersons including sports academics where young and talented sports persons will be groomed to achieve higher levels of performance in the international sports arena.

NATIONAL SPORTS FEDERATIONS (NSFs)

12. It is recognized that the management and development of sports are the function of the Indian Olympic Association and the National Sports Federation, which are Autonomous Bodies and who in turn, have affiliated state level and district level associations. The Government and other concerned agencies and the Federations / Associations have, therefore, to work together harmoniously and in a coordinated manner to fulfill the objectives of the National Sports Policy, 2001. At the same time, the Indian Olympic Association and the various Sports Federations / Associations will need to demonstrate orientation towards the achievement of results and ensure tangible progress in the field of sports, keeping which in view, model bye-laws / cognitional structures may be formulated for the NSF, in consultation with them, and with due regard to the Olympic Charter, so as to make the functioning of the Federations / Associations transparent professional and accountable.
13. Acknowledging the importance of National Championships for developing competitive spirit and for 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 (both Men & women) at the district, State, and National levels. Each National Federation would draw up the Annual National Calendar of these events sufficiently in advance, every year, which would be compiled and published by the IOA. Greater emphasis will be placed on promoting the development of sports among the juniors and sub-juniors and the more talented amongst them identified for special training and support.

14. Effective participation in International events, especially the Olympic, Asian and Commonwealth games, is a matter of National Prestige. Participation in these events has, so far largely been restricted to those disciplines in which creditable performance is anticipated. The contingents to represent the country in such events needs be chosen in due time, in the light of performance and promise, in National Championships and elsewhere. Long term development Plans (LTDPs) will be prepared for each sports disciplines, incorporating details of standard of performance, targeted levels of performance, participation in competitions at National and International levels, sports exchanges, scientific support and the holding of international competitions in the country. The implementation of the LTDPs will be reviewed periodically and the same would be continued, as rolling plan year after year. The release of Government assistance would be considered on the basis of performance relating to the LTDP in question.

SCIENTIFIC BACK-UP TO SPORTS PERSONS

15. The significance of scientific-backup to sports stands well established. Accordingly, action will be initiated to strengthen this area, in accordance with international standards. Experts would be associated with each sports discipline or groups of sports discipline, on a continuing basis, to provide the requisite
support in terms of nutrition, psychology, medicine, pharmacology, physiology, biomechanics and anthropometry as well as other branches of Sports Sciences. Suitable mechanism would be introduced to achieve co-ordination between the laboratory and the field that is between the coaches and the sports scientists, and particular care taken to ensure nutritional support to talented sports persons and to sustain their mental health and competitive spirit.

16. Appropriate research and development measures will also be initiated for the promotion of sports and to impart special skills to promising sports persons so that they are enabled to give of their best international and other prestigious competitions. The SAI and other public and private organizations will be involved in such research and development programmes. The SAI & NSF would take coordinated steps towards the modernization of the infrastructure required for the training of sports persons and to provide them with scientific support for achieving excellence in sports.

SPORTS EQUIPMENTS

17. Suitable measures will be initiated to ensure access to sports equipment of high quality. While the approach to import of equipment would, no doubt bear the long term interest of the indigenous sports good manufactures in mind, the import of raw materials as well as finished sports goods of international quality should be permissible under open general license. Similarly, Sports Federations/ Associations and other recognized Organization involved in sports promotion, as also eminent sports persons, may be extended exemption of customs duty. The matter relating to exemption from sales Tax for sports goods and of free movement of raw materials and finished sports goods in the country would be pursued with the State Governments.
TRAINING AND DEVELOPMENT OF COACHES, SPORTS SCIENTISTS, JUDGES, REFEREES AND UMPIRES

18. The policy recognizes that the standards of coaching and scientific backup in the country and those pertaining to umpires, judges and referees needs to be upgraded. Concerted steps will be taken to train Coaches, Sports Scientists, Judges, Referees and Umpires, in line with international standards. In addition to developing such expertise on an institutional basis within the country, the deputation of promising persons to training courses, conferences, seminars, workshops and tournaments abroad, so that they remain abreast of relevant developments in their fields, will be encouraged. Coaches would receive rigorous training for up gradation of skills and may also be deputed overseas for the purpose.

INCENTIVES TO SPORTS PERSONS.

19. Incentive provides recognition and financial security to distinguished sports persons, during and after their sporting careers, also motivates the youths in the serious pursuit of sports activities. Adequate assistance will be extended for insurance cover and medical treatment in the event of such eventuality / requirement. Job reservation for sportspersons a per the prescribed categories will continue.

20. Social recognition, the conferment of awards and honors at the National, State, and District levels, incentives in he form of cash awards and avenues of employment will be important elements of the National Sports Policy, 2001. Alongside sports persons, suitable incentives will be provided to coaches, judges, and referees for developing skills and enriching their experience.
SPORTS AND TOURISM

21. The policy recognizes the inter-dependence and inter-relationship between the sports and tourism sectors, the integrated development of which is capable of generating very substantial revenues and ensuring a high volume of tourist traffic from within the country and from overseas, while simultaneously promoting a sports & fitness culture in the country. Adventure sports, in particular, have great potential for the promotion of tourism. Towards this end, the concerned Ministers / Departments of the Union and State Governments, that is those handling sports, tourism and related subjects, will strive to draw up joint/ unified plans and proposals for various parts of the country, with due reference to the possibilities in the North Eastern Region, and to execute these programmes in a systematic and coordinated manner.

RESOURCE MOBILIZATION FOR SPORTS

22. Insufficiency of financial resources has been a major constraint in promoting sports in India. While the Union and State Governments would need to arrange higher budgetary provision, special efforts are equally called for to mobilize corporate funds for the development of sports in the country. Accordingly, corporate houses would be approached and encouraged to adopt and support particular disciplines (as well as sports persons) in the longer term; for these purpose. Tripartite Agreements between the Government and the concerned Sports Federations and the corporate houses may be entered into for different sports disciplines. In the context of the policy of economic liberalization, the private/corporate sectors would be more closely involved with the promotion of sports, in general, and to build and maintain sports infrastructure, in particular, with requisite emphasis on the latest technologist. A suitable package of incentives may also be evolved for this purpose. Eminent Sports persons of established merit will be encouraged to set up and manage sports academics.
24. It may be recalled that a National Sports Policy development fund has been created with initial contribution of the Union Government. All contributions (from within and outside the country) to this fund have been extended 100% exemption from income Tax. The mobilization of resources for the fund will be strenuously pursued and the feasibility of exempting the incomes of sports federations and sports persons (from source other than employers) from payment of income Tax explored.

25. The revenues generated by the sale of Broadcasting Television Rights of sports events will be shared between the concerned sports Federations / Associations and the broadcasting / telecasting, public or private, on mutually agreed terms, through appropriate revenue sharing arrangements.

MASS MEDIA

26. The role of mass media is central to the popularization of sports amongst the people at large. The electronic Media, including the National broadcasters, the private channels and the print media would be suitable mobilized for strengthening a sports culture in the country,

GLOBALIZATION

27. As a resurgent India confidently enters the new millennium, sports (and related activities) will be increasingly utilized as a medium for promoting cooperation and friendship in the region, as also globally. Sports Exchange programmes will be pursued with all friendly Nations, with emphasis, on the one hand on Adventure training for sports persons and coaches, scientific support, the latest research aids and development of infrastructure, and earning laurels for the country, in sports and games, on the other.
28. The National Sports Policy, 2001 would be reviewed, periodically, in order, inter-alia, to incorporate changes / modifications which may be necessitated by technologically and other advancement in the field of Sports.

MANIPUR STATE SPORTS POLICY 2003\(^{18} \)

Manipur has shown great potential in the field of games and sports. The State has a tradition of games and sports, irrespective of the ethnic groups. The cultural life is intertwined with various forms of indigenous games and sports from times immemorial. Games and Sports are an essential component of human resources development and in overall personality development. Excellence in sports also fulfills a sense of national pride, social integrity and patriotism.

A State Policy was adopted in 1992 with the objective of providing adequate infrastructure and proper incentives to nurture talents so that Manipur can produce sportspersons of excellence. The Policy had, by and large, produced some result, but over the year, it transpired that the implementation of the same is not complete. The National Education Policy 1986 had incorporated Games and Sports as part of formal education, which was reinforced in the programme of action of 1991. The objectives laid down in the policy of 1992 are yet to be achieved fully and need is felt for reformulating the State Sports Policy in more concrete terms of promoting and developing games and sports in the State, with a twin idea of producing more sports persons and of higher excellence. The Policy of 1992 envisages such review under Para (xxii).

The State Sports Policy 2003 will emphasize more cooperation and collaboration between the State Government and the Manipur Olympic Association and State Level Associations, which in turn have District Sports Associations affiliated to them, and will pursue the twin objectives of broad basing sports and achieving excellence at very level of competition. Priority games where the State can achieve excellence will be identified and emphasis given for its development. Emphasis will be given to promote games and sports in educational institutions.

\(^{18}\) XX NESF, Souvenir 06, pp. 100-104.
The State is committed to creation of the required infrastructures and the proper maintenance of the existing modern international standard sports infrastructures located within the Khuman Lampak Sports Complex as well as other sports infrastructures in the State. Considering the existing sports infrastructures at Khuman Lampak Sports Complex, the State will now endeavor to broaden the creation of sports infrastructures in the State, particularly in the Hill district and outlying rural areas of the State where the local population could not have access to the existing facilities due to distant location. The State is similarly committed to broaden the various games and sports which are temperamentally and physically suited to the sports persons of the State to ensure that talents and potentials from all corners of the State are properly tapped. As most of the Sports Associations are located in and around Imphal, and therefore tournaments, priority in holding competitions and talent search programmes by the Department will be given to the Hill districts and the outlying rural areas of the valley districts were tournaments organized by other agencies are far and in between. To this end, the State will endeavor to provide minimum support development of good playfields in the towns and villages as without good infrastructures and physical facilities; it will not be possible to either broaden base sports or produce players of excellence. The creation of such infrastructures will be taken up in a phased manner and the State and District level sports associations will be encouraged and involved in the preparation and development of playfields and open spaces. Steps will be taken to introduce low cost appropriate technology for developing playfields. Efforts will be made to bring in club culture so that every youth in the State is linked with at least a club, sporting or otherwise. The State will strive to support the State Sports Associations in procuring standard equipments required for training and competitions.

In conjunction with the Manipur Olympic Association and the State Level Sports Associations, efforts will be directed towards identifying talents among the youths, and those identified will be nurtured and trained by qualified trainers and coaches for achieving excellence. A mechanism will be established so that a transparent system is put in place towards achieving this goal. The mechanism will cover the entire State.
The integration of sports and physical education in the education curriculum will be actively pursued. Appropriate steps will be taken to develop playfields and other physical infrastructures in educational institutions. Physical education teachers will be placed in the schools and where necessary, the existing teacher will be imparted in-service training to transect the subject.

Incentives will continue to be provided to excellent sportspersons who had achieved excellence in the National and International levels. Concession will be granted for employment and the current level of reservation for outstanding sportspersons in recruitment shall continue. The State is committed to ensure that the reservation for recruitment for outstanding sportspersons is strictly followed by all State Government Departments and bodies receiving grant-in aid from the State. The system of reserving quota / incorporating grace mark to meritorious sportspersons for admission to educational/ professional institutions will continue. Coaches shall also be provided with suitable incentives for their excellence.

The State Sports Associations have special responsibility in organizing competitions. They will be provided with support for organizing State and National levels tournaments under aegis of National Federations for the latter. They shall also plan annual action calendar and also prepare effective plans for preparation of state teams for National championships, by timely selection and coaching. The State Associations shall assess the strength of the State team before embarking on such participation. The State Associations shall organize at least three tournaments for both male and female, that is, senior, junior and sub-junior levels. They will also ensure that similar competitions are held every year by the district Associations affiliated to them.

The State shall endeavor to develop skills in the following disciplines:

(i) Competitive disciplines of the Olympic, Asian, Commonwealth and National Games;
(ii) Internationally recognized games for which an International Federations with members from at least three continents exist; and

(iii) Widely played indigenous games including martial arts of Manipur.

To upgrade the standard of achievements, all State level Associations shall prepare long term action plans and act on the same. The Coaches, judges, referees and umpires shall also be provided with higher training through the same. If necessary, foreign experts may be engaged to achieve the end. The plan shall be reviewed regularly to identify its weak points and to take corrective actions.

Scientific backing to sports is an essential element of modern sports. The back up of sports medicine in the area of training, coaching and treatment will be developed. The long term Actions plans prepared by the State Associations shall invariably incorporate these elements. With these in mind, the State shall provide opportunity to sports medicine experts of the State to obtain higher training.

In line with the National Sports Policy, 2001, the State recognized that the management and development of sports in the State are the functions of the Manipur Olympic Associations and the State level Associations, which are autonomous bodies and who in turn have affiliated district level associations. The State and other concerned agencies and the associations have, therefore to work together harmoniously and in a coordinated manner to fulfill the objectives of the Policy. The Manipur Olympic Association and the State Level Sports Associations will need to demonstrate orientation towards the achievements of results and ensure tangible progress in the field of sports, keeping view , model bye-laws / organizational structures may be formulated for the State level Sports Associations in consultation with them and with due regards to the Olympic Charter, so as to make the functioning of the Manipur Olympic Association and the State level Sports Associations transparent, professional and accountable.
The State shall recognize only one State Association for each discipline. For non-indigenous games, the State Associations shall be affiliated to the National Federations recognized by the Government of India. In respect of indigenous games, the State association shall either be affiliated or recognized by the Manipur Olympic Association. Each State Association shall strive to have district level Associations and only those State Associations to which for District Associations, of which one shall invariably be of a Hill District are affiliated, except for indigenous games, shall be recognized. All State Associations shall ensure that the membership of the State sports Associations within their particular field of specialization, is confined to the corresponding District and other special units affiliated to the State sports Associations and that where any of the State Sports Associations grants membership to individual persons, such membership shall not confer on such members the right to vote in any of the State Association meetings.

The State Government will encourage and support the Manipur Olympic Association to organize State Games every two years and similar district games every year.

The scheme for the welfare of the distressed sportspersons who are in penury or are injured in National or International Championships shall be instituted. The Scheme shall benefit both active and retired sportspersons. The initial corpus shall be made from the budget out of the portion of receipts earmarked for social activities of the State Lottery and contributions will be solicited from sports lovers and others.

In recognition of the potential and achievements in the field of adventure sports, an integrated approach is considered necessary and for the development of infrastructures, joint / unified action plan will be prepared by the concerned department for the same which will be executed in a coordinated and systematic manner. Further, in the preparation and execution of major projects, provision for sports infrastructures shall be incorporated for which the Department of youth Affairs and Sports shall be consulted for incorporation of these in the planning and execution of major projects.
The role of mass media in popularizing sports needs no further emphasis. The State will strive for greater participation of the mass media in the field of games and sports.

All the above activities need funds to achieve. The State Government is in serious financial position and will not be able to funding all the activities. Hence, the State will invite participation by corporate houses, business houses and individuals to support the State Associations and teams. The State Government will earmark certain percentage out of the amount deposited by the agent of State Lottery for social causes for the development of sports and maintenance of sports infrastructure.

The Sports Policy 2003 will be reviewed periodically to incorporate the technological changes, progress in the achievement of the goals laid down above, advancement of our sportspersons of the State, the Manipur Olympic Association and the State Level Sports Associations.

National Policy on Education

The National policy on Education 1986\(^8\) (modified in1992) stresses the importance of sports and physical education in unequivocal terms.

Sports and physical education are integral part of the learning process, and will be included in the evaluation of performance. A nation – wide infrastructure for physical education, games and sports will be built into the educational edifice. The infrastructure will consist of playfield, equipments, coaches, and teachers of physical education as part of the school improvement programme. Available open spaces in urban areas will be reserved for playground, if necessary by legislation. Efforts will be made to establish sports institution and hostels where specialized attention will be given to sports activities and sports – related studies, along with normal education. Appropriate

encouragement will be given to those talented in sports and games. Due stress will be laid on indigenous traditional games.

It is neither possible nor feasible to build up every individual student as an able sports person. But it is very much possible to develop everyone as a fit healthy citizen within one’s limitation through meticulously drawn-up compulsory physical education and sports programme for the mass. Besides having sound health they become mentally more balance and malleable. It should be emphasized that only healthy children are likely to be happy children and future asset of the nation. If we can produce healthy citizen champion will automatically come out as added bonus.

The Chandokaya Upanished observed that ‘when he (man) becomes strong, he becomes a knower’. This clearly hints at the positive and the strong relationship between body and mind without which the success of a human being an inventor and explorer would be unthinkable. Swami Vivekanand said “Physical weakness is the source of one third of our misery – you will be nearer to heaven through games and physical activities than through games and physical activities than through the study of the Gita”. Indeed, the religious ethos duly endorses the need for nurturing and vitalizing health and physical fitness.

Dr. Radhakrishnan Commission’s Report\(^20\) (1948) observed, “Education of the body through physical exercises, sports and athletic activity helps to develop qualities of initiative, courage, discipline, fair play, and team spirit.

Dr. Kothari’s Commission report\(^21\) (1964-66) emphatically argued that physical education contributes not only to physical fitness, but also to physical efficiency, mental alertness, and the development of certain qualities like perseverance, team spirit, leadership, obedience in the rules and moderation in victory and balance in defeat.

\(^{20}\) Ibid. pp. 152-162.
\(^{21}\) Ibid. pp. 152-162.
The promotion of sports and games is becoming highly scientific know-how and technology intensive, the provision for the necessary facilities for effective coaching and guidance is a sine qua non. The requirements of supporting facilities for each discipline should be fully provided for to accommodate the sufficient number of participants to meet national and international challenges.

In consonance with the National Sports Policy, 1984, the National Policy on Education 1986 (modified in 1992) has stipulated two major steps: integration of sports and physical education in the curriculum of school education, and conducting of comprehensive survey of existing facilities in educational institutions. Some states have taken measure to integrate educational sports and physical education in the overall pattern of the curriculum. For example, the Maharashtra Government has taken decision to incorporate “Sports & Physical Education” in the curriculum for the school education. The other measure includes:

1. To increase periods for the subject of ‘Physical Education’ at primary & secondary stages of education and for the course of Diploma in Education.

2. To include the subject of ‘Physical Education’ in the public Examinations conducted at the end of std. X & XII.

3. To provide in-service training to primary and secondary School teachers in Sports & Physical Education.

4. To appoint a State Advisory Board for ‘Physical Education & Sports under the Chairmanship of the Ministers of State for Sports, for the effective implementation of this programme.

5. To include ‘Yoga studies’ studies in the subject of Physical Education at Primary & secondary stages of education;

6. To provide at least 5 acres of land for a playground in each primary & secondary school; and

7. To admit students who have passed H.S.C. examination instead of SSC Examination to the Diploma in Education.
In Brief, the allocation of resources for attracting and retaining sports persons should be rationalized and increased commensurate with the requirements for maintaining standards. Even though the task appears to be gigantic and no immediate ready – made solutions are available, it remains a fact that everyone responsible for promotion of sports will have to come together to evolve not only a sound policy but also ensure its effective and speedy implementation.

The International Council of Sport Science and Physical Education (ICSSPE)

The International Council of Sport Science and Physical Education ICSSPE\textsuperscript{22} was founded in Paris, France, in 1958. The Council was originally founded under the name “International Council of Sport and Physical Education” and the name was changed to include “Sport Science” in 1982. The founders recognized a widening gap between the fields of sport, sport science and physical education and sought to reinforce the link between these areas and develop a more inclusive perspective. Today the Council presents itself as an international organization with a distinct scientific profile as far as its goals, structure, membership and working bodies are concerned.

The main purpose of the Council is to serve as an international “umbrella” organization concerned with the promotion and dissemination of results and findings in the field of sport science and their practical application in cultural and educational contexts.

Its aims are to contribute to the awareness of human values inherent in sport and physical activity, to improve health and physical well-being, and to develop physical activity, physical education and sport in all countries to a high level.

In these ways it helps to defend and develop the concept of fair play, the formation of the sporting ethics and to promote peace and understanding between people.

As an international organization, it endeavors to bridge the gap between developed and developing countries, and to promote co-operation between scientists and organizations from countries around the world.

The main function of UNESCO\textsuperscript{23} consists in contributing to improve the quality of Physical Education and Sport notably within educational systems. The International Charter of Physical Education and Sport is specific in its article 2: “Physical education and sport form an essential element of lifelong education in the overall education system”. It also states that: “Every overall education system must assign the requisite place and importance to physical education and sport in order to establish a balance and strengthen links between physical activities and other components of education”.

Therefore, UNESCO’s action gives a particular attention to physical and moral well-being for each individual, of all conditions, religions and any races. Thus, it contributes to reach the objectives of Education for All (EFA), what implies that a prominent place would be given to the promotion of values in view to contribute to build a world of peace, mutual understanding, and respect of diversities.

The action lead by the Unit of PES in the context described above articulates itself around the ‘Worksites for the quality of PES’.

The first part of these ‘Worksites’ targets first of all the five priorities as defined by UNESCO governing bodies: Africa, Least Advanced countries, Youth, Women, Culture of Peace.

However, the attention is not only toward the above-mentioned targets but also focuses on a global approach.

**International Organization and Educational Research**

The United Nations Organization has delegated most of its research functions to UNESCO which has established many centres for educational

documentation and research throughout the world. UNESCO has also set up fellowships for this purpose. Another important activity has been to plan international seminars.

UNESCO has also established an Institute of Education, in Hamburg which has been building up an extensive documentation.

The International Bureau of Education in Geneva supported by UNESCO maintains a permanent exhibition of educational progress in member countries.

Other Special Agencies of the United Nations which have concerned themselves with education are: FAO, WHO, and ILO.

The United States Information Service, the British Council, the Russian Society for cultural relations with other countries are all national bodies having international standing through their centres and contacts overseas.

**Physical education (PE)** is the interdisciplinary study of all areas of science relating to the transmission of physical knowledge and skills to an individual or a group, the application of these skills, and their results. Included, among other subjects, are aspects of anthropology, biology, chemistry, physics, psychology, and sociology. Some treatments of the discipline also include spirituality and Yogic exercises as an important aspect.

In most educational systems, physical education (PE), also called physical training (PT) or gym, though each with a slightly different connotation, is a course in the curriculum which utilizes learning in the cognitive, affective and psychomotor domains in a play or movement exploration setting. The term physical education is most commonly used in this way; however, this denotes rather that they have participated in the subject area, not studied it.

The primary aims of physical education vary historically, based on the needs of the time and place. Often, many different types of physical education occur simultaneously, some intentionally and others not. Most modern, Western, school systems claim their intent is to equip students with the knowledge, skills,
capacities, and values along with the enthusiasm to maintain a healthy lifestyle into adulthood. Some schools also require physical education as a way to promote weight loss in students. Activities included in the program are designed to promote physical fitness, to develop motor skills, to instill knowledge and understanding of rules, concepts, and strategies, and to teach students to work as part of a team, or as individuals, in a wide variety of competitive activities.

**National Standards for Physical Education**

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

**Standard 1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

**Standard 2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

**Standard 3:** Participates regularly in physical activity.

**Standard 4:** Achieves and maintains a health-enhancing level of physical fitness.

**Standard 5:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard 6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Standards Provide the Framework for a Quality Physical Education Program

What is worth teaching and learning in physical education? The national content standards define what a student should know and be able to do as result of a quality physical education program. They provide a framework for developing realistic and achievable expectations for student performance at every grade level. These expectations are the first step in designing an instructionally aligned program.

National Standards Provide Guidance for Developing State and Local Standards:

States and local school districts across the country have used the national standards to develop standards, frameworks, and curricula. Others have revised their existing standards and curricula to align with the national standards.

Standards Increase the Professional Stature of Physical Education

The national standards demonstrate that physical education has academic standing equal to other subject areas. They describe achievement, show that knowledge and skills matter, and confirm that mere willing participation is not the same as education. In short, national physical education standards bring accountability and rigor to the profession.

Physical Education in Ancient period

Since ancient times, people in India believed that the human body is indeed an instrument of dharma). Hence the body is to be properly nourished, and maintained. In medieval Karnataka people gave as much importance to physical exercise as to literary education. The principle of “a sound mind in a sound body” was not only accepted but also faithfully practiced. The system of yoga was the first step in spiritual training. Yoga comprises full-fledged toning of the body and mind. It includes the use of various body postures to control
breathing and muscle movements, and to help gain control over human passions as well. It was the general belief that this balancing of the body and mind led to intellectual strength.

Village schools were usually situated in the temple premises or in the courtyard of mathas, where children played after daytime lessons. Besides this, every village had one or two playgrounds, where sporting events and games were held during the annual fair of the village deity. These involved wrestling, boxing, mallakhambha (pillar acrobatics), the shooting of arrows, and demonstrations of strength such as weight lifting. Bigger grounds were reserved for ram-fights, buffalo fights, fencing and duelling. Various ball games and the indigenous sports of kho-kho and kabaddi were common. Most childrens’ sports in medieval India ensured body-development. The economy and variety of indigenous games were greatly admired by visiting foreign.