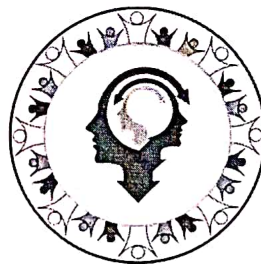
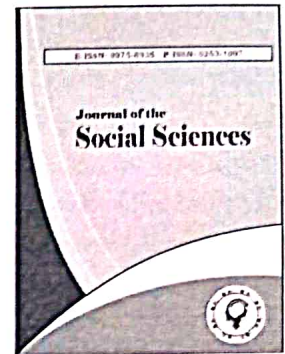


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Governmental Efforts to Promote Sports and Physical Education: Issues and Challenges

Dr. Mohammad Sharique

Assistant Professor

Department of Physical Education

Khwaja Moinuddin Chishti Urdu, Arabi-Farsi University, Lucknow.

Abstract

Games and sports help us to maintain our physical and mental health, which is the greatest blessing for a human being. They not only keep us away from diseases relating to heart, obesity, mental stress and sleeplessness but also instill in us a spirit of self- confidence, self- reliance, discipline, justice, fair play and patriotism. Sports and physical education give us boost to accept the challenges in life and perform well in an energetic and confident way. The Government of India has focused on the unsatisfactory condition of games and sports by establishing various institutions and formulating many policies in order to promote the standard of sports in India. Ministry of Youth Affairs and Sports is implements various schemes as incentives to sportspersons to take up sports. Various awards are conferred to recognize spectacular and outstanding performances of the sportspersons. All these schemes are introduced to encourage the younger generation to take up sports as a career. Against this background present paper purports to examine the efforts of government to promote games and sports in India.

Keywords: 1.Games, 2.Government, 3.Policies, 4.Programmes, 5.Sports.

Introduction:

Physical education, games and sports are gaining importance now a day's, however, these received only peripheral attention over successive Plans. Since 'sports' is a state subject, the primary responsibility for promotion and development of sports is that of the States. However, the Central Government supplements the efforts of the States in the task of promotion and development of sports, both for creation and development of sports infrastructure and sports facilities in the states and nurturing and training of the identified talent. State Governments must be incentivized to invest in human resources, encourage sports talent and universalize access to sports facilities. Promotion and development of sports calls for a comprehensive, multipronged strategy, supported by adequate budgetary allocation and a strong organizational structure with clearly defined roles for various stakeholders.

Objective and Methods:

Present paper aims at examining the efforts of government in promotion of sports and physical education in India. The paper is based on secondary data and pertinent literature compiled from published and documented sources including internet sources. The critical review of government policies, programmes and schemes pertaining to sports and physical education have been ensured.

Sports and Games :

Man has invented games primarily as a means to meet socially with others, to display skills and physical powers and to entertain or offer excitement. Most of the games involve some form of running, throwing and jumping acrobatics, all of which developed from basic hunting skills. Many early cultures combined religious and political elements into their games, but there was always a desire for recreational play that eventually inspired the codification of early games and the invention of new ones.¹ So far as games and sports are concerned, currently in India, sports are all about winning medals at the Olympics and winning laurels for the country. But this can only be achieved when sports thrive at the grassroots, providing children and youth with more than just a chance to play and compete. It would help them to become well-rounded, confident and empowered individuals. Sports, for development programmes in the future in India will help to achieve the dual role of introducing children to physical activities and sports and aiding in their holistic development.²

It is a very encouraging and optimistic aspect of modern India that physical education, games and sports are gaining importance. India hosted the IX Asian Games in 1982 and thus sports as a subject of policy gained recognition. The preparation for and conduct of the Asian games created the much needed awareness about the multidimensional character of sports and the need for evolving a holistic Sports Policy and creating institutions for its implementation. Thereafter a number of steps were taken in this direction. These included a creation of a separate Department of Sports under the Ministry of Human Resource Development, which was later expanded into Department of Youth Affairs and Sports in 1985, and later upgraded to a full-fledged Ministry in 2000. In 1984, the Sports Authority of India was created as an autonomous registered society under the Department of Sports. Steps were also taken for developing a comprehensive National Sports Policy, and a resolution in this regard was introduced in 1984. This led to the adoption of the National Sports Policy, 1984, as the first significant move towards developing an organized and systematic framework for the development and promotion of sports in the country, Government of India also introduced National Sports Policy, 2001. The policy, apart from, bringing out the need for establishing a network of sports infrastructure and facilities in the rural and urban areas, inter alia, also emphasized the need for making sports and physical education an integral part of the curriculum of educational institutions.³

Physical Education:

Physical Education is rightly recognized as an integral part of formal education. The existence of man is primarily physical. The word 'physical' refer to body, and indicates bodily characteristics such as strength, speed, endurance, flexibility, health, co-ordination and performance. It seemingly contracts the body with the mind. The term education when used in conjunction with physical refers to a process of education that develops the human body, especially fitness and movement skills. Physical education is the process by which changes in the individual are brought about through his movement experience, and it is the sum of those experiences which came to the individual through movements. Physical education is the sum of man's physical activities selected and conducted as to outcomes.

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

Emotional maturity is very important for the physical development of a man. Physical Education helps us to learn how to control emotions, Games, art, music, dance, etc. can bring useful changes in the life of a man. The development of a human being is possible only by all round development of personality. It should be clearly understood that physical, mental and moral development of a person cannot be achieved only through a single medium. These three are the major qualities of a person. Moral problems can be solved only by physical means. The moral level of man can be raised through education.

According to Webster's Dictionary - "Physical Education is a part of education which gives instructions in the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics and the performance and management of athletics games.⁴ A National Plan of Physical Education and Recreation the earliest document prepared by the Central Advisory Board of Physical Education and Recreation in India, says, "Physical Education is the process of educating through physical activities for the total personality of the child to its fullness and perfection in body, mind and spirit."⁵ In our life, we are facing a lot of troubles and these kinds of problems can be coped with the help of physical activities. Physical education brings universal brotherhood and integration among players and their respective nations.⁶ Various kinds of social and cultural values are brought aroused in players by participating in physical activities. They not only develop

physically but also mentally. By participating in sports, ability to judge and to take proper decisions in the shortest time possible.

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

- All India Council of Sports (1954)
- National Institute of Physical Education renamed as Laxmibai National College of Physical Education, Gwalior (1957)
- National Institute of Sports, Patiala (1961)
- All India Sports Congress (1962)
- National Sports Policy (1980)
- Ministry of Sports and Youth Affairs (1982)
- National Sports Policy (1984)
- National Sports (Development) Bill (2011)

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

Important Sports Schemes and Institutions:

To promote various kinds of sports activities in our country, Government of India and various regional sports organizations have established various kinds of sports schemes from time to time. Not only this, for encouraging people to participate in sports activities, various organizations and institutions are established by government or non-government agencies where they can get coaching or training of different kinds of activities.⁷NSFs are typically affiliated with international bodies representing their respective sport. It facilitate participation of Indian sportspersons at international events for their respective sports.⁸

Government Schemes to Promote Games and Sports:

Government of India has launched various schemes for the betterment of sports and sportspersons. Major schemes are mentioned below:

National Coaching Scheme:

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

Special Area Games (SAG) Scheme:

This scheme was launched in 1985 with the sole objective of tapping talent from areas the people of which presumably have either same genetic or geographical advantage of pre-disposition towards excellence in a particular sport/ game traditionally played by them over centuries or

generations. Specifically the scheme envisions identification of sport talent from tribal, hilly, rural or costal belts keeping in mind sport-specific attributed in archery, fencing, athletics, boxing, weight-lifting, shooting, wrestling, hockey, water sports, cycling, judo, etc. Talent may also be tapped from the practitioners of indigenous sports and martial arts.

SAI Training Centres Scheme:

After a review of Sports Project Development Area scheme and Sports Hostel Scheme, the SAI Training Centres scheme came up in 1994-95. Each of the 40 odd SAI Centres carries facility of the training of sportspersons in four Olympic disciplines including one compulsory mother sport either athletics, gymnastics or swimming coupled with two or more indigenous ones. There is a provision for day-boarding athletes who are allowed incentives such as stipend, kit and travel expenses for participation in tournaments.

Sports Science Research Fellowship Scheme:

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

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

Sports Scholarship Scheme-1997:

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

Rural Sports Programme:

The programme launched in 1970-71 was handled by the National Institute of Sports with the basic objectives to-

- a) Involve major segment of the rural youth in the mainstream of the country's sports activities, and
- b) Spot out and nurture sports talent.

The programme involves holding of sports tournaments for the rural youth at the block, state and national levels. Financial assistance is made available to the State Governments for this purpose.⁹

Promotion of Sports among Persons with Disabilities:

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

- a) Grant for Sports coaching and purchase of consumables and non-consumable sports equipment for schools.

- b) Grant for Training of Coaches.
- c) Grant for holding District, State and National level competitions for the disabled. ¹⁰

Schemes Relating to Incentives to Sportspersons:

Rajiv Gandhi Khel Ratna Award:

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

Arjun Award:

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

Dhyan Chand Award for Lifetime Achievements in Sports and Games:

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

Dronacharya Award:

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

Maulana Abul kalam Azad (MAKA) Trophy:

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

Rashtriya Khel Protsahan Puraskar:

Government has instituted a new award entitled 'Rashtriya Khel Protsahan Puraskar' from the year 2009. It has four categories, namely, community sports development, promotion of sports academic excellence, support to elite sportspersons and employment to sportspersons. The award consists of a citation and a trophy in each of the above-mentioned categories without any cash award. ¹¹

Conclusion:

There is enormous potential in Indian sports, which remains unexploited till now. But now time has come for us to reiterate our commitment and redefine our approach towards sports. India's quest to become a global superpower will remain incomplete until we establish ourselves as a sports

superpower. Sports still remain individual driven in our country, but to succeed internationally, it is important that the Government takes special steps to acknowledge and groom our sportspersons. If India wants to become a prosperous shining valley for the world, sport has to play the role of a lighthouse.

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