

## DEVELOPMENTAL SCHEEMS FOR SPORTS AND PHYSICAL EDUCATION IN INDIA

**KARABASAPPA PARAMESHWAR\***

*\*Ph.D. Research Scholar, Dept. of Physical Education, Gulbarga University, Kalaburagi -585106*

### DEVELOPMENT OF SPORTS IN INDIA

India has a tradition of sports and physical fitness. In recognition of the importance of sports, a separate department was set up in 1982, prior to the commencement of the 9th Asian Games. Subsequently, the first ever National Sports Policy was announced in 1984. The Ministry of Human Resource Development was set up in 1985, with the objective of integrating efforts for development of human potential in the areas of Education, Women & Child Development, Arts and culture, Youth Affairs & Sports through its constituent departments.

The Sports Authority of India (SAI) was established in 1984 as a registered society in pursuance of a Government of India resolution. Its main objectives include the effective and optimum utilization of various sports facilities and all matters pertaining to sports promotion and sports management.

The Sports Authority of India is contributing towards development of sports through its various programmes. The main programmes and activities of SAI consist of schemes drawn up and approved within the SAI and schemes of the Department implemented through the SAI on an agency basis. The main schemes of the SAI are given below:

#### **(a) National Sports Talent Contest (NSTC)**

Started in 1985, this scheme attempts to identify talented school children in the age group of 9 to 12 years. Children are selected in 10 Olympic disciplines, viz. Athletics, Basketball, Badminton, Boxing, Football, Gymnastics, Hockey, Table Tennis, Volleyball and Wrestling through a series of tests and contests held at various levels.

Following selection, these children are admitted in SAI adopted schools (of which there are 58 at present) where their board, lodging and tuition fees are met by SAI. SAI also provides coaches and special infrastructure facilities to these schools, along with recurring grants for maintenance and equipment.

#### **(b) Special Area Games**

This scheme, started in 1985, aims at identifying population groups and regions where natural talent and aptitude for a particular sport exists. The scheme involves a process of identification and survey of areas and regions, special competitions to assess potential, selection of promising young boys and girls and intensive training at SAG centres, where educational and vocational training facilities are also provided.

#### **(c) Sports Projects Development Area (SPDA)**

This Scheme, started in 1988, aims at providing basic sports facilities at 78 locations throughout the country, where a comprehensive and integrated system of coaching and training is provided to talented young sportspersons in the age group of 9 to 14 years. This is aimed at providing in-house facilities to the talented youth in their own states. A maximum of three Olympic disciplines, in addition to one indigenous game, are offered for training. Three Olympic disciplines should generally include at least one of the three mother disciplines, i.e. athletics, gymnastics, swimming in each centre. Thirty out of 34 SPDA Centres have started functioning, with a total strength of 679 sportspersons. An amount of Rs. 1.00 crore is budgeted for the construction of these Centres (met equally by the Centre and the concerned State), and all running costs are met by SAI.

#### **(d) Sports Hostel Scheme**

This Scheme was introduced to provide basic facilities in each State and National level Championships. All running costs, including equipment, training, etc. are provided by SAI. Each hostel has a sanctioned strength of 50 boys and 30 girls. 18 hostels have so far been established with 895 children.

#### **(e) Boys Sports Companies in the Army**

This scheme is an extension of the N.S.T.C. scheme and was approved for implementation from the year 1991-92. SAI and Army authorities have jointly launched this Scheme to scout talented boys up to the age of 14 years from rural, semi urban and tribal areas and train them in sports.

Seventeen Boys Sports Companies for 2000 boys are to be set up during the VIII Plan at selected Regimental Centres. The boys will be put into Regimental Schools which will be affiliated to the CBSE. On attaining the age of 17 years and on completion of 10th standard, the boys will be absorbed in the Army, if they so wish. Thereby, a job is guaranteed to them. The running costs are borne by SAI. It also provides a onetime grant to the Army for creation and development of sports infrastructure, purchase of essential sports equipment upto Rs. 3.00 lakh and for training kit/aid upto Rs.1.00 lakh. Thereafter, an annual grant of Rs. 50,000/ is provided. 17 Boys Sports Companies have become functional with a total strength of 859 sportspersons.

#### **(f) National Coaching Scheme**

The National Coaching Scheme, which was first introduced in 1955, is meant to encourage people to take up coaching. The Scheme, over the years has undergone numerous changes and is now a major source for meeting the requirement of coaches by various user agencies.

Under the Scheme, coaches are made available to States/UTs for State coaching centres, district coaching and university field stations and also to national sports federations/associations. Coaches are also deployed in SAI regional centres, academic wings and in house training centres. At present, the total strength of coaches under the scheme is 1677.

#### **(g) Sports Science Research Fellowship Scheme**

The Sports Authority of India awards Sports Science Fellowships to research workers for carrying out research in sports science related areas such as sports physiology, sports injuries, sports big mechanics and training methods. Under the Scheme, 5-10 fellowships are awarded every year. The value of each fellowship grant is Rs. 20,000/ per annum with an additional contingency grant of Rs. 10,000/ per annum Academic Wings.

### **ACADEMICS IN THE FIELD OF SPORTS**

The Sports Authority of India has two functional wings relating to academics which are in the fields of sports and physical education. These are:

#### **(a) Netaji Subhas National Institute of Sports, Patiala (NSNIS)**

The Institute conducts academic courses for training of coaches and looks after research and development in sports related subjects. It conducts 24 months' diploma courses in fifteen sports disciplines and also offers 22

months' specialised post diploma master's course and 1 year post graduate diploma course in sports medicine. NSNIS is the only institute of its kind in the country and has so far trained 11,751 coaches at Patiala and at its centres at Bangalore (established in 1975), Calcutta (1983) and Gandhinagar (1987). In addition, under the Mass Sports Participation Programme, certificate courses of six weeks duration were held at these centres and 15,601 sports instructors have so far been trained. NSNIS is also conducting one year post MBBS Diploma course in sports medicine and 28 doctors have so far qualified. The period of this course has been raised to two year from the academic session 1993- 94.

#### **(b) LNCPE, Trivandrum**

This college was inaugurated in 1984 and is fast developing in terms of infrastructural facilities, academic programmes and other essential requirements. This college offers a 3 year Bachelor of Physical Education (BPE) and 2 years M.PE degree courses. One hundred and forty six students (67 boys and 59 girls) are at present studying in the college. Up to the academic year 1995-96, 270 students have passed out from the college

### **INITIATIVES**

#### **(a) Central Pool of Technical Sports Equipment**

SAI maintains a central pool of technical sports equipment at corporate office from which equipment is given on loan to the sports federations/associations, govt. departments/agencies, educational institutions, sports bodies and other organisations involved in the promotion of sports in the country, for conducting coaching camps, sports meets etc.

#### **(b) Involvement of Business Undertakings in Development of Sports**

The growing role of sports in society and the focus of media attention on sports performance all over the world and the boost this gives to national prestige has made winning of medals of great significance. In recognition of this fact, many countries have started setting up national training academic and specialised centres of sports excellence which offer all opportunities for experts for long years with the aid of modern training equipment.

With this view in mind, various public and private sector business organisations have been approached by the Department and SAI for setting up national and regional academies in specific sports disciplines to nurture and develop Indian talent. Various public sector undertakings/business houses have extended their help to set up such academies and many more are expected to come.

### **(c) Promotion of Sports in Residential Schools and Public Sector Townships**

#### ***Residential Schools***

In order to broaden the base of talent scouting and nurturing in the country, SAI has decided to extend certain facilities to the large size residential schools, including public schools. The objective being scientific nurturing of sports potential in two disciplines in each of the residential schools. SAI will provide qualified coaches in the identified disciplines based on the general sports needs and availability of infrastructure in the school. Eleven coaches in the identified disciplines have been posted in six schools so far.

#### ***Public Sector Undertaking Townships***

Under the Scheme, SAI undertakes talent scouting in large size public sector townships with the help of the management. Coaching is taken up in four sports disciplines, identified by the concerned public sector undertaking, depending upon the playing facilities that exist. The talented children are selected from amongst those living in the public sector township and/or studying in the schools run by the public sector undertaking, through application of a battery of tests formulated for the purpose. SAI provides, at its cost, one coach each for the four discipline identified. These coaches, though primarily meant for imparting intensive training to the sports talent selected after clearing the battery of tests, coach others also in the township without any detriment.

### **INCENTIVES FOR PROMOTION OF SPORTS ACTIVITIES**

#### **(a) Cash Awards to Winners of Medals in International Sports Events**

Special cash awards ranging from Rs. 50,000/ to Rs. 5.00 lakh are given since 1986 for winning medals in specified international sports events in all disciplines which are included in the Olympic, Asian and Commonwealth Games. These awards are also given to Juniors for winning medals in World, Asian and Commonwealth championships.

The basic objective of the award is to serve as an incentive to the achievers and an inspiration to the upcoming sportspersons. It is also intended to help sportspersons of outstanding excellence to be able to maintain themselves with dignity and continue to give their best in further pursuit of the sports of their choice. During the year, 1995-96, 107 sportspersons/coaches were given cash awards under this scheme.

**(b) Sports Talent Search Scholarship Scheme**

The Sports Talent search Scholarship Scheme was introduced in 1970-71. The scheme provides facilities to talented young boys and girls studying at the secondary stage of education and proficient in sports to develop their talent in sports and to enable them to have nutritious diet during their studentship. Students are selected on the basis of sports competitions at National or State level. Scholarships are also provided to outstanding sportspersons at university and college levels under NSO Programmes, and to women under the programme of 'Promotion of Sports and Physical Education amongst Women'. Old scholarships are also renewed provided the holders continue to maintain or improve the level of their achievements. National level scholarship are given at the rate of Rs.4,800 per annum and State level at the rate of Rs. 3,600 per annum. While there is no upper limit for the number of national scholarships, 100 State level scholarships are given for each State and 40 scholarships for each Union Territory. About 10,000 applications were received for grant of scholarships in 1995-96.

**(c) Scholarships for Training of Specialists and Outstanding Sportspersons**

The scheme was introduced in the year 1990-91. The purpose is to equip talented outstanding sportspersons, coaches, physical conditioning experts, sports scientists and research experts with the latest techniques of training, coaching and research so that, in the years to come, India could build a pool of experts who could impart training and handle national level athletes/sportspersons. One talented outstanding sportsperson was assisted under the scheme during 1995-96. A sum of Rs. 10 lakhs was provided for this scheme during the year 1995-96.

**(d) Sports Fund for Pension to Meritorious Sportspersons**

Government launched this new scheme from the year 1994. Under the scheme, pension is given to sportspersons, who win medals in the Olympic games and gold medals in Asian games. While Olympic medalists are given pension @ Rs. 2000/per month, gold medalists of Asian games are given pension @ Rs. 1500/ per month. Pension is given from the age of 30 till life. The scheme is being operated through the Life Insurance Corporation of India. Upto March 1996, 182 sportspersons have been sanctioned pension under this scheme.

**(e) National Welfare Fund for Sportspersons**

The National Welfare Fund for Sportspersons (and their families) was created in 1982 primarily to assist outstanding sportspersons of yesteryears, who had won glory for the country in sports, but are, unfortunately now living in indigent circumstances. This financial support is generally in the form of a monthly pension of upto Rs.

1500. Lumpsum grants are also given for medical treatment. The sportspersons suffering from grievous or fatal injury in the course of participation in sports events or during training are also helped.

**(f) Travel Grant to Sports Specialists**

The scheme of 'Travel Grant to Sports Specialists' was introduced during the year 1987 in pursuance of the resolution of National Sports Policy, 1984. The objective of the Scheme is to promote and encourage research and development in the field of sports and physical education. Under this Scheme, the Department. provides passage cost for international travel for attending important academic conferences. etc.

The scope of the scheme was expanded to cover other sports specialists including coaches. The purpose is primarily to create a pool of qualified and knowledgeable sports specialists whose services can be availed by sportspersons and others. During 1995-96, three scholars were given such assistance. The budget provision for this Scheme was Rs. 3.00 lakh.

**(g) Promotion of Sports and Physical Education among Women**

The scheme is meant to encourage women by giving them attractive incentives in the form of scholarship for furthering their achievements in studies and career in sports. A scholarship of Rs.6000/ per annum is available to those who have emerged champions in the National Women Championships (Senior) conducted by recognised national sports federations according to international rules.

Women who are holding any other scholarship under a sports scheme of the Union or State Government are not eligible for this scholarship. They have to opt for any one scholarship only. The scholarships are also not available to those who are enrolled in the residential sports coaching programmes of Sports Authority of India, State Governments.(or its agencies), voluntary bodies, public/private sector enterprises and to those who are employed.

All women holding a master's degree in physical education from a recognised university, who are undergoing the diploma course in Sports Coaching at NIS are eligible to get a scholarship of Rs. 1800/ per course. Scholarship of Rs.1800/ per annum is also given to all women holding master's degree in physical education in a college having status at par with LNCPE, Gwalior, The scholarship is available only for one year to those doing M.Phil and to those doing Ph.D in physical education, the scholarship is available upto a period of 3 years.

### **(h) Rural Sports Programme**

The scheme of Rural Sports Programme, launched in the year 1970-71 with a view to broadbasing games and sports and tapping the hidden talent available in rural areas, was being operated by the Department of Youth Affairs & Sports, Government of India. The Department was also operating another scheme, namely, 'Special Scheme for Sports Activities among the Backward Tribes'. The present scheme is an improvement over the earlier schemes as, apart from arranging tournaments in rural areas, it also puts emphasis on encouraging club culture in rural areas, and includes a special programme for the north eastern region, namely, the North East Sports Festival.

### **(i) Rural Sports Clubs**

Under the scheme, nodal Voluntary Sports Clubs/Sports Centres, on recommendation of the State Govts, are given one time grant upto Rs. 30,000/ for purchase of consumable and non consumable sports equipment. In case of tribal blocks, assistance upto Rs.45,000/ is given. This is followed by a grant of Rs. 5,000/ per annum for subsequent two years. During 1995-96, 32 clubs have been assisted under the scheme.

### **(j) North Eastern Sports Festival**

In order to broad base games and sports in the otherwise neglected areas of the north eastern states and to tap the hidden talent which is available in abundance there, the Govt. of India approved the scheme in the year 1986-87 for conduct of North East Sports Festival.

During 1995-96, 934 competitors from 8 States participated in 9 sports disciplines in North East Sports Festival, held from 26th to 31st March, 1996 in Sikkim.

### **(k) Dr. BR. Ambedkar Rural Sports Tournaments**

A countrywide programme of Rural Sports Tournaments was launched in 1970-71 to encourage youth in rural areas to join the mainstream of the country's sports activities. Financial assistance is made available to the States @ Rs. 2000/. per discipline upto 3 disciplines for each district level tournament and Rs. 10,000/ per discipline for State level tournaments and Rs. 5,000/ per discipline for each Union Territory, upto five disciplines.



**(l) National Sports Festival for Women**

The 'National Sports Festival for Women', first organised in 1975, has now become a significant national competition for women. The programme is organised by Sports Authority of India. For the purpose of lower level competitions, financial assistance is made available to the States @ Rs. 1,000/ for block, Rs. 3,000/ for district and Rs.10,000/ for State level tournaments (for bigger States) and Rs.5,000/ for smaller States/UTs.

**(m) Evaluation of Sports Schemes**

During 1994-95, the schemes of Sports Authority of India; viz National Sports Talent Contest, Army Boys Sports Company, special Project Development Area. Special Area Games, National Coaching Scheme and Sports Hostel Scheme have been got evaluated by Tata Consultancy Services and the reports submitted to Govt. are being considered for implementation. Sports schemes of the Deptt. are also proposed to be taken up for evaluation.

**(n) Exchange of Sports and Physical Education Teams/Experts**

International cooperation in the field of sports physical education took a big leap forward, providing the much needed opportunities of foreign exposure to national teams and coaching/training abroad. Government of India procured the services of international coaches/sportspersons by way of bilateral agreements under CEPs/ Sports protocols with the concerned countries. The foreign coaches are paid air fare, salaries, TA & DA/medical expenses & local transportation, etc. during their contract/employment in India. During the year 11 foreign coaches/experts were working on contract basis.

**(o) SAF Games, 1995 Madras**

The Indian contingent of 337 persons (252 sportspersons, 46 coaches, 19 managers, 15 technical officials and 5 IOA officers) were cleared by Government to participate in the VIIth SAF Games held at Madras from 18th to 27th December, 1995. The whole contingent was cleared at Govt. cost except 19 managers at 'No Cost to Govt.' and 11 referees/judges were provided only to & fro air passage cost. In these games, India topped the medals tally by winning 106 gold, 60 silver and 18 bronze medals.

## PHYSICAL EDUCATION

### Lakshmibai National Institute

The Lakshmibai National College (now Institute) of Physical Education was established by Government of India, on 17th August, 1957, the centenary year of the first war of Independence. The Institute is located at Gwalior where Rani Lakshmibai of Jhansi had lost her life.

In recognition of the educational services rendered by the Institute in the field of physical education, sports and research and on the recommendations of the University Grants Commission, the Government of India, Ministry of Human Resource Development (Department of Education) declared this Institute as a "Deemed to be a University"

### REFERENCE

1. <http://sports.indiapress.org/developments.php>.google.in
2. *Online journal of sports in india*
3. *Online library sources*