CHAPTER V

SUMMARY, CONCLUSION AND RECOMMENDATIONS
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Summary and Conclusion

It is obvious that Physical Education is an integral part of general education and human resource development. Games and sports cannot go alone in the educational institutions. Physical Education is the backbone of the development of games and sports. The phenomenal growth and development of games and sports during the period under studies in Manipur is the outcome of the thrust exerted by physical education in the overall performance of the management, achievement and facilities. In the past the approach was ‘hit or miss’, but in the present scenario it is ‘hit’. From the study, it is found that players of Manipur in some select events or games reach world class. This is the excellent status for the State. There is the coordination between physical education and games and sports to attain the desired goals. It is found that to a reasonable degree of confidence, the players of Manipur enjoy the high-class sports techniques of winning from their resourceful coaches. In any discipline of games and sports, services of coaches are valuable and indispensable. The players of Manipur have the inborn quality of adaptation provided they are given the right exposure and training. This is a rare quality of the players.

Physical education is to be seen to include mental, emotional health besides physical health of the players. It is to be conceived as a total health scheme. It also covers development of desirable understanding, attitude and practice with regard to nutrition, health, sanitation so as to improve health status of the self, family and the community. The aim of physical education is to develop health, strength and fitness of the body to cope with the business of life.

It is significant to note that there are National Policy and the State Policy on promotion of games and sports in the country. Their is statutory provisions for inclusion of physical education in the school curriculum paving the way for
foundation work of games and sports. Manipur has good progress in infrastructure
development and management. The Khuman Lampak Sports Complex is a
temple for sports and sports lovers. Sports institutions and organizations come
up to enhance sports movement in the State in the light of modern spirits of
games and sports. The Government of Manipur also gives priority treatment for
advancement of games and sports. Under its sports policy, incentive cash awards
are given to talented and winner sportspersons in the National and International
tournaments. Job facilities are also given to the outstanding sportspersons in
the state services. There is good community participation in physical education,
games and sports, which in turn gives a good return. The army authorities also
render service for development of playgrounds, infrastructures and other facilities
in the state. Some Indian sports manufacturing companies also sponsored the
Manipur players.

The contribution of SAI, NERC in the field of the promotion of games
and sports is found remarkable. This is owing to the intensive and regular physical
education and sports training imparted by the SAI establishment to the promising
players of Manipur. The availability of hi-tech facilities of sports under the qualified
coaches offers tremendous sports input and output. Expansion and up gradation
of SAI as a sports institution will be a hotbed of physical education and sports
for the region.

It is evident that, the percentage of the participation level of Tribal and
Muslims in the games and sports is low in comparison with that of the Meatiest.
Participation of women sportspersons is in a high order. Performance rate of
the veteran sportspersons is found to be commendable. It is also a notable
contribution of the state that there are more than 500 outstanding sportspersons
working in different sports organizations, like Services, Para military forces etc.
all over India. They earned good income for themselves and for the state.

Socio-Economic status of players poses a considerable problem in the
way to induction of players to games and sports. Most of the players and sports
lovers of Manipur belong to the below the poverty line (BPL). They faced
financial hardships and challenges to overcome. In the modern business world success in any enterprise depends very much on the sound footing of finance. Playing and practicing and the participation in modern games are costly. For parents cannot support their children to develop their natural and basic growth. Most of the players can hardly afford to avail themselves of the basic facilities in terms of guidance and the counseling for admission to physical education and games and sports. Many talented players in different disciplines do not have excess to sports for want of information. They remain as islanders far away from the main stream of sports culture. They take things in a casual way unable to hook any opportunities for want of excess and reachibility. It is found that hectic sports movement is more or less as based only in the valley districts of Manipur and its tempo is slow to reach the remote and hill areas due to communication and transport bottlenecks. In these areas, Schools and colleges, which are considered to be the nurseries of health and sports, remain in operative for want of the services of trained sports personals and the awareness causing large-scale wastage of sports resources. One big problem faced by Manipur is the dearth of standard playgrounds. In the hill areas it is virtually nil. We cannot set up a garden without land. So is the case with running games without playfields. In the hill areas there is the need for development of mini playgrounds and mini stadia to meet the exigency.

Taping the youth energy in the form of games and sports is an inevitable investment. Making attempts to develop games and sports without considering the other avenues for development of youth affairs may be counter productive. It should be in the form of sustainable development.

The entire establishment and mind set in Manipur are affected by the occurrence of insurgency. The state is fluid in political turmoil. To curve the activities of insurgency, security operations and offensives are in action and this disturbs the normal lives. It leads to accidental killings of innocent people and the mass arrest of civilians from time to time. The regular practices of sportspersons is badly hampered by the abnormal and sensitive law and order satuations prevailing in the state. Besides these, there are random regular
bandhs, blockades, strikes, curfews, etc called by various civic bodies in protest against some crimes or misdeeds of the machineries or in support of some public demands. These activities have a dampening effect on players. Tension and high levels of anxiety affects the performance of sports persons.

It is also found that there is communication gap between the players of Manipur and non-Manipuri coaches and also non Manipuri players and Manipuri players in National teams. Therefore, it leads to poor performance in the competitions. Failure to communicate and exchange their views and ideas with the non-Manipuris cause misunderstandings and conflicts in different situations.

It is felt that there is the need for scientific identification of certain sports disciplines which have brighter prospect for the players of Manipur in terms of anatomy, physiology and genetics. Physiological and anatomical structures of the players also have a big role to the development of games and sports. The application of genetic study in the field of physical education and the games and sports will be useful. It is a long-term investigation of origin, direction, trend, rate, pattern, limit and the decline of growth. This study can easily detect gifted players in specific games. Trends of achievements can be assessed base on observable sports behavior. Manipuri players are found superb in their performance in disciplines like Boxing, Weightlifting, Football, Wu-shu, Cycling, Sepak-Takraw, Taekwondo, Martial arts, Sports climbing, Fencing, Body Building, etc. It is confirmed that the performance of Manipuri women players is better than that of their male counterparts.

The performance of the Manipuri players in the 33rd National Games held at Guwahati from 9th February to 18th February 2007 was spectacular. Bagging the 1st position among the states and the 2nd position in the overall medals tally in spite of restraints, heavy odds and the limited facilities for the competitions and championships. Many players of Manipur represented in almost all the teams of other states of India winning around 35 gold medals for other states. If these gold medals were added to the medal tally of Manipur would big the overall championship in a very comfortable way. As a mark of congratulations and
recognition of the outstanding achievements of the Manipuri contingent, the Hon'ble Prime Minister of India Dr Manmahon Singh awarded a special trophy to the Manipur contingent.

It can be summed up that the over all performance of the players of Manipuri during the period under study is highly commendable and espectcular. The state has reached an excellent level of performance. If the state is able to maintain its present stander, it can be observed, the future of the games and sports of Manipur is bright and promising.

The findings are also found to have been supported by the results of observations and questionnaire used in the research investigation.

Form the status report of the performance of the Manipur players stated above, it can be inferred that activities of games and sports are in good shape in the state inspite of some handicaps and gaps either in administration or organization or financial constraints or lack of large scale sponsorship in the contemporary scenario of world standards. The period under studies (1980-2006) presented itself as an accelerated boom for development of games and sports and it provokes the psyche of general public and sports persons and lovers with rewarding returns and inputs. This is a sine quo non for any sports movement. There must be certain positive contributing factors. Some co-incident factors are the presence of a general awareness of sports and the sports loving people-proud of their indigenous games and sports. They also adore their physical excellence as a precious gift. Interestingly the Manipuries learn to play games by instinct. They have the inner strength to contest any event. Their want is the development of skills and grooming. In the early sixties, several pioneers of games and sports in both the organized and unorganized sectors could make out the problem from their interaction and exposure from outside. So they tried to find ways and means to develop sports and inculcate “sports vaccine” to the young sportspersons. They planted the seeds of sports in order to tap the youth force in one way or the other. The good yields of sports have appeared in and around the eighties. This is a turning points in the history of games and sports.
RECOMMENDATIONS:

In the light of the observations, summary and conclusion drawn from the study, the following recommendations are made.

I) A State Level survey of the status of physical education and sports in the state to find out the strength and weakness.

II) To set up state level and district level monitoring cells in physical education and sports.

III) To appoint optimum number of qualified PET’s for Elementary, Secondary and Higher Secondary Schools.

IV) To give recognition of the PET’s and Coaches for their excellent performance in the form of incentive awards or promotions in their service.

V) To make a holistic special package for promotion and development of games and sports for the state to meet the challenges of the players of other advanced states.

VI) To organize refresher courses, orientation courses and seminars for the PET’s and Coaches from time to time to update their knowledge and skills.

VII) To uphold the theory of ‘Catch them Young’.

VIII) To set up a separate Sports Degree College to promote physical education and games and sports in the state.

IX) To train the sportspersons in communication skills to have effective exchange with their non Manipuri Coaches, fellow players, competitors, organizers, judges, referees etc. in the competitions/championships/tournaments held outside Manipur and abroad to avoid misunderstandings and isolation and other complexes.

X) To give maximum exposure to different levels at different disciplines.

XI) To encourage researchers in areas which are not so far covered by the other researchers.

XII) To develop hi-tech infrastructure and playgrounds all over the State.
XIII) To look into the problems of setting higher secondary schools in residential buildings without having any playground or open space for health and hygiene of the students.

XIV) Institutional fundings for sports projects and other related activities for intensive practice and promotion for physical education and sports in the state.

XV) To develop and maintain a regular agency of transportation of sportspersons and sports officials of the state to other parts or regions of India or outside India.

XVI) To publish regular sports journals for promotion of sports in the state.

XVII) To accompany trained Doctors in Sports Medicine, Physiotherapists, psychologists etc. to the State contingents participating in the National Championships.

XVIII) To provide services of woman escorts to participating women teams.

XIX) To materialize the proposed Regional Sports Academy in the State on priority basis.

XX) To extend more incentive awards / job facilities for the outstanding sportspersons in the state to check migration of players from the state.

XXI) To identify select sports disciplines which are more suitable and adaptable for the players of the state.

XXII) To make services of qualified and professional foreign coaches available to the sports persons of the state.

XXIII) To send the dedicated and energetic coaches of the state for advance training in foreign countries.

XXIV) To expand sports movement in the other hill districts of Manipur.

XXV) To make sports goods /equipments available to select sports persons/ organizations at subsidized rate in time.

XXVI) Due coverage of games and sports activities in print and electronic media.

Any other positive activity in consonance with the above recommendations be taken up for the development of Physical Education, Games and Sports in the State.