

**“The Golden Quest for India in Olympic Games  
With reference to performance since 1984”**

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**Under The Faculty of**

**Modern Sciences and Professional Skills,**

**Department of Journalism,**

By

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**Year of submission**

**October 2014**

## DECLARATION

I, the undersigned, Mr. **Milind Prabhakar Dhamdhere** declare that the thesis entitled -

**“The Golden Quest for India in Olympic Games  
with reference to the performance after 1984”**

submitted by me for the degree of Doctorate of Philosophy in journalism is an original research carried by me under the guidance of Mr. Arvind Gokhale and Dr. Deepak Deshpande.

I further declare that it is not formed the basis for the award of any degree, diploma, fellowship, titles in this or any other university or other institutions of higher learning.

I also further declare that the material obtained from other sources has been duly acknowledged in the thesis.

Place- Pune

Date : 19<sup>th</sup> October 2014

(MILIND PRABHAKAR DHAMDHERE)

## CERTIFICATE

Certified that the work incorporated in this thesis entitled “ **The Golden Quest for India in Olympic Games with reference to the performance after 1984**” submitted by Mr. **Milind Prabhakar Dhamdhere** was carried out by the candidate under our supervision and guidance. Such material which has been obtained from other sources has been duly acknowledged in this thesis.

Mr. Arvind Gokhale

Place-Pune

Date : 19<sup>th</sup> October 2014

Dr. Deepak Deshpande

## **FOREWORD**

Olympic Games are the most prestigious and fascinating event on the earth. However, India has yet not given an importance to it due to which we are not able to win substantial number of medals in these games. As a journalist, I often write on the performance of Indian players in these games. I have always observed that very rarely I get an opportunity to appreciate the performance of Indian players. This is because most of the time our performance in these games is very poor and below the expectations.

I was lucky to witness the Winter Olympics held at Salt Lake City, USA in 2002. In that competition there was only one Indian player representing our country. During the march-past, when that player entered the stadium along with the Indian flag, the commentator made the commentary as “here comes Shiva Keshavan, the only player from India; a country having population of more than 100 crores and wide range of Himalaya”. These comments, though punching one, inspired me to make the thorough study of reasons for failure of India in Olympic Games. I further started thinking why our players are not able to shine in this prestigious event on the earth. At that time the idea of making research on this subject struck me.

It is very difficult to find a phrase to describe the spontaneous encouragement given to me by Dr. Deepak Deshpande and Mr. Arvind V Gokhale. They really inspired me to make study of India’s unsatisfactory performance in Olympic Games. Dr. Deepak Tilak and Mr. Gokhale had encouraged me to attend different national and international sports events when I used to write for the Daily Kesari. In fact, my journalism career started under the guidance of Mr. Hemant Jogdeo, the senior sports journalist who himself has visited many Olympic Games. We always share about the performance of our players. I have been very lucky to have very co-operative colleagues in the field of journalism wherever I worked.

The most persons I would like to thank are, my family members, who really took very patiently during my research work. I am very much thankful to Mr. Joseph Pinto, Mr.

Sharad Bhate, Mrs. Vedavati Jogi from our journalism field. I take this opportunity to thank Prof. Deepak Karve for fine tuning of the language of my thesis and Mr. Sanjay Patwardhan who did the job of proper aligning of the data of the thesis. I sincerely thank to Mr. Suresh Tambe Sir who laid the foundation of my writing skill during the school and who encourages me all the time.

Fortunately, during the last four years I got an opportunity to meet many players, coaches, officials with whom I could share and discuss the reasons behind India's debacle in these games. I also got some valuable information through the books of libraries of Tilak Maharashtra Vidyapeeth, Garware College and Chandrashekhar Agashe College of Physical Education

I am in the field of Sports Journalism since 1980. I have worked as a Sports Correspondent for various newspapers. While working as a Sports Correspondent, I have visited many places to cover sports tournaments. I have also an experience as a commentator of All India Radio Pune through which I have interviewed many sports personalities. So far more than one thousand articles written by me on the subject of sports have been published in various newspapers like Daily Kesari, Loksatta, Sakaal etc. and in periodicals like Saptahik Sakaal, Chhatra Prabodhan etc. I have also worked as an official at various national, state level sports events including National Games held at Pune and Bangaluru. I am recipient of many awards like Parshuramiya Krida Puraskar, Best Journalist Award of Lions Club, Ekta Samaj Bhushan Award, Promise Balsara Award, and Late Shivramant Damle Award for sports literature etc. I have also written two books- One book on Olympic Games and another on "Abhnav Bindra".

## **ABSTRACT OF THE THESIS**

Every sportsperson in the world, dreams of participating in the most beautiful and prestigious event of the earth i.e Olympic Games. The success in these games is always challenging but achievable. Many smaller countries have got tremendous success in these games. But as compared to these countries, India's success in these games has been very limited especially after 1984. Though India is second largest country as far as population is concerned, the performance of India is very poor.

The researcher of this thesis has tried to find out reasons for poor performance of Indian players in these games and has suggested what can be done to increase the success of India in these games. Being in the field of sports journalism since 1980, the researcher has observed the lacunas of our players in the international as well as in national level competitions. These observations have been explained in details in this thesis. Also he has interviewed many sport persons and other celebrities. He has prepared questionnaires for sportsmen and non-sportspersons. The different opinions and suggestions given by them have been thoroughly analyzed by the researcher in this thesis.

## CURRICULUM VITAE

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**Date of birth** - 28<sup>th</sup> September 1960

### **Educational Qualification-**

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M.Com	1983	Poona	Higher Second Class
Certificate Course in Journalism	1985-86	Poona	Distinction with the first rank
B.J	2005	Tilak Maharashtra Vidyapeeth	First Class with Second rank
M. J	2006	Tilak Maharashtra Vidyapeeth	First Class with First rank

### **Other Achievements –**

1. Participated in Inter College Chess, Basketball, Handball, Table Tennis, Swimming.
2. Participated in All India interoffice Table Tennis, Chess, Badminton Tournaments.
3. Worked as an official for many All India Inter Bank Chess, Carom, Table Tennis, Badminton, Wrestling Tournaments organized by Indian Banks Association.
4. Worked as an official for many inter college sports Tournaments, All India Inter University Tournaments All India Kho-Kho Tournaments.
5. I had climbed Patalasu Peak in 1982. I had been member of the first civilian expedition for Mount Everest organized by Sports and Research Foundation in 1992. I was supporting member for successful expedition for Mount Everest in 1999 and 2012.

### **Sports tournaments attended-**

1. I have attended the Winter Olympic Games 2002 organized at Salt Lake City, USA.

2. I have attended national Games held at Pune, Bangalore etc.
3. I have attended many international events including Asian Track and Field Meet, International Grand Prix Meet, Asian Age Group Aquatics Championships, Pune International Marathon, Commonwealth Youth Games, World Cadet Wrestling Tournament, International Table Tennis Meets, World Youth Volleyball Meet, International Badminton Championships, World Cup Cricket Tournaments, IPL Cricket Tournaments, International Moto-Cross Meets World Hockey Series, World Boxing Series and many other state level sports meets etc.
4. I have attended many national and all India championships of most of games including Table Tennis, Chess, Athletics, Carom, Judo, Boxing, Skating, Softball, Wrestling, Karate Badminton, Swimming, Rowing, Basketball, Football, Hockey, Best Physique, Weight-lifting, Cycling etc.
5. I have taken interviews of many sports personalities for All India Radio, Pune. I have made live commentary for national games held in Pune and many other games.
6. I have worked as Hon. Faculty member for Journalism Department at Ranade Institute, Abasaheb Garware College and Tilak Maharashtra Vidyapeeth.

**Present Occupation-**

Working as Senior Sub-Editor for Sports in Daily Loksatta

**Awards and other prizes-**

1. Balsara-Promise Award for articles on Mumbai-Pune Cycle Race.
2. Parashuramiya Award for sports journalist.
3. Lions Club Award for Sports Journalist.
4. Symbiosis Award for Sports Journalist
5. Ekata Samaj Bhushan Award
6. I am in the field of sports journalism since 1980. I have written more than one thousand articles on sports in many many leading newspapers and also in many well known periodicals I have written two books in Marathi language. One on Olympic Games and other on Abhinav Bindra, the first Gold Medalist from India.



## TABLE OF CONTENTS

Chapter No.	Particulars	Page No.
<b>1</b>	<b><u>Introduction of the project-</u></b>	
1.1.1	Concept of sports- Meaning, types, history, different types of competitions, major events in sports, importance of Olympic Games.	1
1.1.2	History of ancient Olympic Games.	6
	Modern Olympic Games	8
	Changing scenario of Olympic Games.	9
1.1.3	Hypothesis of the project- Limits and delimitations to the project.	12
1.1.4	Research Methodology-	
1.1.4.1	Research Methodology-Meaning.	17
1.1.4.2	Research Methodology in social science.	19
1.1.4.3	Research Methodology in sports.	22
<b>2</b>	<b>Sources of data collection-</b>	
2.1	Primary sources of data collection.	24
2.2	Authentic data from International Olympic Committee.	27
2.3	Secondary Sources of data collection.	28
<b>3</b>	<b>Review of literature</b>	
	<b>A) Olympic Games</b>	
3.1	Sleeping Tiger Flying Dragon	29
3.2	Army Sports Institute's documentary –“Operation Olympic Medal.	29
3.3	“Vijayache Manasshastra (Winnig Habits)”	30
3.4	A sports syllabus for your child-Kindergarten to Olympics	31
3.5	“The making of Champion”-Roots of the sporting mind	31

3.6	“Heat of the movement”	32
3.7	“ The Olympic Book of sports and medicine”	33
3.8	Gymnastics-Skills, Techniques Training	33
3.9	“ Athletics-Field Events from beginner to Champion	33
3.10	Thinking The Olympics-The Classical tradition and the Modern Games	34
3.11	Master of Art of Runnig	34
3.12	Succeed as a Runner	35
3.13	The Olympics-the basics	35
3.14	Jessica Ennis-Unbelievable	36
3.15	Suvarna Pal	36
3.16	Portrait of Indian Sport-Anthony Demello	36
3.17	Reading for Excellence-the glory and decay of sports in India-Melville Demello	37
3.18-	An Inspirable Biography-Saina Nehwal	37
3.19	Modern Art and Technique in Wrestling	37
3.20	Ultimate Triathlon	38
3.21	Athletis-the King of Games	39
3.22	Modern Athletics	39
	<b>B) Fitness</b>	
3.23	Ramanand Gaikwad-Research Paper on sports	39
3.24	Prof. Dattatray Mahadam-Research Paper on sports	40
3.25	Dr. Ujjwala Raje-Thesis about motor fitness of the children	40
3.26	Smt.Jyoti Kanitkar-Research on “Development of Group Achievement Motivation in Sports Team”	40
3.27	Munish Singh Rana-Research on sports talent in Himalayan area	41
3.28	Shivanand Sharanappa Torvi – Research on Physical Education	42
3.29	Maharashtra State Government’s Sports Policy 2012	42
	<b>C) Diet of Sportsperson</b>	
3.30	Sports Nutrition for Women	44

<b>4</b>	<b>Review of India's performance</b>	<b>45</b>
4.3.1	The performance of Indian players before 1984	60
4.3.2	Sports Infrastructure	63
4.3.3	Scholarships/rewards etc.	65
4.3.4	Medal performance	68
4.3.5	Fitness Level	69
4.3.6	Funds for Olympic Preparation	69
4.3.7	Sports Medicine	69
4.3.8	Corruption, malpractices and fraud in sports administration	70
4.3.9	Political interference in the administration	71
4.3.10	Sports Career	72
4.3.11	Social, religious obligations	72
4.3.12	Lack of proper attitude	73
4.3.13	Coaching system and camps	73
4.3.14	Budget for Commonwealth Games	74
4.3.15	Partial attitude of leading players	75
4.3.16	Performance in Commonwealth Games 2010	76
4.3.17	Performance in Asian Games 2010	76
<b>5.</b>	<b>Success stories of India's medal winners</b>	
5.1	The story of Golden Success of Abhinav Bindra	77
5.2	Rajvardhan Singh Rathore-Olympic Games Silver medal	82
5.3	Sushilkumar Solanki- Olympic Bronze medal wrestler	83
5.4	Vijendersingh- Olympic Bronze medal boxer	84
5.5	Leander Paes- Olympic Bronze medal Tennis player	86
5.6	Karnam Malleshwari- Olympic Bronze medal Weightlifter	88
5.7	Late Khashaba Jadhav- Olympic Bronze medal wrestler	89
5.8	Success story of Krushnaa Patil- Everest Climber	90
5.9	Shantosh Viroth- Commonwealth Youth Games medal winner	91

5.10	Mahadev Deka, Mr. Universe title winner	92
5.11	Navnath Fartade- International medal winner shooter	92
5.12	Gurukul training method for Archers	93
5.13	Success story of China's sportsmen	94
5.14	Success story of American players	97
<b>6</b>	<b>Reasons for poor performance of India in Olympic Games</b>	
6.1	Fitness-a) Physical b) Mental	98
6.2	Selection- Procedure, political influence and quota System	100
6.3	Infrastructure - standard, maintenance	104
6.4	Role of association and federations	109
6.5	Coaches-training system, camps	112
6.6	Talent hunt and their problems	116
6.7	Role of schools and colleges	118
6.8	Role of media in development of sports	123
6.9	Sports as a career option and support from parents	125
6.10	Reward System for sportsmen and games	131
6.11	Facilities available for players	136
6.12	Role of the Government in sports development	138
6.13	Sports Medicine	142
6.14	Competitions and their standard	146
6.15	Common injuries observed	148
6.16	Technological development	151
6.17	Players and future/faith/predictions/forecast	152
<b>7</b>	<b>Experts' Comments about performance of India</b>	
7.1	Late B K S Ayyangar- Yoga Expert and founder of Ayyangar Institute	153
7.2	Girish and Mrs. Sadhana Lele- Yoga Experts	154

	<b>Senior players and former Olympians</b>	
7.3	Bejamin Jekinson-Australian Swimming Champion	156
7.4	Late Darasingh-Former Wrestler and Bollywood Actor	157
7.5	Dola Banerjee-International Archer	158
7.6	Geet Sethi, World Champion, founder of Olympic Gold Quest	159
7.7	M C Mary Kom-World Boxing Champion	161
7.8	Dhanraj Pillay, Former Olympian and captain of Hockey Team	163
7.9	Milkhasingh-Former Olympian Athlete	165
7.10	Jimmy Connors-former World no.1 Tennis player	166
7.11	Susantika Jaisinghe-Olympic bronze medalist of Sri Lanka	167
7.12	Sachin Tendulkar-World record holder cricketer and sports icon	168
7.13	Satpalsingh Seharawat- Former International Wrestler	170
7.14	P T Usha- Asian Gold Medalist and Olympian Athlete	171
7.15	Saina Nehwal-World Junior Badminton Champion	173
7.16	Nina Podeneshshorova and Alvetina Naumove- Runners	174
7.17	J D Walsh-NBA Basketball player	176
7.18	Vishwanathan Anand-Five Times World Chess Champion	177
7.19	Ramesh Tawade –Former Olympian and Coach	178
	<b>Political Leaders</b>	
7.20	Sushilkumar Shinde-Former, Union Minister	181
7.21	Sharadchandra Pawar-Former Union Minister	182
7.22	Arwind Sawant-Leader of Shivsena	183
7.23	Abhay Chhajed-Politician and Athletics Organizer	184
7.24	Rupali Patil-Leader of Maharashtra Navnirman Sena	185
7.25	Shyam Ashtekar-Former State Sports Minister	186
7.26	M S Gill-Former Union Sports Minister	189
	<b>Sports Administrators</b>	
7.27	Late Ramesh Damle- Secretary of Maharashtraiya Mandal	190
7.28	Kuldeepsingh Minhas- Former International Wrestler	191
7.29	Bindusar Khannade-Mallakhamb player and organizer	192

7.30	Balasaheb Landge-Wrestling Coach and member of Indian Olympic Association	194
7.31	Mrs. Smita Shirole-Yadav- International Rowing Referee	196
7.32	Laxmikant Deshmukh-Former Director of sports and Youth	197
7.33	Satpalsingh Ahlawat-Former Commandant, ASI	200
7.34	Dr.Nayana Nimkar-former Principal Agashe College	203
7.35	Kartarsingh-Former Secretary of Indian wrestling Federation	205
7.36	Suresh Kalmadi-Former President of Indian Olympic Association	207
7.37	V.K.Malhotra-Acting President of Indian Olympic Association	208
7.38	Randhirsingh-Former Secretary of Indian Olympic Association	210
7.39	Dr. Cheng Kim- President of Asian Wrestling Federation	211
7.40	Jacques Rogge- President of International Olympic Committee	212
	<b>Sports Journalists</b>	
7.41	Hemant Jogdeo-Senior Sports Journalist	213
7.42	Sharad Bhate-Senior Sports Journalist	216
	<b>Medical Experts</b>	
7.43	Dr. H V Sardesai-Well known senior medical expert	217
7.44	Dr. Rajeev Sharangpani-Well known sports medicine expert	221
7.45	Dr. Deepak Falgune-Medical Officer-Pune University	223
7.46	Dr. Vaes Paes- Former Olympian and sports medicine expert	224
	<b>Coaches</b>	
7.47	Late Harishachandra Birajdar- International Wrestler & Coach	226
7.48	Dr. Bhishmaraj Bam-Senior coach and sports organizer	227
7.49	Dr.Arun Datar-Founder of Surya Gym and international coach	229
7.50	Prof. Nana Phatale-Senior Coach, referee of weightlifting	231
7.51	Massino Constantini-International Table Tennis expert	233
7.52	Paul Mutawai-Coach of Kenya's marathon team	234
7.53	Robert Kerr- British Swimming coach	236
7.54	Joaquim Carvalho-Former Olympian Hockey coach	237

7.55	Gurubaksh Singh-National Boxing Coach	239
7.56	Pullela Gopichand-All England Badminton Champion and National Coach	241
7.57	Prakash Padukone- All England Badminton Champion and National Coach	243
7.58	Vilas Kathure-International Wrestling Coach	246
7.59	Kamlesh Mehta- former international player and national coach	246
<b>8</b>	<b>Analytical Study of Opinion expressed by various experts.</b>	
8.1	Lack of devoation, dedication, killing instinct	249
8.2	Mental fitness	249
8.3	Wrestler's attitude	250
8.4	Selection procedure	250
8.5	Training	251
8.6	Talent search and its development	251
8.7	Coaching standard and foreign coaches	251
8.8	Lack of proper environment for sports in schools	252
8.9	The Government's Role	252
8.10	Lack of professional approach	253
8.11	Accountability factor should be introduced in sports	253
8.12	Five S' for success	253
<b>9.</b>	<b>Conclusion and suggestions</b>	
9.1	General Conclusion	255
	Wrestling	255
	Shooting	256
	Tennis	258
	Boxing	260
	Athletics	262
	Swimming	263

	Badminton	264
	Archery	265
	Weightlifting	265
	Hockey	266
	Judo	267
	Roving	267
9.2	Other measures for increasing performance	267
9.3	Suggestions	284
10	<b>Further scope of studies</b>	287
	<b>Annexures</b>	
	Questionnaire	291
	Other observations	293
	Bibliography	306



## CHAPTER 1 - INTRODUCTION

### **1.1 The concept of the sport-**

#### **Meaning of sport-**

Before taking into consideration about the Olympics Games, we have to consider the meaning of sports. The sport is an activity involving physical as well as mental efforts and skills in which a person or a team competes against another or others within the certain rules and regulations framed by the organizers. We always say that sound mind requires sound health. Every person should play at least one sport for keeping his health good. Thus sport is very important for mental as well as physical recreation, exercise and sound health throughout the life. The sport means any activity related to amusement, enjoyment, entertainment, exercise, fun, games, play, pleasure, recreation etc.

#### **Types of sports -**

There are two types of sports i.e. indoor and outdoor sports. The indoor sports include all sporting activities which are carried in the indoor halls, stadiums. These include games like Chess, Carom, Badminton, Table Tennis, Bridge, Wrestling, Judo, Fencing, Taekondo, Boxing, Wushu, Marshal Arts, Weightlifting, Best Physic, Gymnastics, Mallakhamb etc. While outdoor sports include games like Football, Cricket, Hockey, Volleyball, Basketball, Golf, Swimming, Handball, Cycling, Rowing, Canoeing, Yachting, Equestrian, Archery, Shooting, Rugby, Adventure sports like Motocross, car race etc. Though Mountaineering, Trekking etc are not competitive sports events, yet the Government has classified these activities under sports.

#### **History of sports -**

It is usually said that the sporting activity started since the birth of human being. Not only human beings but birds and animals also enjoy the sporting activities like chasing each other, fighting etc. During the era of the Stone Age, there were sporting activities like competitions with archers, armors. They used to have

competition like wrestling to decide their leader or to choose the bride for them. It has been proved by the historians that even in Ramayan and Mahabharat, there were competitions of archers; they had horse, elephant's competitions, wrestling etc. During the era of Mahabharat, there were competitions of archery, wrestling and other skill activities among Kauravas and Pandavas. The game of Chess was being played in the era of Mahabharat as Chaturang etc.

China which is now emerging as the sports power has the history of sports way back to 4000 years B.C .The event of gymnastics was prevalent since those days. There are evidences about the sports activities like Wrestling, Swimming and High Jump etc in Egypt in the similar era. Similarly in Iran, Persia and Greece, there are evidences about various sports activities. In fact Greece is the pioneer of Ancient Olympic Games. Many ancient infrastructures in Greece show the evidence about these games. Greek and Roman cultures were having many sports activities in the ancient age. It is also said that team games started three thousand years B.C. through American ballgames.

#### **Different types of Competitions-**

During the ancient era, competitions were nothing but small wars among groups to prove their power. Also such competitions were organized for the entertainment of the people also like fights between two strong men or fight among some animals like horses, bullocks etc. There were also fights between man and bullock etc. These fights or small wars later became healthy competitions. These competitions are being held as

- a) **Need-** e.g. to show the skill for getting rewards-. Earlier competitions were the part of entertainment. Now due to professional approach towards the game these competitions have become a tool for earning money as a way of livelihood. E.g. in games like Cricket, Football, Hockey, Tennis even Chess, most of international players get handsome money for taking part in such competitions.

- b) **To judge our own skill-** many matches are organized for getting judgment about skills of an individual or a team.
- c) **For bringing improvement** - Many tournaments are arranged for bringing the improvement in the skills of players in the team e.g. friendly matches are organized for this purpose.
- d) **Mental satisfaction-**Sometimes matches are arranged for mental satisfaction of concerned players.

In each country, local level tournaments are arranged to give exposure to local players. There are districts, state and national level competitions through which players are able to show their skills.

#### **Major events in sports-**

At international level, there are many tournaments held. South Asian Meets are arranged for South Asian countries while Asian games are arranged for Asian countries. Afro-Asian tournaments are also arranged so that players from Africa compete against Asian players. African Games are organized for African players while players from Europe also have similar competitions among European nations. Commonwealth Games are organized for players from Commonwealth countries i.e. countries which were under the British regime. Along with these games, each international sports federation arranges competitions at World level to determine the world champion. In the game like Football almost all countries take part in the world championship. To enable the smooth organization of these competitions, preliminary qualifying rounds are organized and through these rounds 32 nations qualify for the main event. In many other events like Tennis (Davis Cup), Hockey, Cricket, Volleyball, Basketball etc, such qualifying rounds are taken. In Tennis there are four Grand Slam events i.e. Australian, French, Wimbledon and American Open. These tournaments are said to be the most prestigious tournaments for players.

Amongst all these competitions, Olympic Games are the most prestigious event on the earth. These games are held after every four years. Along with these games the concept of winter Olympics also emerged which are also held after every four years. The achievement of players in these games reflects the strength and skills of a player and his nation. Each player dreams to take part in these games.

The Olympic is the only event on the earth in which people irrespective of their religion, caste, race, languages and political differences come together to share the enjoyment of sporting atmosphere. The five circles in the Olympics' Symbol represent the five continents on the earth.

#### **Importance and Objectives of Olympic Games-**

1. The main objective of organizing these games is that the practice of sport would help the youth in physical and moral development.
2. Another object was to enlarge the vision about sporting activity so as to create a platform with wide horizons for everyone with no discrimination on the basis of birth, caste, wealth, situation, and occasion.
3. To make use of these games as a platform to popularize the educational role of sports in the moral as well as the physical development of the athlete. Barron Pierre de Coubertin, the founder of Modern Olympic Games, believed that it was essential to internationalize sports in order to popularize it in such a way that young people everywhere could benefit from it. To achieve this it was necessary to have a noble, beautiful and a grand spectacle which would take the event beyond the competition.
4. The Athleticism can be the occasion of the most passions. It can develop the sense of impartiality, the feeling of honor as well as the love of winning.

5. Olympic Games are organized in order to ennoble and strengthen sports, to ensure their independence and duration and to set them better to fill the educational role which is devolved upon them by the modern world. To exalt the individual athlete, whose very existence is necessary for the involvement of the community in athletic sports and whose achievements provide an example to be emulated.
6. To revive a traditional institution with the new adepts of the religion of sports which our great ancestors conceived. It will enable the physical potential of the individual to be fully expressed and explored. The sport is a means of acquiring a higher value in physical strength.

The Olympic is the only event on the earth in which people, irrespective of their religion, caste, race, languages and political differences, come together to share the enjoyment of sporting atmosphere. The five circles in the Olympics' Symbol represent the five continents. It is always said that India is one of the best organizers of many international events. That has been proved in Commonwealth Games organized by India in 2010. India has organized many events like Asian Games, South-Asian Games, Afro-Asian Games and other international events like International marathon, Asian Athletics Meet, Champions Hockey etc. India successfully organized Commonwealth Youth Games in 2008 at Pune and Commonwealth Games at New Delhi in 2010. Whatever happened afterward regarding fraud scandals in the organization of these games is history. It is observed that though India has tremendous potential for sports, the success of our players in Olympics has been far below than expectations and also poorer than many other nations. Hockey is said to be the traditional and national game of India, but India hasn't won any medal in Hockey in Olympic Games since 1984. During the era of Late Major Dhyanchand , India had totally dominated world Hockey before 1960. During this period other countries were afraid of playing against Indian players, but now no country fears our team. In fact, we are afraid of playing against other countries.

In individual games also, the performance of our players is very poor. So far our nation has won only a handful of medals in individual games- Norman Pritchard way back in 1900 ( The British Government claims that these medals belong to England.) After him so far Khashaba Jadhav (Wrestling- Bronze), Leander Paes (Tennis-bronze), Karnam Malleshwari (Weight Lifting-Bronze), Rajvardhan Singh Rathod (Shooting-Silver) have won a medal in Olympic Games. Beijing Olympics proved to be the most successful event for India in which Abhinav Bindra won the first individual gold medal in the history of the game. He won the gold medal in shooting. At the same games, Vijender Singh won the bronze in Boxing while Sushilkumar Solanki won the bronze in Wrestling at the same games. However, at these games Indian Hockey team could not even qualify for the main round. Though our players are able to win the medals at other international events like Commonwealth Games, Asian Games, Afro-Asian Games and even they create world records in events like shooting etc, they are not able to win respectable tally of medals at Olympic Games The countries having population not more than Maharashtra, win medals in Olympics e.g. Ethiopia, Kenya, Jamaica etc. However, as far as India is concerned there has been always a sad story about medal hunt. Team comprising 75 to 100 players is not able to win at least 7-8 medals at these games. At London Olympic games held very recently, India bagged six medals i.e double than medals they got at Beijing Olympic Games. At London Games in 2012, Vijaykumar Sharma won the silver medal in shooting while Sushilkumar won the silver medal in wrestling. Sushilkumar also created the *historic* feat of winning back-to-back *Olympic* medals. Also India got bronze medals through M. C. Mary Kom (Boxing), Gagan Narang (Shooting), Yogeshwar Dutta (Wrestling), Saina Nehwal (Badminton)

### **1.1.2. History of Ancient Olympics**

Before discussing about Olympics, we should learn about when these games started. Though the exact year when these games started is not known, it is definite that the origin of these games is in Greece as the culture and ancient civilization of Greece reflect that before Christian era these games were held. Different sculptures found in Greece especially in Athens tell that in the ancient period Olympic Games were held there.

It is being told that First Ancient Olympics were held in the year of 776 B C in Greece and the opening ceremony of these games was witnessed by more than 45 thousand spectators. Events like Long Jump, Javelin Throw, Discuss Throw, Wrestling, Boxing etc were included in these games. The last Ancient Olympics Games were held in the year of 390 B C. There is no evidence about holding of these games for the next 1400 years.

The idea of such games found the birth again in the early years of the 19<sup>th</sup> Century i.e. in the year 1829. Thanks to German Archeologists who tried to make exploration about the evidence of Ancient Olympic Games. Through constant efforts they found some of ancient archives of the Olympic Stadium. This boosted the idea of organizing events like Olympics. In 1859 one rich merchant in Europe organized competitions on mass scale. Though these games didn't get recognition of the Olympic Games, his efforts encouraged the idea of organizing events like Olympics Games and the positive atmosphere was created through his efforts. Especially these competitions encouraged one Educationist and Philosopher who had travelled a lot in different countries. Do you know who he was? He was none other than the founder of modern Olympics i.e. Late Mr. **Baron de Coubertin**. This French youth was attracted towards the research made by the German Archeologists.

Late Dr. **Coubertin** was of the firm opinion that due to such games different communities on the earth can come together; people can share their ideas and help the cause of universal brotherhood. He thought that in ancient period if any quarrel arose between two countries, events like Olympics were announced so that these two countries may forget the rift between them and come together for a genuine purpose. He proposed this idea in the annual meeting of French Union of Sports and urged all sports enthusiastic people to start Olympic Games. In 1894 an international conference was organized on the subject of sports in which the idea of hosting the Olympic Games got a boost. In this meeting it was decided to organize the Olympic Games in 1900. The response of people was so much that nobody was ready to wait until 1900 to organize this event and it was decided to host these games in 1896. Of course the venue was Greece, the pioneer of ancient Olympic Games. From these games the era of modern

Olympics started. The Olympics is the only event on earth in which people irrespective of their religion, caste, race, languages and political differences come together to share the enjoyment of sporting atmosphere. On 7<sup>th</sup> April 1896 more than 80 thousand people witnessed the unique event of the earth at ancient Olympic Stadium in Athens. It was the beginning of Modern Olympic Games, the biggest and the prestigious event of the world.

### **1.1.3 Modern Olympic Games-**

Though the world's greatest games started in 1896, in the initial stages, these games turned to be a major failure because of improper planning and poor organization. In fact, after poor response to games of 1900 and 1904, it is said that the Olympic movement might have died. However games held in 1908 at London turned to be very successful. These games were allotted to Rome, but Italy backed out due to the financial crunch. So these games were allotted to Great Britain. These games were well organized. During games held at Stockholm in 1912, for the first time electronic time devices were used. A measure of stability came to these games in 1912. In these games IOC flag with rings in blue, yellow, black, green and red was designed. During the ancient time all wars were suspended to enable the safe passage to Olympic players. However, this understanding was not followed in modern age. First World War resulted in the postponement of games to be held in 1916. Antwerp organized the games of 1920. After that there was smooth flow of these games except during the period of World War II. In 1944 these games could not be held due to this war.

London was lucky to organize these games again in 1948. From 1952 to 1980, these games saw some political invasion, yet response from players was satisfactory. It is also seen that the host country has to incur heavy financial loss, due to burden of expenses incurred for these games. In 1984, the organizers of Los Angeles proved that these games can be organized as a commercial event. These games paved the way for new ethos in Olympics and its management. In fact, these organizers gave message that profit can be generated through the organizing of these games. Though it was decided that these games are only for amateur players, later on this concept was dropped as many



professional players began to take part in competitions and no objection was raised against these players.

During last 30 years these games saw radical changes in the organization of these games. Now the most ultra modern equipments are used for organization, publicity, technical aspects etc. During last 30 years, the participation in these games has increased. There is positive approach from players as well as coaches towards these games. Most of players think that success in these games can give them fame and money too. The concept of Winter Olympic Games was introduced in 1924. These games are also held after every four years.

Looking back to the growth of these games, one sights an enchanting panorama of beauty, enchantment and achievement. The Olympic movement stands like a supreme monument of human endeavor and sacrifice, as pillars of strength to the youth for whose well-being; the whole idea was conceived and executed. Definitely we can say that these games are nothing but the forum conveying to the universe the message of love, brotherhood and the concept of peace through the competitions. Like all other great movements, the Olympic movement absorbed quite a few new ideas, conditioned itself to imbibe the spirit and mood of the times without losing its basic identity and image. Many times the Olympic movement hit a plateau by reasons like political interference, war, great depression. But still the games are being held every fourth year with enthusiasm. This is because of its' uniqueness as thousands of players irrespective of their religion, caste, color etc come together to show their skill of sports.

#### **1.1.4 Changing scenario of Olympic Games**

Considering the review of these games during past hundred years, it has been observed that American Players have dominated these Games. So far they have won overall championship for 14 times while USSR has won this honor for seven times. France, Great Britain, Germany have also team championship on a few occasions. In early years runners of Finland dominated the long distance events. But now players from small

countries like Kenya, Ethiopia etc are showing excellent performance in long distance running events. In individual events like Swimming, Athletics, players from USA, Australia, Japan, China, Germany, France, and Great Britain are showing excellent performance while countries like Iran, Cuba, and Korea etc have got good success in the power events like Boxing, Judo, Fencing, Wrestling, Weight-lifting etc. Asian challenge in these games has been from Japan, China and South Korea. In the initial stages China had not participated in these games. They participated for the first time in 1984 Olympic Games in which they won 32 medals including 15 gold medals. Now they are the main challengers from the Asian continent. Also they hosted 2008 Olympic Games so spectacularly in which they showed how China is becoming a super power in sports and also at world level.

The opening and closing ceremony of these games proved to be the most fascinating and attractive event. Thanks to the combination of tradition with modern technology, increasing qualitative and quantitative response of players, exciting matches, efforts taken for achieving record performance these games are now becoming unique events. Now players have learnt that medals in these games attract fame and money to players. But this has also attracted many bad habits like doping. These bad things are becoming a scare to the sporting event. In early days these games were limited to amateurs. Now these games have become profit making sports events as these games are patronized by many sponsors. Even now players have logos of different sponsors through which they also get a handsome amount.

Los Angeles Olympics in 1984 were organized without taking any money from the Government. The organizers of these events had got a lot of sponsorship. They printed advertisements on the tickets of events also. The organizers of these events earned profit of Rs.22 crore. They proved that the organizers can earn profit through these events. Since then, these games have become professional events. As these events are becoming profit oriented events, many malpractices are adopted to get the honor of hosting these games. USA had hosted Winter Olympics at Salt Lake City. These organizers have been criticized by the media stating that organizers of these events had resorted to many

mollified ways for getting this event. This was proved and many members of International Olympic Committee (IOC) involved in the racket of these games had to resign from IOC. These unfair practices have been against the principles of Olympic Movement.

It is usually said that these games are held to create an atmosphere of brotherhood and tolerance among different nations. The political rivalry between USA and USSR had affected the Olympic Games. In 1980 USA and their other friendly countries had boycotted Olympics held at Moscow. This boycott had affected the quality of the Games. Similarly USSR and its friendly nations had boycotted Los Angeles Games in 1984. However there was not very much effect on these games. In fact Russian players must have regretted for not participating in the beautifully organized event at Los Angeles.

With the increase in medicines used for increasing stamina, energy and speed, the quality of these games has very much improved. In the Olympics of 1896, Alfred Hajis had won the race of 100 meters free style in one minute and 22 seconds, In the Olympics of 2004 the same distance was covered in less than 48 seconds. With the increase in basic infrastructure and other facilities the standard of foreign players has increased. However, as far as India is concerned, we find the exact opposite picture. Major Dhyanchand and his colleagues had dominated international Hockey when there were no good facilities to the players. But now in spite of a lot of facilities our country is not able to win a medal in this traditional game since 1984.

Due to the increase in number of participants, though competition among the players increases the standard of the events, this competition is becoming bitter rivalry between players of two nations and also organizers of respective nations. E.g. Zola Bud had purposely pushed Mary Decker in the running events which resulted in a major injury to Decker. That brought a halt to the remarkable career of Decker finished. Ultimately the career of Bud also ended. So also in Men's section for dethroning the career of Carl Lewis, Ben Johnson of Canada took illegal medicines which were banned by IOA which resulted in the end of career of Johnson.

Unhealthy competition among coaches and organizers also affects career of some players. Some players were trapped in Dope Scandal through wrong samples which were given by cheating players. Katherin Krabe (Germany), Diana Mothol (England), Susantika Jaysinghe (Sri Lanka) these players were trapped by their rival players' coaches for taking revenge. Swimmer Cornelia Ender (East Germany) and famous world record holder Javier Sotomayor were declared as players who tested positive in doping though they were really innocent. It is very difficult to challenge to such tests. Thus the bitter rivalry sometimes ends career of a renowned player.

### **1.3 Hypothesis of Project and Statement of Hypothesis**

The Olympic Games is the most prestigious event on the earth in the field of sports. The development of any country in the sports is determined through the achievement of the country in these games. Though India is having the second largest population of the world, so far India has not achieved the expected haul of medals. In fact as compared to other small nations like Kenya, Ethiopia, Jamaica, Qatar etc India's performance has been very poor.

#### **Objectives of this thesis are-**

1. To evaluate the performance of Indian players in the Olympic Games
2. To criticize thoroughly the performance of Indian players in the Olympic Games.
3. To find out reasons for unsatisfactory performance of Indian players in the Olympic Games.
4. To analyses the performance of Indian players in other competitions.
5. To analyses the performance of other foreign players in the Olympic Games.

### **Assumption-**

During the research work, the researcher has taken the statistics from the certain websites. He has also interviewed few experts from the sports fields. It is assumed that-

1. The information about the Olympic Games statistics given on the website of International Olympic Committee and Indian Olympic Association is correct.
2. The opinion or comments given by the various experts are correct at the time when they are interviewed by the researcher. There is a possibility that their opinion may change over the years.

### **Delimitations**

The researcher has tried to make thorough study about limited success achieved by the Indian players in Olympic Games. There are certain delimitations to this study.

1. The study is related mainly the performance of Indian players in Olympic Games after 1984. Though he has taken the preview of earlier Games, the main focus is on the performance after 1984.
2. The researcher has done this study on the basis his experience in the field of sports. He had witnessed the Winter Olympic Games. It was not possible for him to attend and every Olympic Games.
3. The researcher has made the study by contacting different players, coaches etc. It was not possible for him to meet each and every Indian Olympian.
4. The study is done on basis of interviews of persons from the age of 15 to 80 years old. It is presumed that the opinions given by them are as per their perceptions at the time of interview. It may be possible that their present opinions may be different after the performance of Indian players in recent Olympic Games.
5. The study is relating to the sports events in which Indian players had participated and where India has medal prospects. The main focus is on these events. There are many other events of Olympic Games. However the researcher has not considered these events as India has not any chances of medal or Indian team is not able to perform well even in the qualifying tournament of Olympic Games.
6. The researcher has taken into consideration the achievements of players from United States of America and China as these two nations have dominated the Olympic Games. It wasn't possible to make study of every nation which participates in these games.
7. The study is mainly related to the achievement of Indian players in the Olympic Games. The researcher has taken overall review of performance of Indian players in other events like Asian Games, Commonwealth Games etc.

8. The study is mainly related to the summer Olympic Games. There are other Olympic Games such as Winter Games, Para Olympic Games and Olympic Youth Games. The researcher has given thrust on the Summer Olympics as these games have got significance importance for India's point of view.

9. The researcher has taken the parameters for the unsatisfactory performance of Indian players in Olympics. He has given thrust on factors such as determination, killer instinct, mental fitness in players, approach of parents towards sports as a career, standard of competitions, support from parents, support from schools for sports, technical development in sports, proper infrastructure and its' maintenance, the Government's role, the administration of sports, selection of team, expected knowledge about sports medicine and preventive measures towards injuries.

### **Limitations**

The researcher has made the case study on the basis of the observations of different competitions. He has made this study by talking to different sports personalities including few well known players, coaches, organizers, sports medicine experts and also to political leaders, the Government officials etc. It is presumed that the opinions given by these persons through their perceptions. It may be possible that their opinions may change from time to time.

### **Definitions of common terms used in the thesis-**

**A) Golden-** The meaning of this word as per dictionary is-

1. (Colours) of the yellowish or brownish-yellow metallic colour of gold:

e.g golden hair

2. Made from or largely consisting of gold: golden statue

3. Happy or prosperous e.g Golden Days

4. (*sometimes capital*) (of anniversaries) the 50th in a series: Golden Jubilee

5. Very successful or destined for success e.g the Golden girl of Tennis.

6. Extremely valuable or advantageous: e.g a golden opportunity.

Here in the thesis, the meaning of golden means medal hunt or medal achievement for Indian players in the Olympic Games.

**B) Quest -**

1. The act or an instance of seeking or pursuing something; a search.

2. An expedition undertaken in medieval romance by a knight in order to perform a prescribed feat: the quest for the Holy Grail.

3. Archaic

a. An inquest.

b. A jury appointed to take part in an inquest.

Here the researcher has taken the meaning as hunt for winning medals in Olympic Games.

**C) Olympic Games-** The Olympic Games is an international multi-sport event. There have been two generations of the Olympic Games; the first were the Ancient Olympic Games held at Olympia, Greece. The second, known as the Modern Olympic Movement, were first held in 1896, in Athens, Greece. The modern Olympics feature the Summer Games , Winter Games. Para Olympic Games and Olympic Youth Games.

Olympic comes from the word Olympia, the name of the region in Greece where the ancient Olympic Games were held. The reason for it is for peace and to bring countries together

The Ancient Olympic Games were religious and athletic festivals held every four years at the sanctuary of Zeus in Olympia, Greece. Competition was among representatives of several city-states and kingdoms of Ancient Greece. These Games featured mainly athletic but also combat sports such as wrestling and the pankration , horse and chariot racing events. It has been widely written that during the Games, all conflicts among the participating city-states were postponed until the Games were finished. This cessation of hostilities was known as the Olympic peace or truce. This idea is a modern myth because the Greeks never suspended their wars. The truce did allow those religious pilgrims who were traveling to Olympia to pass through warring territories unmolested because they were protected by Zeus. After revival of Olympic Games, these games are organized after every four years.

The researcher has taken the review of summer Olympic Games.

**D) Player-** There are many meanings of player-

1. One that plays, especially:
  - a. One who participates in a game or sport.
  - b. A gambler.
  - c. One who performs in theatrical roles.
  - d. One who plays a musical instrument.
2. An active participant: a major player in world affairs.
3. The mechanism actuating a player piano.
4. A device that plays or controls the playing of audio or video recordings.

Here the researcher has taken the meaning of player as a sportsperson who participates in different sports events.

**E) Performance 1.** The act of performing or the state of being performed.

2. The act or style of performing a work or role before an audience.
3. The way in which someone or something functions: The pilot rated performance of the aeroplane in high winds.
4. A presentation, especially a theatrical one, before an audience.
5. Something performed; an accomplishment.
6. Linguistics One's actual use of language in actual situations.

In this thesis, the meaning of performance is the achievement of players in the international events. It may be medals or the place in these events.

- F). Fitness-**
1. The state or condition of being fit; suitability or appropriateness.
  2. Good health, especially good physical condition resulting from exercise and proper nutrition.
  3. Biology -The extent to which an organism is able to produce offspring in a particular environment.

In this thesis the researcher has taken the meaning as physical as well as mental ability of player required by him in the sports competitions.

**Ref-1. American Heritage Dictionary of the English Language, Fifth Edition. Copyright © 2011 by Houghton Mifflin Harcourt Publishing Company. Published by Houghton Mifflin Harcourt Publishing Company..**

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#### **Abstract of the thesis**

Every sportsperson in the world, dreams of participating in the most beautiful and prestigious event of the earth i.e Olympic Games. The success in these games is always challenging but achievable. Many smaller countries have got tremendous success in these games. But as compared to these countries, India's success in these games has been very limited especially after 1984. Though India is second largest country as far as population is concerned, the performance of India is very poor.

The researcher of this thesis has tried to find out reasons for poor performance of Indian players in these games and has suggested what can be done to increase the success of India in these games. Being in the field of sports journalism since 1980, the researcher has observed the lacunas of our players in the international as well as in national level competitions. These observations have been explained in details in this thesis. Also he has interviewed many sport persons and other celebrities. He has prepared questionnaires for sportsmen and non-sportspersons. The different opinions and suggestions given by them have been thoroughly analyzed by the researcher in this thesis.



### **The statement of hypothesis**

**India could not win sizeable medals in Olympic Games because of lack of determination, killing instinct, mental fitness among players as well as positive approach and support from parents towards sports as a career. Indian players' success is limited due to lack of technical development in sports, proper infrastructure and lack of proper maintenance of available infrastructure, limited support from the Government and also due to dirty politics and corruption involved in the administration of sports and political influence in the selection procedure.**

#### **1.4.1 Research Methodology- Meaning**

Research Methodology is a way of solving the research problems very systematically. It is a science of studying how research is done scientifically. In the concept of research methodology, it is necessary for researcher to know research methods and techniques as well as logic behind use of these methods and not using other methods. These results are capable of being evaluated either by the researcher himself or by others. Researcher needs to know how to develop certain indices or tests and also he needs to calculate the mean, the mode, the median or the standard deviation etc. He also needs to know how to apply particular research techniques and to know which methods/techniques are relevant or not and what would they mean and indicate and reasons behind it.

The scope of research methodology is wider than that of research methods. When we talk about research methodology, we not only talk of research methods but also consider the logic behind the methods we use in context of our research study and explain why we are using a particular method or technique. Also in this we explain why we are not using other methods or techniques so that research results are capable of being evaluated either by researcher himself or by others. When we talk of research methodology, many questions like why a research study is undertaken, how the research problem has been deformed, in what way and why the hypothesis has been formulated, what data have been collected and what a particular method has been adopted, why a particular technique of making analysis of a data has been used such types of questions are usually answered.

While considering the research methodology, we want to know the meaning of research and scientific method. The research implies the process in which the researcher is keenly interested in particular and exact results. The researcher is interested in repeatability of the results and in their extension to more complicated and general situations. The term research is an enquiry into the nature of, the reasons for and consequences of any particular set of circumstances whether these circumstances are experimentally controlled or recorded just as they occur.

There are different types of research. A) Descriptive research includes surveys and fact finding enquiries of different kinds. B) The analytical research relates to use of facts and information already available and to make analysis of this information. C) Applied research aims at finding solution for an immediate problem faced by a society or an industry or any business organization D) Fundamental research is usually concerned with generalization and with the formulation of theory. E) Quantitative research is based on the measurement of quantity or amount while qualitative research is concerned with qualitative phenomena relating to quality or kind. This research aims at discovering the underlying motives and desires using in depth interviews for the purpose. This research includes word association tests, sentence completion tests, story completion tests and similar other projective techniques. It also includes discovery of underlying motives of human behavior.

There are also two broad classification of research-

1. **Research in physical or natural sciences-** Physical science deals with things which can be put to laboratory tests under guided conditions. These researches deal with physical phenomena upon which man has complete control.
2. **Research in social or human sciences-** Social research is a systematic method of exploring, making analysis and conceptualizing social life in order to extend, correct or verify knowledge, whether the knowledge aids in the construction of theory in the practice of an art. This research relates to studies of human behavior as a part of society. It is not merely accumulation and communication but a

critical and scientific analysis of social facts and formulation of generalizations as a basis for action and foresight.

Characteristics of research may clarify its methodology:

- a) It is directed towards the solution of problem. It may attempt to answer a question or to determine the relation between two or more variables.
- b) It emphasizes the development of generalization, principles of theories which will be helpful in predicting future occurrences.
- c) It is based upon observable experience or empirical evidence.
- d) It involves gathering new data from primary or firsthand sources or using existing data for a new purpose.
- e) It requires expertise. The researcher knows what is already known about the problem and how others have investigated it.
- f) It strives to be objective and logical applying every possible test to validate the procedures employed, data collected and conclusions reached.
- g) This research is characterized by patient and unhurried activity. It is carefully recorded and reported.
- h) This research sometimes requires courage.

#### **1.4.2. Research methodology in social science-**

Social research is a systematic method of exploring, analyzing and conceptualizing social life in order to extend, correct or verify knowledge whether that knowledge aids in construction of a theory or in the practice. Social research is also defined as a scientific undertaking which by means of logical and systematical techniques. It aims at discovering new facts, analysis of their sequences, interrelationship and casual explanation which were derived within an appropriate theoretical frame of references.

According to purpose, the social research is classified as -

- 1. Fundamental/Theoretical research
- 2. Applied research
- 3. Action research
- 4. Evaluation research

5. Coordinated or inter disciplinary research.

While pure research discovers principles and laws, applied research discovers their application in order to tackle some social problems. Action research is a research through which it is launched of a direct action with the objective of obtaining workable solutions to the given problems. Evaluation research is product of developmental programming which has been adopted on a very large scale in recent years. It aims to evaluating programs that have been implemented. Coordinated or interdisciplinary research is characterized by exchange of views or ideas from one discipline to another. All this research helps to study the phenomena as a whole and it helps in securing objectivity. It creates sense of understanding as well as sympathy among followers of different disciplines.

The scientific method is the pursuit as determined by the logical consideration. The idea of science is to achieve a systematic interrelation of facts. This method attempts to achieve this idea by experimentation, observation, logical arguments from accepted postulates and a combination of these three in varying proportions. In scientific method logic helps in formulating propositions explicitly and accurately so that their possible alternatives become clear.

The scientific method is based on certain basic postulates which are as follows-

1. It relies on empirical evidences.
2. It utilizes relevant concepts.
3. It is committed to only objective considerations.
4. It presupposes ethical neutrality i.e it aims at making only adequate and correct statements about objects.
5. It results into probabilistic predictions.
6. Its methodology is made known to all concerned for critical scrutiny and it is used in testing the conclusions through replication.
7. It aims at formulating most general scientific theories.

Steps involved in research are as under –

**1. Formulating the research problem-**

The researcher has to single out problems he wants to study. He must decide the general areas of interest where he would like to inquire into. The researcher has to examine all available literature to get him acquainted with the selected problem.

**2 Extensive literature surveys –**

The researcher should undertake extensive literature survey connected with the problem. He has to tap various sources like academic journals, conference proceedings, government reports, books etc.

**3. Development of working hypothesis-**

After extensive literature surveys, researcher should prepare the working hypothesis in clear terms. Working hypothesis is called as a tentative assumption made in order to draw out and test its logical or empirical consequences.

**4. Preparing the research design-**

In this process, the researcher has to state the conceptual structure within which research would be conducted. It helps in obtaining efficient and possible method yielding maximum information.

**5. Determining sample design-**

In this process, the researcher has to decide the way of selecting definite plan before collecting data. Probability samples are those that are based on simple random sampling, systematic sampling, stratified sampling, area sampling, quota sampling, judgment sampling etc.

**6. Collecting the data-**

The data can be collected through-

- a) By observation,
- b) Through personal interview,
- c) Through telephonic interviews,
- d) Through mailing questionnaire,
- e) Through schedules

**7. Execution of project-**

The researcher should see that the project is executed in a systematic manner and in time. If the execution of the project is on correct lines, data to be collected would be adequate and dependable.

**8. Analysis of data-**

The analysis of data requires many closely related processes like establishment of categories, coding, tabulation, drawing statistical inferences etc. The data should be condensed into a few manageable groups and tables for further analysis.

**9. Hypothesis testing-**

After analyzing the data the researcher is in a position of testing hypothesis.

**10. Generalizations and interpretation-**

The real value of research lies in its ability to arrive at certain generalizations. Sometimes the researcher has to explain his findings on the basis of some theory.

**11. Preparation of the report or thesis-**

The researcher has to prepare the report or thesis. The report should be in systematic manner i.e.

- a) Preliminary pages,
- b) The main text,
- c) The end matter.

The main text of the report must include-

1. Introduction
2. Summary of findings
3. Main report
4. Conclusion.

### **1.4.3 Research Methodology in sports**

With the sports sector becoming a profession and a career to earn livelihood for individuals as well as groups, sports management has got significant importance. During last 30 years in many individual games like Tennis, Chess, Badminton, Table Tennis and in team games like Cricket, Football, Baseball, Hockey, Basketball etc. many young

players are choosing these games as career. In games like Football, Basketball, Baseball even in Cricket also many industrial houses are investing in professional clubs and they see these games as one of revenue generating sector. In foreign countries like Europe and USA, Football, Basketball clubs are being managed like a company.

Research methodology in sports relates to not only research about failure or success of players but also it relates to management of sports activities. Since in many games, clubs are managed by highly professional managers with well qualified staff and sizeable supportive employees. Olympic Games are the most prestigious tournaments in sports and most of sportsmen have the ambition of participating in these games. Success in these games brings rise in fame which ultimately gives them money. Nowadays in many countries, the participation in these games is viewed very professionally. In many developed countries likes China, USA, Australia, Germany etc. long term planning is done to win maximum medals to the country. This procedure includes selection of sports talent, its development, providing guidance through coaches, creating an opportunity for a player through competitive sports, judging his capacity, providing finance, foreign exposure etc. All this process includes research as well as scientific methods. The researcher of this thesis has tried to make research about the reasons for poor performance of Indian sportsmen in Olympic Games.

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## CHAPTER 2 - SOURCES OF DATA COLLECTION

### 2.1 Primary sources-

In this system, the researcher had prepared two questionnaires for sportsmen and non-sportsmen separately.(See Annexure) The purpose behind preparation of separate questionnaire was that there is possibility of separate opinions from persons who are actually related to sports and persons who are nowhere concerned with sports. The researcher interviewed about 40 to 50 persons from both these categories. The sportsmen category include players having age from 16 to 50 years, coaches having age from 30 to 75 years, sports organizers and officials having age from 25 to 75 years. These sportsmen include many former Olympian and international players and technical officials who have been in the field of sports for more than 10 years. Among these all sportsmen, there were 35 men and 12 women. The researcher had contacted these players at various sports complexes, stadiums, grounds including Shiv Chhatrapati Sports City, Sir Parashurambhau College, Sanas Ground, Modern Complex, Nehru Stadium, Modern Sports Complex, Deccan Gymkhana, PYC Gymkhana, Maharashtra Mandal, Chandrashekhar Agashe College, Mamasahab Mohol Wrestling Complex etc.

The researcher has himself played many games at Inter College level like Chess, Basketball, Table Tennis and Handball etc. He has also worked as a technical official for many tournaments including All India Inter University Aquatics Meet, All India Inter Bank Chess, Wrestling, Badminton, Carom and many other games. He is in the field of sports journalism since 1980 and he has attended many international sports tournaments including Commonwealth Youth Games, Asian Track and Field Championship, World Youth Volleyball Championship, Pune International Marathon, International Wrestling Tournament and World Junior Ranking Badminton Tournament. He had also attended Winter Olympic Games held at Salt Lake City, USA in 2002. He has also written two books; one on the subject of Olympic Games and another on Abhinav Bindra, the only Gold



Medalist in Olympic Games for India. During last 31 years in sports journalism, he has also attended many All India and State level sports meet, national games etc. For media coverage he has visited many places like Mumbai, Nashik, Karad, Akulj, Chennai, New Delhi, Ahmedabad, Bangalore, Ahmednagar, Satara, Sangli, Thane, Malegaon, Baramati, Solapur, Kolhapur etc. He has also attended many seminars related to sports and even he has given lectures in these seminars. His experience in this field has helped him in preparing observations about failure of Indian players at Olympic Games. The researcher is working as a faculty member for Sports Journalism at Abasaheb Garware College, Ranade Institute Journalism Department and also at Tilak Maharashtra Vidyapeeth.

In the case of non-sportsmen, there were 25 women and 19 men. Interviewees were having age from 20 to 78 years. These include some politicians including Union Ministers, State Ministers, IAS officers; some parents of sportsmen, school and college teachers etc. The main idea behind this was to let us know how much people are aware about sports. The finding was really shocking as many people do not know about our national game and also what Olympic Games are.

**What general sportsmen and other people think about failure of our country in Olympic Games-**

The researcher prepared questionnaire one for persons who are in the field of sports and one for persons who are not related to sports. Some of the observations about questions and answers to these questions are quite interesting.

These observations are as under-

**a) Sportsmen's views-**

1. There was a question about why players go to Olympics? About 52% interviewee felt that most of our players go to these meets as a picnic.
2. About 80% people feel that our country should not participate in these games unless they are confident of getting medals. China had not participated in these games in the initial stages. When they felt confident of getting medals, they started participating in these games. Moreover they showed that China is

becoming sports power in the world. They even had successfully organized this prestigious event in 2008 at Beijing.

3. About 62% people feel that the selection of team for Olympic Games is not done properly in our country.
4. In case of the Government's support, 78% people feel that the support from the Government is not satisfactory.
5. The people feel that foreign coaches are required for the development of players as well as coaches for updating their knowledge. About foreign exposure, 80% people feel that foreign training is necessary.
6. We often see that our players do not go beyond certain limits. They are satisfied with limited success. 76% people have the same feeling.
7. About 87% people feel that our players do not get enough facilities as compared to foreign players.
8. As regards to publicity to Olympic Games in India, 62% people think that enough publicity is not given to many games other than Cricket.
9. About 76% people think that no encouragement is given by the parents to their children to make a career in sports. In schools and colleges one hour has been made compulsory for sports. 78% people think that this one hour is not enough for sports and it does not serve the purpose.

**b) Views expressed by non-sportsmen-**

1. Though Olympic Games are said to be the most prestigious events in the world, 5% interviewee don't know what these games are.
2. Most of interviewee expressed that due to politics, lack of determination and killing instinct, our players are not able to win a medal in Olympic Games.
3. About 79% interviewee expressed that our country should not spend huge funds on Olympic Games since our country is a developing country and considering the poverty level, the Government should not spend such funds unnecessarily.
4. As regards to the capacity of players, 93% interviewee feel that though our players have a capacity to win a medal, they are not able to win a medal due to various reasons.

5. Many people think that in our nation Cricket is killing other games. About 88% interviewee feel that Cricket gets excessive publicity in our country.
6. In schools and colleges one hour has been made compulsory for sports. About 64% interviewee feel that this hour will not serve the purpose.
7. About 64% people think that in our country, players are not adequately supported by their parents for choosing a career in sports.

## **2.2 The authenticated data from International Olympic Committee-**

It is always said the medals achieved by a country reflect the image of that country. If we go through the records of Olympic Games from 1896 to 2012, USA has emerged as a power force in the medals tally. USA has participated in 26 games and has won 976 Gold, 759 silver, 667 bronze, and total of 2402 medals. USA has been at the top of medal tally on 16 occasions. The average performance of it comes to 92 medals. USA had boycotted Moscow Olympic Games. Russia has been at the top for 9 times. France, England, Germany and China have secured the top ranking on one occasion. China, who hosted Olympic Games at Beijing in 2008, won 51 gold, 21 silver and 28 bronze; total of 100 medals and emerged as top ranked country in the medal tally. China had not participated in Olympic Games until 1984. They participated in Olympic Games for first time in Los Angeles Olympic Games in 1984. In the debutant year they won 15 gold, 8 silver and 9 bronze medals. After this China has become the striking force in the international sports. They have shown that they are on the top in sports by organizing the Olympic Games in 2008 very much successfully and also they were top in achieving medals in these games. Russia has got on an average 109 medals in these games while England has got average 29 medals. Italy (21), Germany (38), Hungary (19), Sweden (19), Australia (19) are among the top medal winner countries. India has participated in 23 Olympic Games and has got only 26 medals i.e. its average success comes to 1 medal. If we compare this performance with other countries, we can say that India is far behind in sports. As far as ranking is concerned, our best ranking in these games is 17<sup>th</sup> in 1900 Games, that too is in doubt because British authorities have claimed its'

right on these medals as at that time India was under the British reign. We won two silver and four bronze medals at London Games. It was the best performance of India in the history of Indian Sports, but our ranking was 55<sup>th</sup> in the medal tally. Many smaller countries like Jamaica, Ethiopia were ahead of India.

### **2.3 Secondary Sources-**

The researcher has also collected some data through various books, journals, reports, articles published in various periodicals, news magazines, newspapers, the Government documents such as reports of Indian Olympic Association. He has also made use of different Websites like Google, various sites of national and international sports federations etc. (See Annexure)

## CHAPTER 3 - REVIEW OF LITERATURE

### Review of literature

It is interesting to note that after every Olympic Games, our country discusses about the poor performance of our players in these games. The parliament is also very critical to these debacles. But this happens only for some period. After some days all discussions held about the debacle are forgotten. Olympic Games are deemed to be the world's biggest and precious events on the earth. So far many columnists have tried to explain its importance. The review is taken on the basis of following factors-

#### A) Olympic Games-

**3.1 “Sleeping Tiger Flying Dragon“- Mr. S S Vasan**, a columnist from Sport Star, a weekly magazine on sports has made a research paper titling **“Sleeping Tiger Flying Dragon“** on the subject of India's performance in the special issue of Sport Star (Ref. vol. No. 27 to 38, 18 to 24 September 2004). In this sports magazine, he has taken review of the performance of Indian players. In India, it is always seen that India gives more thrust on performance of players in Asian Games and Commonwealth Games.

The writer has truly pointed out that it is wrong to give thrust only on the performance of India in Asian Games and Commonwealth Games. Countries like China, Korea, and Japan usually send second ranked players to Asian Games for giving them an opportunity to show their skill as trials for next Olympic Games. Similarly in Commonwealth Games, England, Canada, Australia send second ranked players to give them exposure of big event. Of course these players from China, Korea, Japan, Canada, and Australia are far better than Indian players.

**3.2 Army Sports Institute has made a documentary “Operation Olympic Medal”** on the subject of Olympics Games in Sept 2003. In this film, ASI has given thrust on how to train the sportsmen for success in these games. ASI has selected disciplines like Archery, Athletics, Boxing, Diving, Fencing, Weight Lifting, Wrestling etc. This institute selects

appropriate talent for these games and imparts training to them. Along with the sports training their education careers are also taken care of and after completion of education, these players are given jobs under Services. This ensures that sportsmen are not worried about their future. This film is based on this theme and it gives information about training of these players, coaching system, aim about medal hunt etc. Under this mission, separate Boys Sports Company was established in Jan.2006 for tapping the talent and its development.

Under the scheme of Mission Olympics, ASI had aimed to get at least 4-5 medals at London Olympics in 2012 and at least ten medals in 2016. Under this scheme, in 2012 Vijaykumar got silver medal in shooting while Jai Bhagwan and Manojkumar, these two boxers missed the medal due to partial decisions of referees.

The salient features of this scheme are-

1. To find out good talent for games where our country has medal prospects.
2. To give systematic training to these talented boys.
3. To take the responsibilities regarding education, diet, medical facilities etc.
4. To ensure the job security to these sportsmen i.e. to enroll them in the different wings of military department.
5. To give the training under foreign and well experienced national coaches, also to give exposure of international competitions.

Durgeshkumar Pal who is in training centre at ASI under this scheme has won a silver medal at First Youth Olympic Games held at Singapore in 2010. He achieved this feat in 400 meters Hurdles. There are 15 promising youths like Durgesh in ASI under this scheme from whom they are hopeful of getting medals at Olympic Games in 2016.

**3.3 “Vijayache Manas-shastra ( Winning Habits )”**- written by Dr.Bhimshraj Bam, published by Majestic Publishing House-December 2009. Dr. Bam is famous international sports psychologist who has produced many medal winners. In his book, he has given the steps to be taken for becoming a champion. He has explained this with the

help of some illustrations. He has given thrust on the qualities required by an international player and also players who want to make a successful career in sports. As per his suggestions, the player must have the following qualities-1. Fighting ability like a soldier, 2.the faith and self confidence, 3.self dialogue (control over own thoughts), 4.concentration, 5.rest and relaxation. 6. An eagerness and energy, 7.team building ability and team spirit, 8.fighting spirit to fight against tensions, 9. Control over emotions, 10. An ability to avoid inducement or lure. The author has also given good tips to players for different individual as well as team games. Dr. Bam has also given some suggestions for increasing the mental ability and concentration.

**3.4 A Sports Syllabus for your child-Kindergarten to Olympics-** written by G S Hasbnis and Dr. Rajeev Sharangpani-published by Sharangpani Publication in December 2007- Mr. Hasbnis had worked as a coach for outdoor games. Dr. Sharangpani is himself sportsmen and is working as a guide for many sportspersons. It is always said that sportsmen should be developed from the childhood. In this book, the authors have given a proper syllabus for the development of child as a sportsman. The book contents the suitable separate syllabus for children of different ages. For support of their recommendations, they have given diagrams. Also they have given details about the physical attributes required of an athlete. The authors have given details about impact of social environment on talent development.

**3.5 “The making of Champion”- Roots of the sporting mind-** written by Gary Lewis and published by Macmillan in 2009. Mr. Lewis is the physiotherapist for the England national football team. In his book, he has given the thrust on developing the mental strength of the player. Nowadays with the increase in the competition level, mental fitness plays very important role. Mr. Lewis has given some major factors for mental strength i.e 1.Self confidence and motivation at higher level. 2. Dedication and extra ordinary desire to win. 3. Perceptual and decision making skills. 4. Mental toughness i.e ability to manage levels of stress and anxiety and also to maintain emotional regulations during the heat of competitions. 5.The champion player needs sporting brilliance beyond the average sportsperson. 6. The genetics simply can't function if they

are not exposed to the environmental necessities such as nutrients and water. 7. The professional world of sport demands an enormous chunk of an athlete's personal resources. 8. Good coach will certainly know the fundamental environmental inputs that all athletes must receive to develop in good time.

**3.6- "Heat of the movement"** edited by **Andrew Longmore** and Produced by John Wiley and sons in 2011. In this book, the author has given details about the efforts made by the greatest Olympic Champions. The author has also given story of amateur Hockey team from the Great Britain who showed that the amateur players can also win the gold medal at the Olympic Games. At Berlin in 1936, Jesse Owens won the gold medal in 100 meters, 200 meters running, 4x100 meter relay and long jump gold. The author has given nice quotes about him-**" You feel as if you can't carry the weight of your body, your stomach is not there, your mouth is dry and your hands are wet with perspiration. You know it will be over in just ten seconds."** The brilliance of Owens became an enduring symbol of the resilient sports of Olympic Games.

The author has given about how Dorothy Tyler, the mother of two sons won two silver medals at Olympic Games. She made this triumph without the guidance of any professional coach. Tyler improved her fitness through the routine house work. The story about the British hockey team which won the gold medal in 1988 Olympics tells us that the amateur players can become champion, if they make sincere and wholehearted efforts. The stories about the greatest champion Abebe Bikila, Sir Steve Redgrave, Tanni Grey Thompson in Olympic Games also tell us about what efforts are needed for becoming a champion athlete.

**3.7-"The Olympic Book of Sports and Medicine"**- published by International Olympic Committee, edited by A.Dirix, H.G.Knuttgen and K.Tittel in April 2012.. In this book, the authors have given following important points- 1.Impact of regular training on human biological systems. 2. Assessment of physical and functional capacity. 3. Environmental conditions. 4. Process and implementation of physical training. 5. Prevention and management of sports injuries. 6. Exercise in prevention and management of internal disease.



In this book, the authors have given thrust of how players can prevent recurring injuries. Also in this book details about systematic procedure of physical training methods are also given. These methods are very important for players for improving the physical fitness. In this book, details about the impact of environmental conditions on the fitness of players are also given. Also suitable steps for overcoming these adverse effects are given in this book.

**3.8 Gymnastics-Skills, Techniques, Training**-written by Lloyd Readhead and published by The Crowood Press in 2011. The writer Mr. Readhead is former international gymnast. He had represented Great Britain in many international competitions. He is also international qualified coach. Though in Gymnastics, there are lot of medals to be won at Olympic Games, India is not able to win any medal in this game at Olympic Games. In his book Mr.Readhead has given details about the talent identification and development of player. The author has given in depth along with the photographic images of each and every event of gymnastics. He has also given about different techniques of training for international competitions. In this book, the author has also given details about suitable exercises to be done for improving flexibility and stretching. This book is also useful for coaches as this book has covered about how to give training to the players and role of coach. The author has also given details about stress management and improving the mental strength for Olympic Games. Also the author has covered the details about proper diet to be taken by the player. This book is useful to budding gymnast as well as upcoming players of other games as it covers the techniques for improving the physical and mental fitness.

**3.9 Athletics-Field Events-From beginner to champion**-written by Jason Henderson and published by Carlton Books ltd in 2011. The athletics is also called as the cream sports as far as Olympic and Asian Games are concerned. Unfortunately India has not achieved any medal in Olympic Games after the independence Though there are lot of medals to be won in men as well as women, our country has not given significance importance to Athletics. The author has given in details about training aspects of different events of Athletics. He has covered aspects about proper diet, clothing to be

used by the sportsperson. He has given details about fitness training, intensive training, hydration. The author has also given about the drugs in sports. This is very important from the point of athlete. The author has given thrust on warm up as well as warm down techniques.

**3.10 Thinking The Olympics The classical tradition and The Modern Games –** Edited by Barbara Goff and Michael Simpson. It is published by Bristol Classical Press in 2011. In this book, various authors have given the comparison between ancient Olympic champions and modern Olympic champions. In this book, it has been mentioned that some of modern heroes do not have an attractive side. Honesty and integrity do not necessarily come along with the great athletic talent even though it may be taught by their coaches. In modern day athletes are often trying to gain victory by any means possible including some dishonest means. The players should avoid such dishonest means. The players must have attitude of dedication and sacrifice. The authors have given very important aspect of spectators. In modern era, the spectators and fans want to have their heroes, almost regardless of the way in which they won. This attitude should be changed. The authors have mentioned that the participants of the games are expected to be excellent in physical and intellectual training. The respect for these aristocratic values reinforces their importance to the audience. The players should not be content until the thoughts and sinews, the powerful bodied and manly minds of their ancestors become prevalent among them. This book has also given a message that the sport is essential to the globalizing structure of media organization. It is relatively cheap method for filling hours of television time and moves easily across the cultural and linguistic borders.

**3.11 Master of the Art of Running-** written by Malcolm Balk and Andrew Shields. First edition by Collins and Brown in 2009- The running is the basic exercise for most of sports events. Also in Athletics, there many events of running like short distance, middle distance, long distance, cross country etc. Though India has a lot of talent for running events, India has not achieved any medal at Olympics after independence. The book written by Malcom and Andrew gives inputs about different aspects of running. The

authors have given SMART (Skillful, Mindful, Athletic, Recreational and Transferable) approach to running. The authors have also given stress on the five components of fitness-1.Cardiovascular, 2.Muscular strength, 3.Muscular endurance, 4. Flexibility, 5. Motor fitness. In this book, there is a separate chapter on Frederick Alexander, master personal trainer. He had given thrust on the term that there should be interconnection between the head, the neck and back. On this technique he had given training to many sportspersons. This book also gives focus on the aspect of proper use of various human body parts at the time of running. There are certain examples of famous runners.

**3.12 Succeed as a Runner**-written by Rupert Eales-White. Mr. Rupert is an international certified coach and well qualified practitioner of psychological based training. In this book, he has given details of daily routine to be followed by the runner for different types of running. Also the author has given six week training program to be followed by athletes including who never run before. The author has given details about scientific methods to be applied by the long distance runners. This book also contains details about mistakes done by the runners and steps to be taken for removal of the same. The author has also given details about which shoes and clothes are suitable to the runners. The book also contains training required for keeping proper mindset for different games. The author has also given details about diet system to be followed by the runners.

**3.13 The Olympics-the basics**- written by Andy Miah and Beatriz Garcia-published by Routledge in 2012. This book contains the importance of Olympic Movement, it's impact on the overall world. The authors feel that still people lack a good scientific understanding of Olympic movement as a social movement capable of effecting social changes. The authors have stated that still many people do not know that the Olympic movement is dedicated to universal principles of peace, reconciliation, magnanimity and the betterment of the human lot. The authors have opined that the Olympic Games have grown to become the world's foremost sporting event on the earth. It's impact on the host city and country has also increased. This has meant that cities interested in hosting the games are now placing more and more emphasis on the legacies that such event could leave for their citizens a catalyst for urban development. The authors have also stated

that the Olympic Games help players from different countries to share the knowledge, culture and different ideas. Players should take opportunities of such games for future career.

**3.14 Jessica Ennis-Unbelievable-** an auto biography is written by Jessica Ennis the heptathlon gold medalist of England. She has written the same with the help of Rick Broadbent and it is published by Hodder and Stoughton in November 2012. Jessica has won the gold medal at London Olympics 2012. She has started her heptathlon career since the age of 13 years. She had to make struggle for achieving this success. This book contents her story as how an ordinary woman used an extra ordinary talent to claim the title. At the time of Beijing Olympic Games in 2008, she came across with the severe injury due to which there was possibility of finishing her career. However through the strong will power and hard work, she overcame with this injury. She fought a lot and made sincere efforts for fulfillment of her dream of winning gold medal at Olympic Games.

**3.15 Suvarn Pal** has written about Indian Tennis players in the volume no. 21 of the issue dated 3<sup>rd</sup> and 4<sup>th</sup> June 2004 in the issue of **Legacies, halcyon days and thereafter- A brief history of Indian Tennis**. The author has pointed out that so far Indian Tennis player like Leander Paes, Mahesh Bhupati have won many titles in doubles at Grand Slam tournaments. But only Paes has won a bronze medal at Atlanta Games.

The author feels that this pair should have won more medals at Olympic Games considering their ability in doubles. If Paes and Bhupati had put aside their differences and played together for longer period, they would have won a medal in doubles also. Similarly had Sania Mirza shown keen willingness and thrust on winning Olympic Medal either in singles or mix doubles, she would have won medals because she had the capacity for the same.

**3.16 Anthony Demello** had published a book through the publisher D. B. Tarapurwala and Company “**Portrait of Indian Sport**” in 1959 in which he has given in details about

the success of Indian players at the international level. The focus is of course on Hockey because at that time, our Hockey team was at the peak of the success. He has given the main factors about why our players got success in this game, how Major Dhyanchand had played an anchoring role in this success. He also stated that this period was the golden era of Indian Hockey.

**3.17 Melville Demello** had published a book in 1979 titled “**Reading for excellence- the glory and decay of sports in India**” This book has been published by Kalyani Publishers. In this book he has written about the Golden Era of Indian Hockey. He has also stated that during this period Indian Hockey had put an example for other countries. Major Dhyanchand was an idol for other players. Not only Indian but also many foreign players followed his game. The author has also stated the debacle of Indian players in Hockey after 1970. The author has also written about the development of other sports in India before independence and after independence.

**3.18 “An Inspirational Biography-Saina Nehwal”**- written by T S Sudhir-Published by Nimby Books- Date of Publication-June2012. Saina Nehwal has brought the glory for India by winning the first bronze medal in Badminton at Olympic Games. This book has been published just before the London Olympic Games 2012 where Saina won this medal. In this book, the author has given about success story of Saina from the childhood to the crown of champion. This book shows the light on hard work done by Saina & the selfless support given by her parents for her career. For becoming a champion, the dedication, hardship, full concentration, sacrifice etc these qualities are necessary. This book reflects the qualities shown by Saina for becoming one of strong world recognized player. The role of the coach is very much important for becoming a champion. In this book, the author has given details about how Pullela Gopichand has played an important role for the development of Saina.

**3.19 Modern Art and technique in Wrestling-** written by Mr.Buvaji Liman and published by Mr. Purushottam Jadhav in December 2006. Mr. Liman is an international Wrestling referee and is also well qualified coach. In his book, Mr. Liman has given

details about different techniques which are usually used by famous wrestlers. For explaining these techniques, suitable sketches have also been given. The author has given details of steps for using of these techniques. This book also contains the suitable diet and work out of a wrestler. The author has given all details in very simple language. It is always said that most of Indian wrestlers are not aware of different rules which are used in international level competitions. This book also gives you details of international rules.

**3.20 Ultimate Triathlon-** written by Paul Moore and Richard Hoad- The first edition in September 2011 and published by A and C Black Publishers Ltd. The triathlon game is becoming more and more popular all over the world. This competition contents Swimming, Running and Cycling. In this competition players have to show super skills of running, swimming and cycling. All three events are very challenging and they require the top level skill. In this book, the authors who are experienced international players as well as coaches. They have given details about training plan for swimming, running and cycling. They have given detail program of Nutrition and Hydration. This book also has given thrust on physical as well as mental training. The authors also have given about the importance motivation and how players can be motivated for top level competitions. This book is very useful for not only triathlon players but also for players who use to participate in swimming, running and cycling regularly.

**The researcher's observation on the above literature is as follows-** Many a times we hear the story of an elephant and seven blind persons. Every blind feels different about the elephant when he touches the different parts of elephant. The same is case with the performance of Indian players in the Olympic Games. The various experts related to sports have made thorough study of Indian players in different angles. However the problem of Indian players is not only related to either physical fitness or mental fitness. Along with these two things there are many other factors related to this problem. The researcher in his thesis has made detail study of all these factors.

**3.21 Athletics-the King of Games-** This book is written by Mr.Pralhad Sawant and Mr. Ram Bhagwat. It is published by Pune District Athletics Association in October 2009. Mr. Sawant is former sports journalist and Athletics organizer. Mr. Bhagwat is well known international coach and former national champion. This book mainly contents details about different events of Athletics. Though the main focus is on various rules of these events, this book is helpful for budding sportsmen. Also the important thing of this book is that it has covered the doping aspect and how to avoid this.

**3.22 Modern Athletics-** This book is written by Mr. Ram Bhagwat, former national champion and veteran international coach. This book is published by Asmita Prakashan in October 2012. The author has given in details about how to become champion in different events athletics. With the help of sketches and diagrams, the author has given how to keep workout for these events, how to increase energy, strength of muscles. This book is helpful for Athletes as well as other players also. The author has also given in details about how to avoid injuries during the training and also during competitions. This book also focuses on how to make proper planning of the training workout and workout during the competitions period.

**B) Fitness-**

**3.23 Mr. Ramanand Gaikwad** made the research on the subject "**Effect of weight training program on selected physical fitness factors of Wrestlers**" in Nov.2006 at Chandrashekhar Agashe College of Physical Education. He rightly pointed out that Indian Wrestlers lack in physical fitness as compared to foreign players.

**Mr. Gaikwad** has pointed out that for increasing physical fitness, the following factors are important-a) Endurance, b) Strength, c) Speed, d) Agility, e) Cardio Vascular endurance.

He also stated the importance of weight training for increasing the physical ability of the players. Weight training helps in increasing physical fitness, endurance. Mr. Gaikwad had taken test of some of wrestlers to prove this. He has also stated that warm up as well

as cool down exercises are also helpful for increasing the physical fitness. For wrestlers it is important they should have strength in their knees, arms, hands and feet.

**3.24 Prof. Dattatray Mahadam** has made research in Sept. 2007 on the subject “**An analytical study of the academic achievement, mental health, socio, economic status, and its relation to physical and motor fitness components of Pune University players**” In this research, Mr. Mahadam has studied about the correlation between physical fitness components and mental health of players. He states that mental fitness and physical fitness are two sides of same coin. If the player is physically fit, then he will play with full confidence. If any player has some problems relating to his family or his coach or any other factor affecting his mind, he won't be able to concentrate on his event i.e if he isn't mentally fit, ultimately it affects his performance.

**Mr. Mahadam** has rightly pointed out that there is correlation between socio economic status and physical fitness. Sania Mirza had some problems about her fitness when she was criticized about her tennis dresses, her clothing etc. Similarly in our country there are number of social functions and festivals in which the players are bound to participate. Many times such functions affect the practice schedule as well as concentration of players.

**3.25 Dr. Ujjwala Raje**, a senior lecturer from Chandrashekhar Agashe of Physical Education had made research in April 2010 about motor fitness of children in the age from 11 to 15 years. She made the research for the study of Doctorate of Philosophy at Shivaji University, Maharashtra. The Government of Maharashtra has decided to introduce the subjective exam of physical education as a compulsory subject. In order to have base for this subject Dr. Raje made this study and her research paper has been taken into consideration for this exam by the SSC Board, Pune.

### **C. Sports Development-**

**3.26 Smt. Jyoti Ajit Kanitkar** has made research on the subject “**Development of Group Achievement Motivation in sports team**” (Thesis for Ph.D. in 1994 at Pune



University). She has mainly given opinion that usually application of psychological technique is done more in individual games than team event. The problem is that whether this technique can be applied in group events.

The focus of the thesis is on group achievement motivation. She had made the research on the above subject with the help of following factors- 1.Desire for success of the group, 2.Pride in the success of the team, 3.Centrality of position and role clarity, 4.Sharing of task responsibility, 5.Group goal setting, 6. Casual attributions, 7.Team oriented risk taking, 8.Persistence in group efforts, 9.Pursuing excellence for the performance of the group, 10. Leader should be a motivator and a role model for the team. Her research is perfectly applicable to Indian players. Most of the time our Hockey players many times show top level individual skill but they lack in team work, coordination. The same thing is observed in case of our relay teams in Athletics, Swimming.

**3.26 Mr. Munish Singh Rana** made research on the subject “**A study of sports talent identification factors of inner Himalayan and lower hilly area school boys of Himachal Pradesh**” at Pune University in October 2007. He has pointed out that there is a lot of talent in hilly area of our country. For this he has given reference of European Countries in which many Olympic medal winners come from hilly area. Even many international top level players prefer to practise in the hilly area or cold countries so that they will not get exhausted early and it also increases their physical sustainability. In India also there is good talent for Boxing, Cycling, Athletics in Assam, Manipur etc.

**Mr. Rana** has given reference of various schemes started by the Government such as National Sports Talent (1985), Special Area Games (1985), Sports Projects Development Area (1988), and Army Sports Boys Co. scheme (1991-92). The sports talent scheme is introduced for the games like Athletics, Basketball, Badminton, Boxing, Football, Gymnastics, Hockey, Table Tennis, Volleyball, Wrestling, and Swimming etc. Through these schemes the Government has tried to nurture the sports talent in our country, especially the thrust is given on the development of talent from rural and hilly areas. The

response to these schemes is good. But the problem is that there are many limitations to these schemes. The Government cannot do it on alone, there should be support from the associations, parents etc.

**3.27 Mr. Shivanand Sharanappa Torvi**-The Government of Maharashtra had introduced the scheme of compulsory Physical Education at the primary level schools. Mr. **Shivanand Torvi** made research relating to this subject in April 2008 at Pune University. In his thesis “**The Review of State Government’s policy regarding Compulsory of physical education at the primary school level**”, he has discussed the problems relating to the implementation of this scheme like lack of basic sports facilities, infrastructure at primary school level. He had also pointed out that primary sports teacher lack in thorough knowledge of various games i.e. ground marking, preparation for games.

**Mr. Torvi** has also pointed out that many schools do not have their own ground. In rural areas, students have to do practice in the agricultural field. Many schools do not have indoor halls for indoor games. If there are any halls, they are used for commercial purpose such as marriages. If there is water scarcity in the rural area, how they can have swimming pool for school children? **Mr. Torvi** has also pointed various problems faced by the sports teachers of the primary school. Also scarcity of funds put limitation on the school’s administration as they have to make other expenditure relating the other sectors of education. Many times it has been observed that the Government’s aid for many schemes including sports activities and ground development come vary late in the hands of school. Mr. Torvi has also pointed out that there is problem of storage of sports equipments at the school level. Many times due to lack of proper storage facilities, these equipments get stolen or get rusted. Also it has been observed that on many lands reserved for sports purpose have been encroached by the school itself for making construction of school buildings for increasing classes to start other faculties.

**3.28 Maharashtra State Government’s Sports Policy 2012**- This policy was designed by the state’s department of sports and youth in 2012. The previous was introduced in

2001. After the Commonwealth Youth Games organized at Pune in 2008 and Commonwealth Games 2010 at New Delhi in 2010, there was need of drastic changes to be made in the sports field. So the state Government drafted the new policy in consultation with sportspersons.

The Highlights of this policy are-

1. **Establishment of basic sports infrastructure-** The development of basic infrastructure for sports and creating various sports facilities. Even there is a provision of funding the private institutions for sports infrastructure. Review of existing infrastructure to be done and accordingly new infrastructure to be made. Establishment of wrestling training centers and giving financial support to the existing akhadas.

2. **Development of national and international level sportspersons.-**To give financial help to the international sportspersons from the state for further training as well as participation in foreign tournaments. To organize the state level training camps for talented and upcoming players. To strengthen the Krida Prabodhini run by the state Government at different places.

3. **Rewards and scholarships to the sportspersons-** To felicitate the international medal winners and their coaches. Also provide them with the jobs in the Government department. To increase the amount of scholarships and prize money for medal winners in national and international events. To increase the state level sports development fund.

4. **To create the sports environment-** To establish sports museums and library of books related to sports. Also to form the sports councils at local civic bodies. To give priorities to the University level sports activities. To organize state level sports festivals. To increase the funds for inter school competitions.

5. **Technical support and human resources development-**To give technical support to the sports teachers working in schools and colleges. Also to give advanced training of coaching the players. To provide sports coaches to various schools for giving training to the talented players.

6. **Establishment of sports university** -To bring various sports and physical education institutions under the control of this university. To start various course related to sports management. To encourage the sports research and sports literature.

**7. To give financial support to various sports associations-**The state government aims to provide financial funds to various state associations of different games.

**D) Diet of sportspersons-**

**3.29 Sports Nutrition for Women-**This book is written by Anita Bea, accomplished sportsperson from Great Britain. This book is published by A and C Black Publication, London in April 2010. The nutrition plays very important role in the success of player of any level. Anita having Athletics background has given thrust on the need of proper nutrition for the female players. She has written in details about creating energy in the body and maintenance proper calories, carbohydrates, proteins, fats, vitamins, minerals. In this player is able to know what snacks to be taken before exercise and after exercise. The author has also thrown light on the effects of eating disorders on the players' performance. The book also gives you what steps to be taken to overcome these problems. The body composition plays an important role in the performance of the female players. The author has given in details about the proper maintenance of body and how to reduce excessive fats of the body. Many female athletes have to face the problems of absence of menstrual cycles.

**Conclusion-**The researcher has taken review of above literature. He is of the opinion that different experts have looked to the problem of the unsatisfactory performance of India in different angles. It is like the story of seven blind men and the elephant. Each person thought about the elephant as different identity. The various experts in the field of sports thought about India's performance in different ways. The researcher has tried to state that there are many reasons for overall unsatisfactory performance.

## CHAPTER 4 - REVIEW OF INDIA'S PERFORMANCE

### 4.1 The performance of India before 1984-

Indian campaign of Olympics began in Paris Games in 1900, when Norman Pritchard had participated in 2<sup>nd</sup> Olympics as an individual player. He won a silver medal in 200 meters running and 200 meters hurdles. Though he was Indian, the British authorities claim that since India was under their regime, these medals belong to them. He was originally a soccer organizer and was working in Paris at the time of games. Since there was no entry from India, he participated in those games directly. After him not a single athlete from India has won a medal in Athletics. Pune has a significant place in the history of Indian Olympics history as the formation of Olympic movement in India started from Pune. Sports organizers from Deccan Gymkhana namely Govind Ganesh Malshe, Appasaheb Bhagwat, Nanasaheb Hardikar made strong efforts for the formation of Olympic Association. Fortunately the British Governor Sir. J Lloyd and industrialist Dorabaji Tata helped them. So India was able to send five players in 1920 Olympics. Though these players could get good success, at least Indian participation began through it and also it got momentum for the formation of Indian Olympic Association. In 1927 Indian Olympic Association (IOA) was formed and in the Olympic Games held at Amsterdam in 1928 India sent first official entry. What a surprise! India won a gold medal in Hockey. This gold encouraged Olympic organizers from IOA. Since then India sent entries to each and every Olympic Games.

The period from 1928 to 1956 is known as the Golden Era of Indian Hockey. During this period, India completely dominated the game of Hockey. Especially, during 1928 to 1936, Major Dhyanchand was the architect of Golden movement in Hockey. His brilliant skill was unchallengeable and incomparable. Even foreign players were fond of his game. In Germany one road has been given the name of Major Dhyanchand. Probably present Indian Hockey organizers don't remember him. But foreign organizers had great affection for him. During his Olympic career he scored 51 goals in these games. It is usually said when a ball came to him, the team was sure that the ball will go into the

goalpost. Due to World War II these Games couldn't be held in 1940 and 1944. Otherwise Dhyanchand could have scored around 100 goals in these games. During the reign of Dhyanchand, foreign players were afraid of him. In 1960, the golden era of Hockey ended when Pakistan the arch rival defeated India in the finals by 1-0. However India took sweet revenge in 1964 by winning medal by defeating Pakistan by 1-0. India had to satisfy with bronze in 1968 and 1972. In 1976 Indian hockey players could not win a medal. At Moscow, when many countries had boycotted these games India won the gold by defeating Spain in the finals. After this medal India has failed to win any medal in Hockey as well as in other team events. In fact many times India had to struggle for qualifying the main draw of Olympics Games. In 2008 India could not qualify for the main draw for the first time in the history of our country. This was the worst performance of Hockey team. At London Olympic Games, though India had qualified for Hockey, the performance of our team was the worst. India lost all the matches they played and finished at the last position.

In Football India reached semifinals at Melbourne Games in 1956 where India was defeated by Bulgaria in the battle for the Bronze medal. After that India has not qualified for the main draw of Olympics. Even India is not able to go beyond the Asian qualifying round. Though players are getting good facilities, handsome money from various tournaments and professionalism is introduced in this game in our country, India does not stand among first hundred rankings. This indicates the dismal performance of our players.

Athletics is considered as a cream event for medals. India's performance is very poor as compared to other players as far as Olympics Games are concerned. Though our athletes are able to win medals in Asian, Commonwealth Games, they have not been able to win a single medal in these events after the feat of Norman Pritchard. Many stadiums are built, Synthetic tracks are laid at many places in our country, a lot of facilities are given to these athletes, but they fail to win a medal at the pride event i.e. at Olympics Games. Milkha Singh though broke record in 400 meters running at Rome Olympics in 1960 finished fourth in that event. Spectators gave him a nick name as "Flying Sikh". In 1964

at Tokyo Gurucharan Singh finished fifth in 110 meters hurdles while at Munich in 1976, Shriram Singh got seventh place in 800 meters running.

Though Wrestling is said to be a traditional sports in India, the performance in this game is also not up to the standard except the feat achieved by Late Khashaba Jadhav who won the lonely bronze in 1952 Olympics at Helsinki. This wrestler from Maharashtra won the said medal in freestyle-bantam weight. In the same games, another wrestler from Maharashtra K D Mangave narrowly missed the bronze medal after he lost the bout by one point against Hose Hanson in Feather Weight category. In 1972 Olympics Sudeshkumar and Premnath missed the bronze medal. After that India's performance in Wrestling is disappointing though Indian wrestlers get good facilities, training, good jobs in Government or semi Government institutions. In 2008 Sushilkumar brought glory to Indian wrestling by winning a bronze medal at Beijing Olympic Games. This was the second medal in wrestling after the bronze medal won by Khashaba Jadhav at Helsinki in 1952. Sushilkumar created the historic feat of winning back-to-back Olympic medals in 2012 at London.

#### **Review of Indian players in Olympic Games since 1900-**

1900

#### **Athletics-**

Norman Pritchard participated in five events i.e. 60 meters, 100 meters, 200 meters, 110 meters hurdles, 200 meters hurdles out of which he won the silver medal in 200 meters running and 200 meters hurdles. He took part as an individual. At that time India was under the British Régime, England had claimed that those medals belong to them.

1920

#### **Athletics-**

Five Indian players participated but could not get any place in it.

1924

**Athletics-**

Eight Athletes participated but could not get place in it.

1928

**Hockey-**

India had sent an official entry in Men's Hockey and won the Gold Medal.

1932

**Hockey-**

India retained Gold Medal of Men's Hockey. India created a record of highest goals difference when they beat USA by 24-1.

1936

**Hockey-**

India made hat-trick of titles in Men's Hockey during these Games.

1948

**Hockey-**

India won their fourth title in a row in Men's Hockey. India participated in Water Polo Men's event where they lost in 2<sup>nd</sup> round of preliminary round.

1952

**Hockey-**India again retained the title in Men's event.



**Wrestling- Khashaba Jadhav from Maharashtra, India won the Bronze in Men's Freestyle Bantam weight.** This is first individual medal of our country after independence.

**Boxing-**Shakti Mazumdar - Lost in 2<sup>nd</sup> round.  
Ron Norris - Lost in 3<sup>rd</sup> round  
Benoykumar Bose - Lost in 1<sup>st</sup> round  
Oscar Alfred - Lost in 1<sup>st</sup> round

**Cycling-** Kumar Mehra, Netai Bysack, Pradip Bode and Suprovat Chakravarty participated in Road Competitions of 190.4 km, but could not finish the race.

1956

**Hockey-** India again retained the title and created supremacy in Hockey.

**Athletics-**Siri Chand Ram participated in Men's 110 mts. hurdles, but he didn't advance beyond primary round. His timing was 15.2 seconds.

1960

**Hockey-**For the first time after 6 gold medals in a row, India lost in the finals against traditional rival Pakistan and won the silver medal.

1972

**Hockey-** India won the title.

**Boxing-** Chander Narayanan- Bye in first round but lost in second round.

**Athletics-**Men's 800 mts-Shriram Singh and Rajinder Kohli lost in heats.

5000 mts- Edward Sequera- lost in heats

High Jump- Suresh Babu- lost in qualification round.

1976

**Hockey-** India lost three matches in preliminary round and did not qualify for knock out. India finished with 7<sup>th</sup> place after matches of positions.

**Athletics-**Men's 800 mts- Shriram Singh entered in final round but got 7<sup>th</sup> place. His timing was 1 minute 45.77 seconds

10000 mts- Hari Chand- lost in heats.

Long Jump- T C Yohanan- lost in heats.

Marathon- Shivnath Singh- Finished with 11<sup>th</sup> place

1980

**Athletics-** Men's Marathon-Hari Chand- 31<sup>st</sup> place- 2 hrs.22 min.08 seconds. Shivnath Singh- did not finish the race.

**Basketball-**India lost in semi final to Senegal and got 12<sup>th</sup> place.

**Boxing-** Thapa Birender Singh- lost in first round

Amala Das-lost in first round

Ganpathy Manoharan-lost in third round

**Hockey-** Men- Many countries had boycotted the games. India won the Gold. Women- For the first time India participated and got 4<sup>th</sup> place.

1984

#### **4.2 - India's performance since 1984-**

P T Usha is known as the Golden Girl of Indian Athletics. She won a lot of medals in Asian Games, Asian track meets. In 1984 at Los Angeles, she was a hot favourite to win a medal in 400 meters hurdles. A lot of atmosphere was created about her. Probably this atmosphere created mental pressure on her and she missed the medal by one hundredth second. At Athens in 2004 Anju B George was the hope of India for a medal in Long Jump. Earlier she had a won a bronze in World Athletics Championship. However she

finished seventh in finals. Her performance at that time was below the national record created by her.

After 1952, India got a medal in an individual event in 1996 at Atlanta i.e after gap of 44 years when Leander Paes won a bronze medal in Tennis. Paes would have won the gold medal, but he was unfortunate to lose the semifinal match against Andre Agassi. Paes won first set against Agassi but squandered the match thereafter to Agassi who won the gold medal. Though Paes and Mahesh Bhupati have won many titles in Grand Slam events, they have not been able to win a medal in doubles at Olympics.

India won another individual medal at Sydney in 2000 when Karnam Malleshwari won a bronze medal in Weight Lifting. Though India has good weight lifters who make excellent performance at World Championship, Commonwealth Games, they are not able to win more medals at Olympics. In fact the performance of players is many times shadowed by doping scandals of other players. Also Weight Lifting Federation of India had to face ban and financial fines for doping scandals. Many times differences between players and coaches had also affected the prestige of the country.

Indian shooters like Jaspal Rana, Abhinav Binbra, and Anjali Bhagwat etc have created many world records in different championships and have won medals at Asian, Commonwealth Games and also at World Championship. They are not able to repeat the same feat in Olympics. Only Rajvardhan Singh Rathore and Abhinav Bindra were able to win a medal in Olympics. Rathod won a silver medal at Athens in 2004. He won the medal because he is from Army and who got good facilities and who could give full concentration at practice and also at actual event. Bindra got Gold Medal at Beijing Games. Beijing Games are said to be lucky for India as we got three medals, all of them in individual games. Vijendersingh won the bronze medal in Boxing. He became the first person from India to win the Olympic medal in Boxing. . At London Games, **Vijaykumar** won the silver medal in shooting while **Sushilkumar** won the silver medal in wrestling. **Sushilkumar** created the *historic* feat of winning back-to-back *Olympic* medals. Also India got bronze medals through **M. C. Mary Kom**

(Boxing), **Gagan Narang** (Shooting), **Yogeshwar Dutta** (Wrestling), **Saina Nehwal** (Badminton).

Pulella Gopichand won the prestigious title of All England Badminton Championship which is treated like world championship but he could not repeat the same performance in Olympics which was organized after this championship. Probably the inconsistency is a curse to Indian sports. The same has been seen in other sports like Yachting, Rowing etc.

1984

#### **Athletics-**

Women-400 mts hurdles-P T Usha narrowly missed the medal just by 1/100 seconds while M D Valsamma lost in the first round.

3000 mts- Geeta Zutshi- lost in heats (timing 9 min.40.63 seconds)

800 mts-Shiny Abraham-lost in semi final (timing 1 min.51.52 sec 4x400 mts relay-7<sup>th</sup> place.

**Hockey**-Men Section-India could not qualify for semifinals and had to satisfy with the fifth position.

1988

**Archery**- Sanjeeva Singh- 36<sup>th</sup> place in preliminary round

Limba Ram- 39<sup>th</sup> in preliminary round

Shyam Lal Meena- 71<sup>st</sup> place in preliminary round

Men's team event-20<sup>th</sup> place

**Athletics**- Women 4x400 mts relay- lost in heats 3min.33.46 sec.

**Hockey** - Did not qualify for semi final, got sixth place.

**Swimming**-Men-Khazan Singh Tokas- 28<sup>th</sup> place in 200 mts butterfly.

**Tennis** - Zeeshan Ali- Lost in 2<sup>nd</sup> round to Jacob Hlasek

Vijay Amrutraj-lost in 1<sup>st</sup> round to Henri Leconte.

1992

**Archery-Men-** Limba Ram- 23<sup>rd</sup> place in round of 32 players

Lalremsanga Chhangte-53<sup>rd</sup> place in 1<sup>st</sup> round

Dhulchand Damor-66<sup>th</sup> place in 1<sup>st</sup> round

Men's Team event-16<sup>th</sup> place of 16 teams

**Athletics-** Men-5000 mts Bahadur Prasad-lost in heats

Women-800 mts-Shiny Wilson- lost in heats

**Boxing-** Rajendra Prasad- Lost in 2<sup>nd</sup> round

**Hockey-** did not qualify for semifinal, 7<sup>th</sup> place

**Tennis-** Men- Leander Paes-lost in 1<sup>st</sup> round

Ramesh Krishan-lost in 1<sup>st</sup> round

Men's Doubles- Paes and Krishan- lost in quarter finals to

Goran Ivansevic and Goran Perpic of Croatia.

1996

**Archery-Men-** Lalremsanga Chhangte-25<sup>th</sup> place in the round of 32

Skalzanga Dorje- 47<sup>th</sup> place in round of 64

Men Team event- 14<sup>th</sup> place in round of 16

**Athletics-** Men- Discus Throw-Shakti Singh- lost in qualification round

Women-4x400 mts relay-lost in heats

**Boxing-** Men-Devendra Thapa-lost in 1<sup>st</sup> round

Gurucharan Singh-lost in 1<sup>st</sup> round

Lakha Singh-lost in first round

**Hockey-Men-**did not qualify for Semifinal, got 8<sup>th</sup> place

**Swimming-** Men-Richard Bera- 44<sup>th</sup> place in heats

**Tennis-** Men's Single-**Leander Paes lost in semifinal to Andre Agassi and after that he won the bronze medal match against Fernando Meligeni.**

2000

**Athletics-** Men-400 mts-Paramjitsingh-lost in 1<sup>st</sup> round (46.64 sec)

4x100 mts. relay- lost in final round

4x400 mts. relay- lost in 1<sup>st</sup> round

Shot Put-Bahadur Singh and Shakti Singh lost in qualifying round

Javelin Throw-Jagdish Bishnoi-lost in qualifying round (70.86mts)

Women- 400 mts. M Beenamol-lost in semifinal (52.04 sec)

4x100 mts relay-lost in 1<sup>st</sup> round (45.20 sec)

4x400 mts relay-lost in 1<sup>st</sup> round (3 min.31.46 sec)

Discuss Throw- Neelam Singh-lost in qualifying round

Javelin Throw- Gurmeet Kaur-lost in qualifying round (52.78 mts.)

Heptathlon-Pramila Ganpathy-24<sup>th</sup> place, Soma Bishwas-25<sup>th</sup> place

**Badminton**—Men- Pullela Gopichand-lost in pre quarter finals to Hendrawan

Women- Aparna Popat-lost in round of 64 players

**Boxing**-Men-S Suresh Singh-lost in 1<sup>st</sup> round

N Dingko Singh-lost in 1<sup>st</sup> round

Jitendra Kumar-lost in 2<sup>nd</sup> round

Gurcharan Singh-lost in quarter finals

**Hockey**- Men-did not qualify for semifinals, got 7<sup>th</sup> place

**Swimming**- Men-200 mts freestyle Hakimuddin Habibula-lost in heats

Women- 200 mts freestyle- Nisha Millet- lost in heats

**Weight Lifting**-Women-Karnam Malleshwari won bronze in 69 kg.

2004

**Archery**-Men-Satyadev Prasad-10<sup>th</sup> place

Tarundeep Rai-43<sup>rd</sup> place

Majhi Sawaiya-59<sup>th</sup> place

Team Event-11<sup>th</sup> place

Women-Reena Kumari-15<sup>th</sup> place,

Sumangala Sharma-24<sup>th</sup> place

Dola Banerjee-52<sup>nd</sup> place

Team-8<sup>th</sup> place

**Athletics**-Men-400 mts-K Mathews Binu-lost in semifinals (45.97 secs)

Shot Put-Bahadur Singh-lost in first round

Discuss Throw-Vikas Shive Gowda-lost in first round

Anil Kumar- Lost in first round

Women-200 mts-Saraswati Saha-33<sup>rd</sup> place in 1<sup>st</sup> round

4x400 mts relay-7<sup>th</sup> place (3min.26.89 sec)

Heptathlon-J J Shobha-11<sup>th</sup> place, Soma Bishwas-24<sup>th</sup> place

High Jump-Bobby Aloysius-28<sup>th</sup> place in first round

Long Jump-Anju B George-6<sup>th</sup> place in final round (6.83mts)

**Badminton**-Men-Nikhil Kanetkar-Lost in pre quarterfinals

Abhin Shyam Gupta-Lost in 3<sup>rd</sup> round

Women-Aparna Popat-lost in pre quarter finals

**Boxing**-Akhil Kumar-lost in 3<sup>rd</sup> round

Jitender kumar-Lost in 3<sup>rd</sup> round

Diwakar Prasad-lost in pre quarterfinals

Vijendra-lost in 3<sup>rd</sup> round

**Hockey**-did not qualify for semi finals-got 7<sup>th</sup> place

**Judo**-Akram Shah-lost in 3<sup>rd</sup> round

**Sailing**- Malav Shroff and Sumeet Patel-19<sup>th</sup> place

**Shooting- Rajyavardhan Singh Rathore- Silver Medal in Double Trap.**

**Swimming**-Shikha Tondon-50 mts and 100 mts free style-lost in first round

**Tennis**-Men Doubles Mahesh Bhupati-Leander Paes-lost in Bronze Medal match and got fourth place

**Wrestling**-Anuj Chaudhari, Palwinder Singh Cheema, Yogeshwar Dutt. Mukesh Khatri, Ramesh Kumar, Sushil Kumar, Sujeet Maan. Among these wrestlers, Sushilkumar brought success to India, when he won a bronze medal. This medal in wrestling was 52 years after Khashaba Jadhav won the bronze at Helsinki Olympics in 1956.

**Archery**-Dola Banerjee, Bombala Devi lost in the first round while Pranitha Vardhini lost in the second round. In the team event they lost to China in the third round.

**Athletics-Men**-Surendra Singh got 26<sup>th</sup> place in 10,000 meters running. Vikas Gowda and Renjith Maheskwari lost in the qualifying round of Discus Throw and Men's Triple Jump respectively.

**Women**-Anju B George who is bronze medalist at World Championship made all three attempts of Long Jump with foul start and was disqualified in the first round. This is the worst performance from any Indian player at Olympics. Preeja Sreedharan got 23<sup>rd</sup> place in 10,000 meters running while Harwant Kaur and Krishna Poonia lost in the qualifying round of Discus Throw. Mandeep Kaur lost in the first round of 400 meters running. In 4x400 meters relay Indian team lost in the first round. In Heptathlon, J.J.Shobha, Susmita Singh Roy and G.Pramila Ganpathy could not take place in first 25 players.

**Badminton**- Anup Shridhar lost in the first round while Saina Nehwal lost in the quarterfinals to Indonesian player Yulianti after leading comfortably in the deciding game.

**Boxing**- **Vijendersing brought the first ever medal i.e bronze in this game.** Jitender Kumar and Akhilkumar lost in quarterfinals while Dineshkumar and A.L.Lakra lost in first round.

**Judo**- K. Tombadevi and Divya Tomar lost in the opening round.

**Rowing**- Bajranglal Takhar got 21<sup>st</sup> place in single sculls while Devender Kumar and Manjeetsingh got 18<sup>th</sup> place in double scull.

**Sailing**- Nachhatar Singh Johal could not complete the ninth race out of nine races.

**Shooting- Men**- **Abhinav Bindra made history by winning the first ever Gold Medal in the individual event at these Games.** Gagan Narang, Sanjeev Rajput, Samresh Jung, Manshersingh, Manavjitsingh and Rajvardhansingh Rathod (previous silver medalist) could not qualify for final rounds in the respective events.

**Women**-Anjali Bhagwat and Avneet Kaur Sidhu could not qualify for final round.



**Swimming**-Viradhawal Khade, Sandeep Shejwal, Ankur Poseria and Rehan Poncha lost in the primary heats of their respective events.

**Table Tennis**-Achanta Sharath Kamal and Neha Agarwal lost in the first round in singles' event.

**Tennis**- Mahesh Bhupathi and Leander Paes lost in quarterfinals of doubles. Sania Mirza lost in the first round of women's singles. In women's doubles Sania and Sunita Rao lost in the second round.

**Wrestling**-Yogeshwar Dutta lost in the quarterfinals while Rajiv Tomar lost in the first round. **Sushil Kumar won the bronze medal.** This medal is the second medal in wrestling after Khashaba Jadhav's bronze in 1952 Olympics.

2012
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**Archery**-Jayant Talukdar-Lost in first round while Rahul Banerjee and Tarundeep Rai lost in the second round. They combined participated in the team event where they lost in the second round. In women, Laishram Bombayla Devi lost in the second round while World Champion Deepika Kumari and Chekrovolu Swuro lost in the first round. They also lost their match of the team event in the preliminary round.

**Athletics**-Men-50 k.m walk-Basanta Bahadur Rana finished with 36<sup>th</sup> rank.

20 k.m walk-Irfan Kolothum Thodi finished with 10<sup>th</sup> place alongwith national record. Gurmeet Singh finished with 33<sup>rd</sup> place while Baljinder Sing finished with 43<sup>rd</sup> place  
Marathon-Ram Singh Yadav finished with 78<sup>th</sup> place

Discus Throw-Vikas Gowda qualified for finals but finished with 8<sup>th</sup> place. Shot put-Om Prakash Karhana lost in preliminary round with 16<sup>th</sup> place. Triple Jump-Renjith Maheshwari made foul in all three attempts.

Women-800 mts. Running-Tintu Luka-lost in semifinal and got 11<sup>th</sup> place. Sudha Singh-3000 mts. Steeplechase-lost in qualifying round.

Triple Jump-Mayookha Jonhy-lost in qualifying round.

High Jump-Sahanakumari-lost in preliminary round.

Discus Throw-Krishna Poonia-qualified for finals and got seventh place while Seema Antil lost in the preliminary round.

**Badminton**-Men-Parupalli Kashyap lost in quarter final against top seed player L C Wei. Women-**Saina Nehwal won the bronze medal** when her Chinese opponent X. Wang retired due to injury after winning the first game. In doubles, Jwala Gutta and Ashwini Ponnappa won two matches and lost one match but could not qualify for knock out stage. In mixed doubles, Vatiyaveetil Diyu and Jwala Gutta lost all three matches in the league fixtures and so they couldn't get place in the knock out stage.

**Boxing**-Women-**M C Mary Kom-won the bronze medal in 51 kg** and become the first Indian women to win the bronze in boxing.

Men-Devendro Singh lost in quarter final in light weight category. Shiva Thapa lost the first match in bantamweight. Jai Bhagwan lost in the pre-quarter finals in lightweight. Manojkumar lost in the pre-quarter in light welter weight. Vikas Yadav made exit in the second round in welter weight while Vijender Singh lost in the quarter final in middle weight. Sumit Sangwan lost the first match.

**Hockey**-Men-India was placed along with Netherlands, New Zealand, Germany, South Korea and Belgium. India lost all matches and finished with the last place. This is the worst performance of India in Olympic Games where they made qualification for main games.

**Judo**- Only Garima Chaudhary had qualified for these games for women's 63 kg and lost in first round.

**Rowing**-Sawarn Singh couldn't qualify for main round in single sculls. In doubles, Sandeep Kumar and Manjeet Singh couldn't qualify for main rounds.

**Shooting**-Men-10 mts. Air Rifle-Abhinav Bindra lost in preliminary round while **Gagan Narang won the bronze medal**.

50 mts. Rifle prone-Joydeep Karmakar finished with fourth position and missed the bronze medal narrowly. In the same event, Narang lost in qualification round.

10 mts. Air Pistol-Vijay Kumar Sharma lost in qualification round.

25 mts. Rapid fire pistol-**Vijay Kumar Sharma won the silver medal.**

50 mts. Rifle three position-Gagan Narang and Sanjeev Rajput lost in the qualification round.

Trap event-Manavjit Singh lost in the preliminary round.

Double trap- Ranjan Sodhi lost in the preliminary round.

Women-Trap-Shagun Chowdhary lost in the qualification round.

25 mts. Pistol-Rahi Sarnobat and Annuraj Singh -lost in preliminary round. 10 mts. Air Rifle-Annuraj Singh and Heena Sindhu lost in the preliminary round.

**Swimming**-1500 mts. Freestyle- Gagan Ullalmath lost in preliminary round.

**Table Tennis**-Men-Soumyajit Ghosh lost in second round. In women, Ankita Das lost in the first round.

**Tennis**-Men- Vishnu Vardhan got chance to play in singles event where he lost in the first round while Somdev Devvarman lost in first round. In doubles, Mahesh Bhupati and Rohan Bopanna lost in the first round while Leander Paes and Vishnu Vardhan lost in pre-quarter round. In mixed doubles, Paes and Sania Mirza lost in the quarter final round. Women-Sania Mirza and Rushmi Chakrwarthi lost in the first round.

**Weightlifting**-Men-Katulu Ravikmar finished with 15<sup>th</sup> place in 69 kg.

Women-Ngangbam Soniya Chanu got seventh place in 48 kg.

**Wrestling**-Men-Amitkumar-lost in repechage round in 55 kg. **Yogeshwar Dutta won the bronze medal in 60 kg. Sushilkumar Solanki won the silver medal in 66 kg.**

Narsingh Yadav lost in the first round in 74 kg

Women-Geeta Phogat lost in repechage round in 55 kg.

### **4.3 Comparative study**

While doing the study about the overall position of sports, it is necessary to have the comparison about sports facilities from the international level to the local level.

#### **4.3.1 Performance of India in Olympic Games after 1984-**

Before considering the performance after 1984, we have to consider the performance before that period i.e. since commencement of these games up to 1980. India had dominated Hockey in Olympics. It had been the winner from 1928 to 1956 and again in 1964. This period is called as the Golden Era of Indian Hockey and also the Era of Hockey wizard late Major Dhyanchand. During his era, foreign teams were very afraid of Indian Hockey team. Now no team has worries playing against Indian Hockey team. After that India has never won the Gold Medal except in 1980 when many countries including USA, Australia had boycotted Olympic Games held at Moscow. India's first individual medal was in 1900 when Indian born Norman Pritchard had won two silvers in Athletics. These are the only medals in Athletics that India got. The British Government had their claim on these medals as India was under the British reign at that time. In Hockey up to 1980 India won eight gold, one silver and two bronze medals. After that the performance of our team has been very unsatisfactory. The change in rules and introduction of artificial ground for Hockey affected the performance of our team.

If we say that India had been in semifinals of Football at Olympic Games, most of people will treat it as a joke. But it is true that India had reached semifinals in Football at Olympic Games held at Melbourne in 1956. This is the best ever performance of India in this game. Presently Indian team has ranking of 165. Our team is not able to go beyond the Asian-Ocean qualifying round.

Khashaba Jadhav, the wrestler from Maharashtra won the bronze medal in 1952 Olympic Games held at Helsinki which is the first medal in individual games for India since the independence. He could have won silver but at that time the team manager was not present and Khashaba could not appeal against the partial

decision given against him in semifinals. India had to wait for another 44 years to see the medal dream of Olympic Games.

After 1980 Olympics Games, India's performance in the team event i.e. in Hockey has been very poor as compared to the era of Major Dhyanchand. Indian team which was on the top of world for many years is having negative performance in this game. The worst performance was in the Olympic Games 2008, when the team failed to qualify for the main games. They failed to go beyond qualifying rounds. For the first time in the Indian history India failed to make the main draw. In other team games our teams are behind in comparison with other nations. In most of games, we are not able to go beyond the Asian qualification round.

In the individual disciplines, from 1984 we have won one gold, one silver and four bronze medals. Leander Paes won the bronze medal in Tennis at Atlanta Olympics 1996. This was the first individual medal. After that Karnam Malleshwari bagged the bronze in the medal in Weight Lifting at Sydney Olympics 2000, the first ever medal in this game. Rajvardhansingh Rathod won the first silver as well as shooting's first medal for India at Athens 2004. As compared to previous years, the year 2008 was glorious for India in which India won its' first Gold Medal in the individual event. Thanks to the Golden boy Abhinav Bindra who won the Gold in 10 mts air rifle. He surprised everyone as no one had expected medal from him, as he had suffered a very bad injury in 2007. He made hard practice in Germany under a private coach. . At London Games in 2012, Vijaykumar won the silver medal in shooting while Sushilkumar won the silver medal in wrestling. Sushilkumar created the *historic* feat of winning back-to-back *Olympic* medals. Also India got bronze medals through M. C. Mary Kom (Boxing), Gagan Narang (Shooting), Yogeshwar Dutta (Wrestling), Saina Nehwal (Badminton).

India didn't get any medal in Olympic Games at Los Angeles in 1984, at Seoul in 1988, at Barcelona in 1992. At Los Angeles USA was at the top with 83 gold, 61 silver and 31 bronze. Rumania surprisingly took the second place with 20 gold, 16 silver and 17 bronze

medals. West Germany was third in ranking with 17, gold, 19 silver and 23 bronze. Russia had boycotted these games. India did not get any medal and also ranking. While at Seoul, Russia won 55 gold, 31 silver and 46 bronze and secured the top position. Germany took the second place ahead of USA by winning 37 gold, 35 silver and 30 bronze. USA had to satisfy with the third place. They won 36 Gold, 31 silver and 27 bronze. India did not get any medal and also ranking. Again at Barcelona, Russia secured top position with 45 gold, 38 silver and 28 bronze. USA bagged 37 Gold, 34 silver, 37 bronze and ranked the second place. Germany secured the third place by winning 33 gold, 21 silver and 28 bronze. India did not get any medal and also ranking. At Atlanta in 1996, USA was on the top as they got 44 gold, 32 silver and 25 bronze medals. Russia ( 26 gold, 21 silver and 16 bronze) was second in ranking while Germany ranked third with 20 gold, 18 silver and 27 bronze medals in its kitty. India got one bronze and secured 71<sup>st</sup> ranking in the medal tally.

At Sydney in 2000, USA retained the top position by winning 39 gold, 25 silver and 33 bronze medals. Russia secured second place as they got 32 gold, 28 silver and 28 bronze. The dragon country China roared with the third place by securing 28 gold, 16 silver and 15 bronze. India who got one bronze had to remain satisfied with 70<sup>th</sup> rank. USA was again at the top at Athens in 2004. They bagged 35 gold, 39 silver and 27 bronze. China overtook Russia and got the second place with 32 gold, 17 silver and 14 bronze. Russia took the third place. They got 28 gold, 26 silver and 38 bronze. India won one silver and 65<sup>th</sup> ranking. China overcame USA in 2008 at Beijing when they won 51 gold, 21 silver and 28 bronze. USA got second place. They secured 36 gold, 38 silver and 36 bronze. Russia secured the third place. They got 23 gold, 21 silver and 28 bronze. India was at the peak of its performance as they got first ever individual gold medal along with two bronze. At London Games, India won six medals i.e two silver and four bronze. This is the highest haul of medals won by our country in the history of Olympic Games. At London in 2012, USA surpassed China in the medal tally by winning 46 gold, 29 silver and 29 bronze medals. China has to satisfy with the second place. They won 38 gold, 27 silver and 23 bronze medals. If we look at these performances, we can say that in the initial years USA was enjoying the dominance in the medal tally. There was competition

between Russia and USA for the top position. During last 12 years, many other countries are among the front rankers for medals. Jamaica has emerged as a prominent country in short and middle distance running. England, Germany, Australia, South Korea, Japan are also showing impressive performances at these Games. But this is not the case with India. They are never in the medal hunt except in Hockey that was too before 1960.

#### **4.3.2 Sports infrastructure-**

When we consider the development of sports, it is necessary that there should be proper infrastructure at different level. After the introduction of Astroturf or poly grass ground for Hockey, India's performance at Olympic level has been going down and down. Our normal or local players usually practise on the soil and have to show their skills directly on the poly grass ground at the time of competitions without thorough practice on poly grass ground. In case of New Zealand whose population is not more than the population of Pune District, has around 75 to 80 international standard Astro turf and equal number of poly grass grounds. Even a few schools also have artificial Hockey grounds. While in Pune, there are only two Astroturf grounds; one at Shiv Chhatrapati Sports Complex and another at Pimpri Chinchwad. Both these grounds are not easily accessible to normal players. Even Pimpri Chinchwad Hockey Club many times faces many problems in getting this ground. Netherlands i.e Holland which is not bigger than Uttar Pradesh in area has more than 300 international Hockey Astro Turf Grounds while in Uttar Pradesh there are not more than 10 artificial grounds for Hockey. In Pune about 1500 children participate in interschool Hockey Championship while in Pimpri area, there are about 800 players who participate in interschool Hockey meets. However there are only two teams in Pimpri which play regularly in the senior leagues while in Pune there are not more than 30 teams which participate in the competitions.

In New Zealand there are more than ten thousand artificial Tennis Courts where international matches can be held. Along with these grounds, there are other Tennis courts like clay court and hard courts. If we compare to this, in Pune there

are not more than 500 tennis courts. In USA, at D Anza University, San Francisco has 40 Tennis courts with fully developed facilities. If any person who is going by that side and wants to play Tennis, at this centre, he can get racket, balls and even partner to play at the eleventh hour also. In India, most of the time, courts are booked on regular basis. Though nobody is playing on it for long time, but the same is not available for persons who wish to play without proper plans. Similar incidences are seen in Badminton, Table Tennis etc.

In many foreign countries, grounds reserved for sports, are used only for sports and not for any other cause. However in our country, most of sports grounds are used for commercial purpose. e.g.in Pune, the ground owned by the Government Engineering College is used for exhibitions for more than 250 days in a year and rest of the time i.e.in rainy season, there are only few sports activities on that ground. Also many indoor halls of schools are used for commercial activities on most of the time.

While creating infrastructure in our country, the Government don't think whether such sports complexes are useful in long run or not. E.g. the Astro turf ground of Hockey requires 1.20 lakhs of water per match. In many places in our country where there is scarcity of drinking water, then is it worth to have such turf ground for Hockey? This question is always asked by the general public who faces the problem relating to water scarcity. Similarly in many big cities and even in small towns of Maharashtra, swimming pools are built in every ward. Out of these pools about 60% pools are closed due to shortage of drinking water. Those pools which are used daily by the regular swimmers, we often find that there are not swimming pools available separately for competitive swimmers. If such competitive swimmers want to practise, then they have to make practice in the night i.e. after the use of other regular members. It affects diet of players and general fitness as they have to make practice at night when there isn't favourable climate for players.



The Karnataka state is dominating Swimming for many years because of good infrastructure and facilities to players. Their players are able to practise from 6 to 8 a.m in the morning and 5 to 8 p.m. in the evening which is the ideal timing for practice. Also these players have separate pools of 25 meters and 50 meters in one complex. They are able to make practice for around 10 to 14 kilometers daily. At each lane, separate coach observes the performances of each swimmer. They have special facilities like under water cameras for stroke style correction, pulse rate measuring instruments, diet experts, medical experts, physiotherapist, ultra modern gym facilities and gym experts etc. Also these players get qualitative non vegetarian food at concessional rate which helps them to increase their physical strength. The state Government of Karnataka is very supportive to these players. Every year the chief coach is sent to the sports clinic arranged by the International Swimming Federation so that the coach will have knowledge about the latest technique of the game. In Maharashtra, players many times have to overcome with the problem of educational exams. In Karnataka, special seats are provided for players in academics institutions. Their care of education is taken by the Government. Karnataka swimmers get stretch cords, tar bands etc at concessional rates. The state Government of Karnataka has state level training centre at Bangluru at which all members of their state team have group training under professional coach. In Maharashtra, on very rare occasions, state team has a combined training camp. Members of the team do practice at their own clubs and under their respective coaches.

#### **4.3.3 Scholarship/rewards etc-**

It has been observed that there is not uniform policy of rewards, scholarships etc in our country. It differs from state to state. Also rules and regulations, criteria for the same differ from state to state. E.g. In August 2010, Veerdhawal Khade, swimmer from Shivaji University, Maharashtra won six gold medals in All India Inter University Aquatics Championship. Shivaji University gave him the total prize money of Rs.3000/- for all medals which he had won. While Pune University uses to give the prize money of Rs. 7000/- for each gold medal, Rs.

5000/- for each silver and Rs. 3000/- for the each bronze medal. Karnataka officials offered Rs. 11 lakhs for each Gold medal to Khade. Punjab University had also offered similar lucrative prize money to him. Kashinath Asawale international athlete from Maharashtra had left the state and joined Zharkhand as he got higher scholarships and facilities in other states.

The state Government of Andhra Pradesh had fetched many players from other states by offering higher scholarships at the time of national games held at Gachibavali, Hyderabad. The state Government of Andhra Pradesh, Delhi, Tamil Nadu offer performance based prize money to its players like Rs. 10 lakhs for the gold medal at national level competitions. Sushilkumar Solanki, the bronze medalist Olympic wrestler had been given Rs. 15 lakhs when he won the Gold Medal at the World Championship. He was given Rs. 5 lakh by FIE foundation from Maharashtra. Tejaswini Sawant, international shooter from Kolhapur won the Gold medal along with the world record at the World Shooting Championship was given the prize of Rs. 5 lakh by the state Government of Maharashtra in August 2010. She was given the similar prize when she won the Gold Medal at Commonwealth Games. This indicates that for the state Government the competitions of World level and Commonwealth Games are at par level. The state Government of Madhya Pradesh gives Rs. 75000/- to each player who represents our country in any international tournament. This prize is given to him without any application. In Maharashtra, sportsmen have to go through the hazardous procedures and documentations. In fact it is usually said that if he makes application for financial assistance for a tournament, he will get the said assistance two three months after completion of the tournament. In March 2012, Maharashtra state Government announced the prize of Rs. One Crore to Maharashtra players who have represented Indian Women World Cup winning Kabaddi team. In this world cup there were only six teams and the standard of the tournament was very low. At the same time shooters and swimmers from Maharashtra have to struggle for sponsorship required by them for Olympic

Games practice. This indicates lack of knowledge at the ministerial level about sports and standard of competitions.

The Government of West Bengal gives the land and residential flats as a prize money to its' players for the medals in the national level competitions. The state Government of Delhi had given special facilities and training facilities to players who represented the country in Commonwealth Games 2010. The state Government gives Rs. 5 lakhs to international medals but there is not a specific criterion for this prize. It is usually said that if you have good rapport with the top level Government officials or political leaders you will get this reward at the earliest. The state Government had given Rs. 25 lakhs to Karnam Malleshwari for her bronze medal at Olympics though she is not from Maharashtra and that too without any application from her.

When Indian cricket team won the inaugural World Twenty20 championship, the Government of Maharashtra not only rewarded all the team members but also these players were given handsome prize money. When this team returned to India, many top level Government officials and some ministers were present at the grand reception ceremony of this team. In the same year, when Vishwanathan Anand won the world championship, at the time of his arrival at Chennai, there was not any person from the Government for receiving him. Similar incidence happened when the Indian Hockey team won the Azhlan Shah Tournament in the same year. Indian Hockey Federation offered the prize of Rs. 1000/- per goal scored by the players in the same tournament.

In 2002, when Sarah Huges won the Gold Medal in figure skating at Winter Olympics, American Food Company declared the prize of Ten lakhs dollars to her, but the company also kept one condition that she should compete in next World Championship and should bag the place in first three ranks. If she does not achieve it, she will have to return half amount of the prize money to the company. In our country, such conditions are rarely

kept by the sponsor. Due to this, players are not encouraged to continue the excellent performance or to achieve higher success.

#### **4.3.4 Medal performance-**

It is always said that the medal achievement reflects the image of any country. If we go through the records of Olympic Games from 1896 to 2008, USA has emerged the power force in the medals tally. USA has participated in 26 games and has won 976 Gold, 759 silver, 667 bronze, and total of 2402 medals. USA has been at the top of medal tally on 16 occasions. The average performance of it comes to 92 medals. USA had boycotted Moscow Olympic Games. Russia has been at the top for 9 times. France, England, Germany and China have secured top ranking on one occasion.

China, who hosted Olympic Games at Beijing in 2008, won 51 gold, 21 silver and 28 bronze; total of 100 medals and emerged as top ranked country in the medal tally. China had not participated until 1984. They participated in Olympic Games for first time in Los Angeles Olympic Games in 1984. In the debutant year they won 15 gold, 8 silver and 9 bronze medals. After this China has become the striking force in the international sports. They have shown that they are on the top in sports by organizing the Olympic Games in 2008 very much successfully and winning the highest medals in these games. Russia has got average of 112 medals in these games while England has got average 27 medals. Italy (21), Germany (38), Hungary (19), Sweden (19), Australia (19) are among the top medal winner countries. India has participated in 23 Olympic Games and has got only 26 medals i.e its' average success comes to 1 medal. If we compare this performance with other countries, we can say that India is far away in sports.

As far as ranking is concerned, our best ranking in these games has been 17<sup>th</sup> in Olympic Games of 1900. That too is in doubt because British authorities claim its right on these medals as at that time India was under the British reign. We won one gold and two bronze medals at Beijing Games while at London 2012 India won two silver and four

bronze. It was the best performance of India in the history of Indian Sports, but our ranking was 50<sup>th</sup> in the medal tally. Many smaller countries like Jamaica, Ethiopia were ahead of India.

#### **4.3.5 Fitness level-**

When we compare the level of fitness of Indian players with other developed countries, we observe that generally our players are far away from the players of countries like China, USA, Australia, Germany etc. e.g. in case of body muscular index, as per international standard, it should be minimum 18.25 kgs., but children from Kokan and Western Maharashtra are having maximum 16.68 kgs.

#### **4.3.6 Funds for Olympic preparations-**

China, the host country of Beijing Olympic Games won 51 gold, 21 silvers, and 28 bronze, the total 100 medals in 2008. For Olympic Medals Mission they have spent around Rs.507 crores on the training of Athletes, coaching including coaching under the guidance of foreign coaches, diet, medical help, travelling, sport kit and other facilities. India's central budget for sports sector was Rs. 1111 crores for the year 2008-09 of which 70% portion was relating to stadia buildings, salary for administrative department etc. China had spent around \$ 1.1 crore dollars for each player for obtaining medals in Beijing Games. India won six medals at London Games 2012, for which the Government had spent more than 150 crores towards training of Olympic players.

#### **4.3.7 Sport Medicine-**

It is always said that we are far away in respect of sports medicine. In the development of sportsmen, sports medicine plays very important role. Consultancy of sport medicine experts is required for the physical as well as mental development of the player. For proper diet, energy medicines, scientific training methods, sports medicine experts' guidance is always needed. In case of

Indian players, many times, it has been observed, our players had gone to Olympic Games without any doctor.

Doping is a curse to sports. Though there are many previous examples about players caught in this scandal, our players either don't have proper knowledge about this or they are not aware of side effects of doping. Many foreign players use banned substances for increasing their energy and strength but they take proper care to ensure that they won't be caught in dope tests. In foreign countries, they have highly advanced advance techniques for diluting the substances they have taken.

#### **4.3.8 Corruption, malpractices and fraud in sports administration-**

It is observed that though India is said to be one of the top countries in organizing various international level competitions, most of the time such events get wider publicity for wrong reasons such as frauds, corruption and malpractices. Recently Commonwealth Games organized at New Delhi were hit by corruption in many departments including stadium constructions, baton rally, identity cards, and various equipments. Usually in other countries such incidences are rarely observed. Though there are only few incidences, it doesn't affect directly the organization of games.

In New Delhi, delay and malpractices had direct impact on the quality of construction. The footbridge constructed outside the main stadium collapsed within few days of completion of construction. Also there were complaints and incidences relating to the facilities about sanitation, electrification, living arrangements made in the sports village. The Winter Olympic Games held at Salt Lake City in USA were hit by the bribery scandal as it was proved that the organizers of these games had given lucrative money to the members of International Olympic Committee. Of course these incidences did not affect the organization of games. In fact these games proved to be one of the best winter Games organized in the history of Olympic Games. As regards to Commonwealth

Games in New Delhi, it is observed that many top athletes in the world dropped out of these games due to mismanagement in the earlier organization and corruption scandal.

#### **4.3.9 Political interference in the administration-**

In our country, most of sports associations and federations are politically dominated institutions as they largely depend on the Government funds. Due to this there is always political interference in the selection procedure, various activities like construction of stadia, training camps etc. The political interference gives rise to corruption and malpractice. Many political leaders use various sports associations as well as players for political purpose which sometimes affects the sportspersons adversely. These leaders try to create monopoly on the working committee by appointing their followers who do not have any background of sports. In our country most of federations and associations of Kabaddi, Kho Kho, Athletics, Wrestling, Football, Archery, Cricket, Judo etc. are dominated by the political leaders.

Many political leaders have created their political career by using the sports field as the base. E.g. Kirti Azad, Aslam Sher Khan, Mohd. Azharuddin. Also it is observed that in sports activities such political administrators give more importance to the politicians than sportsmen. In Baton relay of Commonwealth Games, at many places, many international players were neglected at the time of opening and instead of them political leaders were given preference on the stage. Speech by political leaders caused unnecessary delay in the commencement of sports event. In Pune International Marathon was postponed by one day at the eleventh hour at that time, as the then Prime Minister late Rajiv Gandhi was not available for the opening of the meet. In fact, in Mumbai, after Chief Minister's departure, the relay was called off and the baton was taken to the stadium without any further running by players. The players who were called to carry the baton were strangled on the scheduled way of the baton.

In most countries, sports associations work as private clubs and they have sportspersons or professional administrators in their clubs, hence all decisions about selection of players, stadia constructions, training of players etc are taken by the apex body of these clubs. This body consists of experts from the field of sports and there is no political interference in any decisions. Los Angeles Olympic Games were organized by the Los Angeles Olympic Committee which was a private body. For the first time in the history of Olympics, the organizers proved that profits can be generated by organizing this mega event successfully. In foreign countries, political leaders are not given unnecessary importance. At Salt Lake City Winter Olympic Games, the Mayor of city gave the speech of only two three lines at the time of opening of the event. In India most of political leaders take unnecessary advantage of such occasions and give lengthy speeches which are always disliked by players.

#### **4.3.10 Sports Career-**

In our country sports career is not given due importance and is not considered as a means of earning a livelihood. In schools and colleges, academic education is given the more priority. Many players have to struggle a lot while making a sports career especially in deciding whether to participate in a tournament or to appear for the examination. In foreign countries, the children after choosing any sports as a career get full support from their parents as well as from the school and college. In fact they get grades in education curriculum on the basis of their performance in sports.

#### **4.3.11 Social, religious obligations-**

Many times in our country we observe that social and religious obligations hamper the practice as well as career of sportsmen. Usually in Muslim community, women are not allowed to wear short clothes. Due to this, Sania Mirza had to face conflicts with the religious leaders as she has to wear short skirts in her Tennis career. Many other players in our country have to take leave from practice sessions due to some social and religious functions. Due to this



leave from the training camps, they have to suffer a lot and many players have lost their place in their team. In China, children who are in the national camps of sports are allowed to meet their parents on only one or two occasions. Mostly such meets take place at the camp site; this ensures that such players will not lose their valuable time of camps.

Also in our country usually marriage age for the women is between 21 to 27 years while for men it is 22 to 28 years. Many players have to get married because of social obligations. If they do this, it ultimately affects their concentration on the practice sessions. In case of women players, usually it is expected that they should have child within two years of marriage. Due to this many women players have to discontinue their sports career. In foreign countries there are players like Kim Clysters who has won two titles in a row at US Open Tennis tournament after the birth of her daughter. Most of foreign players give preference to sports career instead of family. After completion of satisfactory and sparkling career, they retire from international sports and then decide to have family life.

#### **4.3.11 Lack of proper attitude-**

In our country, it is observed that sports organizers don't have proper attitude about sports development e.g. India hosted the Commonwealth Games in order to promote the game. However, the tickets kept for the opening and closing ceremonies were not affordable to the common man. The tickets were ranging from Rs.1000/- to Rs.50000/-. In our country, Cricket is the most popular game and it fetches a lot of crowd. However its tickets are ranging from Rs. 500/- to Rs. 5000/-. In foreign countries, the tickets for such functions are easily affordable to the common man.

#### **4.3.12 Coaching system and camps-**

In our country, the standard of coaching is very low as compared to the training system in abroad. Abhinav Bindra got the Gold medal at Beijing Olympic Games

because of long term training in Germany. Vijender Singh won the bronze in boxing because he had undergone training in Cuba. The standard of coaching in foreign countries has professional approach and it is very high. The attitude of coaches in foreign countries is very positive and impartial. In India, the wrestlers selected for Commonwealth Games had training camp at Patiala. Among these 25 wrestlers, there was only one wrestler from Maharashtra. All other wrestlers were from Delhi, Punjab, Haryana and Uttar Pradesh. They as well as the coaches (who were also from Punjab and Delhi) had very unfair and partial attitude towards the wrestler from Maharashtra. Due to this, he suffered mentally and ultimately was not selected in the team for Commonwealth games irrespective of his best performance in the trials.

#### **4.3.13 Budget for Commonwealth Games-**

In our country we always observe that due to delay in the implementation of plans and lack of proper planning result in increase in the budget for any activity done by the Government. In 2010, our country had organized the Commonwealth Games at New Delhi. When the Government had made the bid in 2003 for this event, the estimated budget was of Rs. 617.5 crores. When the Government made the official bid to the Commonwealth Games Federation, it had given the budget of Rs. 1895.3 crores. But actually when this event took place, the expenses rose to Rs. 60000 crores.

If we compare the expenditure incurred for earlier Commonwealth Games, these expenses were too much and were caused due to delay in construction work. The expenditure for Commonwealth Games held at Melbourne in 2006 was around Rs.5000 crores while at Manchester, the expenditure of these games in 2002 was around Rs.2100 crores. In 2014 these games will be held at Glasgow and the estimated budget for these games is around Rs. 2200 crores.

#### **4.3.14 Partial attitude to leading players-**

We observe that there are many incidences in which India's leading players had to face partial attitude on many occasions. e.g. Vishwanathan Anand was given Honorary Fellowship by one educational institute from Hyderabad. After this announcement, the question was raised about the nationality of Anand. Anand usually stays in Spain, but still he represents as an Indian player at any international tournament. At all tournaments in which he plays, he uses Indian flag. After intervention from the Union Minister, the problem was solved. There are many celebrities like Katarina Kaif who are nonresident Indian but are enjoying a lot of facilities, getting many awards. No one has objected about their legacy. Only the sportspersons from India have to face such problems. In foreign countries usually players do not have to face such problems. In fact there are a lot of players from our India and Pakistan who represent countries like USA, Canada, and New Zealand in many international tournaments.

#### **4.3.15 Performance at Commonwealth Games 2010-**

At these games Indian players gave an overwhelming and the record breaking performance in Shooting, Athletics etc. If we compare this performance with the world level performance, we can say that the success at Commonwealth Games can't be termed as a real success. E.g. in Shooting Omkar Singh won the gold in 10 meters air pistol at these games. However after that he finished at the seventh position at World Championship held at Munich. Similar was the case of Lajja Goswami who bagged the silver in 50 meters rifle three positions at Commonwealth Games, finished with the eleventh position in World Championship at Munich.

In Athletics, Krishna Poonia won the gold medal in Discuss throws with the performance of 61.51 mts in Commonwealth Games. Her individual best performance is 63.69 mts which ranks at 10<sup>th</sup> position in the world and there are many players in Asia who are having better performance than her. In high jump,

M. Prajusha won the bronze medal with national record at these games with the jump of 13.72 meters which ranks 78<sup>th</sup> in the world. Her performance for the bronze medal was the worst in the history of these games. Kavita Raut bagged the bronze in ten thousand running with the timing of 33 min.05.28 seconds. There are many players in Asia itself who finish this race below the timing of 32 minutes.

Kashinath Naik surprised everyone when he won the bronze medal in Javelin throws at these games with the performance of 74.29 mts. His performance of 74.81 mts at Interstate meet is better. His bronze medal performance is the worst performance for bronze medal in the history of these games. Vikas Gauda bagged the silver medal in high jump. However there are many players in Asia itself who are having better performance than him. In fact his individual performance in the interstate meet was far better.

#### **4.3.16 Performance at Asian Games 2010-**

In Asian Games held in 2010 at Guangzhou (China), India bagged 14 gold, 17 silver and 33 bronze medals; overall 64 medals and sixth place in the medal tally. This performance of India is the best performance in these games especially in Athletics which is said to be a cream event for medal hunters. India won 7 gold, 6 silver and 5 bronze in Athletics itself which is also extraordinary performance in this event. Earlier India had won 13 gold, 19 silver and 25 bronze medals the overall 57 medals at New Delhi Asian Games in 1982. While in Asian Games 2006 held at Doha, India had won 10 gold, 17 silver and 26 bronze total 53 medals with 10<sup>th</sup> place in overall medal tally.

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B) **Special issue on Olympics** (1996), Centenary Edition (1999) & Commemorative edition (2000) of Sportstar, Special issue of India Today (Hindi-Dec.2008),

C) **Different articles-**Various newspapers, periodicals relating to sports.

## CHAPTER 5 – SUCCESS STORIES OF INDIA’S MEDAL WINNERS

### 5.1 The story of Golden Success of Abhinav Bindra

If someone is on the bed, due to a major surgery, no one will think that such patient will become a hero within a year. But through patience, confidence, determination and devotion, Abhinav Bindra the shooter from India rose from the hospital bed to victory stand at Beijing Olympic Games to win the Gold Medal. No one had thought this shooter will become a champion at Olympic Games and will create a history in the Indian sports field. He became the first Indian to win the Gold Medal in individual events in Olympic Games. He won this feat in 10 meters air rifle event.

It is usually said that the champions are born. Probably the same case is with Abhinav. He is from a millionaire family. At the age of just five Abhinav started pursuing the hobby of shooting the balloons kept on the head of his servant with the use of pellets. He used to shoot them correctly with the perfect aim. Dr. Aparajit, father of Abhinav realized that the skill, perfection, concentration shown by Abhinav is not of an ordinary child and his son is going to become a shooting champion. Dr. Aparajit and Mrs. Babli, mother of Abhinav started encouraging their child’s hobby. They put him under the guidance of Col. Jagirsingh Dhillon in 1995. Abhinav used to shoot at the empty bottles of liquor in his house. Col. Dhillon suggested Dr. Bindra to make a range for practice in his house. Dr. Bindra agreed and made a range of ten meters for rifle shooting. Now Abhinav had no problem of range and the whole day he used to spend in the range. Even his father used to supply all ammunition to him for his hobby.

Under the guidance of Dhillon, Abhinav started learning the techniques of shooting. In school and college days he got all necessary support from them. After graduation, his father sent him for higher education in Management at Colorado University in USA where he also learnt some skills of shooting. He also got an

opportunity to participate in tournaments and coaching camps in Germany and South Africa. At the age of 12 he scored the perfect 600 pts out 600 pts at the state level competitions in Chandigarh which surprised everyone. In 1998 he was selected for Commonwealth Games at the age of just 15 years old. Dhillon had prepared a diary to keep day to day progress of Abhinav and Dr. Bindra used to keep regular follow up of the development of his child. Dr. Bindra used to supply all ammunition and other equipments to him. Abhinav used to spend almost 13-15 hours in the shooting range. These vigorous efforts put Abhinav on the international map. He used to practise like Chinese players who show total devotion, concentration and determination for the game. He only knew the shooting. He never avoided the practice for attending any parties. His world was limited to the shooting range. He also did not fall to inducement shown by others. He fully concentrated on one event, though he had a capacity of achieving success in other events. His concentration was like Arjuna in Mahabharat who only knew the eye of a bird sitting on the tree.

He was selected for Sydney Olympics held in 2000 where he could not show an impressive performance as this was his first Olympics. In 2001 he won the bronze medal at World Championship with the world record. He scored 590 out of 600 pts. He also won six Gold medals in different tournaments in Europe. This success brought him the highest sports award of our nation i.e. Rajiv Gandhi Khel Ratna award. He was selected for Commonwealth Games held at Manchester in 2002 where he bagged Gold and Silver. He was selected for Athens Olympics Games in 2004. In these Games though he broke world record in primary stage, he could not win the medal due to defective flooring. This unsatisfactory performance attracted severe criticism from media. But he did not pay any attention. He continued the practice. He is a very cool customer and only concentrates on his practice. In 2006 he won the Gold medal at World Championship held at Zagreb.

In 2007 he had suffered from the spinal injury and almost there was a fear of losing shooting career. But he and his father were very determined and confident that this injury will be cured. Dr. Bindra knew that in Germany where shooting is very popular game, there are many rehabilitation centers. So he sent Abhinav to Germany along with his personal doctor. There Abhinav overcame with his injuries but also started practice. He also got training about physical and mental fitness under Ms. Gabriwuli Bulman, the famous physical trainer. Abhinav also completed special course relating to physical and mental fitness. This course as well as various suggestions given by Ms. Bulman helped him a lot for Olympic Games. During this crucial period of one year Dr. Bindra fully supported his son. No doubt the Government had also funded him about one Crores Rupees for training in Germany. Many shooting administrators and coaches from India were doubtful about the fitness of Bindra. Though he had completed the qualification required for Olympic Games, there was a lot of criticism over his selection because of doubts about his fitness. Abhinav neglected this criticism and he never said anything about it. He had confidence about his fitness and probable performance in the Olympic Games. He only focused and concentrated on his practice. Most of media had never thought of medal prospects from Bindra. They only considered and focused shooters like Anjali Bhagwat, Mansher Singh etc.

### **Beijing Games-**

Though Abhinav had qualified for these Games it was not so easy for him to perform. He had failed to perform well in earlier Olympics i.e at Sydney and Athens. There was a lot of row over his selection for Beijing Games. At Beijing Games, before the event of Bindra, his other colleagues i.e Manavjit Singh, Mansher Singh, Avneet Kaur had failed to perform well in these Games. No one believed in his ability to win the medal. There was a lot of pressure on Bindra, but he was confident and the training which he got in Germany paid him success. The path to him to achieve the medal was very challenging. Athens Games Gold medal winner Quinan Zu of China was the hot favorite to win the medal in Beijing which was his home land. Zu had favorable weather conditions, support from home spectators. Finland's Henri Hakinon was also a tough competitor as he was

from army. Though this was his first Olympics, he had good chances of medal as he had created a world record. George Moldoviyun of Rumania was also hot favourite as he had an experience of many international meets. Abhinav knew all these competitors but he had mental support of Gagan Narang who was also with him in the same event. Abhinav along with Quinan, Hakinon, and George qualified for the final round. Hakinon had first place followed by Quinan, George and Abhinav. Narang narrowly missed the final round. Now all the eyes were on the performance of Abhinav.

#### **Drama before the final round-**

Though China dominated these Games, it is largely spoken that they won many medals by cheating others. The drama before the final round of Abhinav revealed such cheating attitude of Chinese organizers. Before the final round there was some period for rest. At that time Abhinav and his coach Bullman had gone for rest. During that period there was nobody except Chinese players and officials during the shooting arena. When Abhinav came back for final round he found that someone had bent the curtain of his rifle and had made some mischief. He could have made complaint with the authorities. But he did not do that because during the meet organized at Cyter he had faced similar problems. In making complaint at that time, he had lost his concentration and it had affected his performance. He had studied sports psychology while he was studying in Colorado. So at Beijing he didn't utter any word and kept full concentration on final round. In this round there was keen contest. He scored 596 points in primary round and 104.5 pts in final i.e. total 700.5 pts and won the Gold Medal.

#### **The qualities required for a champion shown by Abhinav-**

1. **Determination-**

He had only aimed of medal in Olympics. Though he had gone with the defeat at earlier two games he never gave up his heart. He thought of Olympic medal only.

2. **Discipline-**

It is very important for the player to be self disciplined in the practice as well as in competitions. While doing practice, he never skipped the important sessions of training. He did not waste time on parties, celebrations or chitchatting with



friends. His friends many times criticized him about his absence at the party, but he never got annoyed with them. He never lost his patience and mental fitness.

3. The champions all the time think of success and their games. While talking, eating, resting and even at the time of sleeping Abhinav only thought of medals and his game only. It is usually said his dreams were always related to the shooting only.
4. **Self confidence-**  
The player must have confidence. He should have positive mind towards the game. Abhinav always had kept confidence about his success. Though he missed the medal in earlier games, he was sure that one day he will win it. So he continued with the practice. Even he was under criticism after his failure in getting medal. But he didn't pay any attention towards critics.
5. When he was with other players at Beijing, he never spoke about his event. While chitchatting he tried to keep aloof himself, may be this attitude might have led to criticism from his colleagues. He just ignored it and never lost his mental attention.
6. Displaying an extraordinary concentration on his aim like Arjun in Mahabharat- Abhinav showed tremendous concentration while taking the aim in the final round. In the game like shooting perfection and full concentration is needed for achieving success. Any small mistake leads to loss of medal hopes. Abhinav had learnt it in the training that he obtained in Germany. He was under pressure in the final round where he had tough competition from earlier Gold Medal winner and also world record holder. Also he was at fourth place after the completion of the preliminary round. So in the final round he had to score the perfect shots to surpass other three players. He fully concentrated on his shots and never showed any signs of what had happened with his rifle etc.
7. Abhinav had undergone through major surgery in 2007. During that period all had feared that his shooting career was over as he was not able to hold the rifle. Abhinav had fighting spirit and never to give up attitude. He was optimistic all the time during that period and he was sure he will be able to pursue shooting again. He had faith in his fitness, courage and abilities. He had idols like Lance

Armstrong who rose from the death bed to become all time champion of Tour De France, the prestigious World class cycling competition.

8. Abhinav is very cool tempered. Even when he won the Gold Medal he just raised his hands. He never gets over excited like Saurav Ganguly who threw his shirt in the sky when he won a match. The real champion never loses temper and excitement even after winning the match or title. Abhinav only said that now all would acknowledge importance of shooting in our nation's sports field.
9. Along with the player, the role of parents is also important. Abhinav's parents fully supported him right from the beginning of his career. They also gave necessary equipments, financial support. They built a range in their house so that their child is not deprived off from the practice due to lack of range. He gave him necessary ammunition. When Abhinav had a severe injury in 2007, his parents sent him to Germany for necessary treatment. They also sent one doctor along with him.
10. Usually it is observed that many champion players do not like that their parents or relatives should accompany them because they feel uncomfortable and also come under pressure. Abhinav's parents, though they had capacity to go to Beijing for witnessing Abhinav's performance, did not go to Beijing because they knew that if they go then Abhinav would come under pressure. Over enthusiasm from parents also affect the performance of players adversely.

### **5.2 Rajvardhan Singh Rathore, Olympic Silver medalist shooter.**

**You had won silver in Olympic Games. Taking with this inspiration from you Abhinav Bindra followed with the Gold. How do you rate the overall progress of India in Shooting?**

I am satisfied with this performance not only of me but also of Abhinav. I think the most remarkable effect of our success is that it has resulted into the change in approach of the Government and others towards shooting and other games. Now people have recognized our game. We often got success in world championship but we were not able to win any

medal in Olympic Games. Our medals have given confidence to all the people and they are sure that these players have got capacity to win medals in Olympic Games. The overall progress made by India in this game is very impressive. But still a lot needs to be done if we want to win more medals as we have capacity of winning at least 4-5 medals in one Olympic Games.

**Do you think that the publicity given to shooting has helped your game? Don't you think that Cricket gets more support from media and sponsors?**

Yes. Definitely our game has been helped by media. During past 6-7 years our game has got good support from media. But I feel that we often call our country as a cricket obsessed nation and unabashedly deify our cricketing heroes. Now the cricketers and the Cricket players are at the helm of criticism. Most of the heroes from other games do not get that much support from media as well as general public. I think due to this there is slow progress of other games. Understandably there is general opinion that the fortune of all other games is inversely proportional to the cricket. This is exemplified by India's recent success in sports such as shooting, billiards, tennis, golf and athletics. I don't agree with these views because I think that the growth of other sports in India has nothing to do with people's favoritism towards the cricket. In our country a gold medal in the sports events counts nothing if the grade in a Sanskrit test falls below grade 'A'. Still in our schools, study is given top priority as compared to sports and extracurricular activities. However I have observed one important thing that now our country is becoming as an important sports economy. Many foreign leagues such as NBA, EPL and also clubs like Liverpool are investing sizeable money in the field of sports in our country. In our country sports is still perceived as a recreational activity that provides a healthy distraction from academics. In our schools, a sport is a fringe activity.

### **5.3 Key factors behind the Success of Sushilkumar, Olympic medalist wrestler**

He made sincere practice. He used to start practice at 4.00 a.m. early in the morning. He used to do practice for four hours in the morning and 3-4 hours in the evening.

1. He lived in the Akhada i.e. where he had to roll over the soil in the akhada through which his toughness increased and strengthened his skills for wrestling.
2. He practiced with devotion and full concentration. Throughout the day Sushilkumar thought only of wrestling. They were not allowed to have entertainment like cinema, mobile etc so that their mind would not get diverted to any other adverse things which are hazardous in the progress of players.
3. Sushilkumar was well supported by his parents and his akhada owners. He was not worried about the future. He was only asked to concentrate on wrestling. He avoided parties, celebrations until he got the Olympic bronze medal. He also avoided cheating bouts which is usually seen in Maharashtra.
4. It is observed that players especially wrestlers and athletes who are not financially well settled have an ambition and desire to win the laurel for the country as well as for them so that they will get good money in future through international medals. Sushilkumar is among such players.
5. He did not get satisfied with the limited success. He tried to reach to higher level of success. This ambition brought success to him. He participated in many international tournaments.
6. There was proper interaction between Sushilkumar and his coach Kartarsingh. They have faith in each other. This is very important for any player because if a coach has confidence about the success of his player, he will be able to guide him whole heartedly.

#### **5.4 Key factors behind the Success of Vijender Singh, Olympic bronze medalist boxer-**

After winning bronze medal at Beijing, Vijender Singh was in Pune to attend a function arranged by MIT. During discussions with him, he gave all credit of his success to his coach Gurubaksh Singh, his mentor who encouraged him to go for boxing. Also he gave credit of his success to his parents who encouraged him for boxing.

**What is the key factor behind your success at Beijing?**

The main factor behind my success is that I never lost my confidence and I had faith in my coach. Though I lost one bout, I was confident to win a medal through repechage (losers round). Gurubaksh Singh also increased my confidence all the time. He advised me not to lose patience and confidence. I could not win silver or gold medal. I was sure to win the medal as my home work was good. After training and competitive experience in Cuba, I was well prepared mentally as well as physically for Beijing Olympics. My coach had taught me about how to fight with experienced opponents, so all the time I was confident about my performance.

**How did you prepare for these games?**

We have long term coaching camp at different places in our country as well as we have training schedules abroad also. We have very systematic planning about training and also experience of competitions. We have different training for increasing physical strength and mental toughness. In such camps we have vigorous training schedule. We have weight training, supportive exercises. We have also got facilities of seeing videos about ourselves and foreign players. So we are able to get knowledge about our weakness. So also we are able to understand the key factor of success of foreign players. Due to this we try to avoid mistakes done by us in earlier training and competitions. I was unsuccessful in earlier two qualification rounds; so I tried my level best to show impressive performance in the final qualification meet. At Beijing I narrowly missed the win in semifinal round. Before this round I had picked up a calf muscle injury and also I had hurt my knee and collar bone. But these reasons are no excuse to my loss at semifinal round. I gave my 100% performance in the semifinal bout. I could not resist against my opponent. I am satisfied with this performance.

**Do you think that Indian boxers have the capacity of winning more medals in Boxing at Olympics? What should be done to win more medals?**

Yes. I think we do have capacity to win more medals in Olympics. I think so because we have got success at Commonwealth Boxing and World junior championship. Our players need more exposure of international players. If our players will get more opportunities of participating in international competitions, they will be able to get knowledge of

advanced technique. Also if our players will get assurance of financial support for future career, it will encourage them for making long time career in boxing.

**It is usually said that Boxing is an injury-prone game and parents do not encourage children to go for boxing career. What is your opinion about the same?**

Most of the sports have chances of injuries. Even in normal course of life many people have to face with accidents. So I think that parents should not see negative side of this game. Instead they should encourage the children to go for boxing as this game increases their mental and physical ability for facing challenges that lie ahead in normal life. This game removes fear from the mind and it also increases their confidence and self belief. These factors are very useful in normal life.

#### **5.5. Leander Paes, Olympic Bronze Medal Tennis Player**

**When you were on the victory podium, what came to your mind while receiving the medal and waving the national flag?**

When I was on the podium for receiving the bronze medal, I immediately thought this medal is not of mine, but it belongs to crores of Indian people to whom I am representing. When the gold medal winner Andre Agassi congratulated me, it was very unforgettable experience for me.

**What are the key factors of your success in Olympic Games? Did you have confidence of winning a medal?**

Frankly speaking I was not sure about getting a medal but I had confidence in my mind about showing the best out of my pocket. The hard work, strong willpower and support from parents, coaches and supporters are keys for my bronze medal.. When I entered in this competition, the draw was not favourable to me. Many strong players were in my half but I thought I have played with them in doubles or in Davis Cup. In every match, I feel that I am equal to my opponent and play the game. This attitude has helped me a lot. Before reaching the semifinal of this meet, I defeated players like Richi Rainburge, Nikolas Pareira, Thomas Enquist, Renzo Ferlon who were highly ranked as compared to

me. After every round, my confidence increased and it encouraged me in winning the bronze medal. In semifinal, I could have won against the world champion Andre Agassi. Of course I gave him a good fight. He also acknowledged my game wholeheartedly.

**Many times it is observed that our players reach to the bronze medal but unfortunately, they are not able to convert this opportunity into Gold medal victory. What will you say about your experience about the medal round?**

Yes it is true. I had also little pressure at Atlanta Games because I had tough opponent and first time after 44 years our nation had a chance of getting medal in individual event. But all the time throughout this match I kept cool and tried to relieve my pressure. As and when the match progressed, my confidence increased that I could convert it into the medal. I think the players should keep faith in their performance so that they will get success after hard fight. When I was at Atlanta, I thought in my mind, if small countries like Cuba, Ethiopia, Jamaica etc are able to win a lot of medals in Olympic Games, why cannot I, the representative of population above 90 crore ? These things increased my will power and confidence.

**You have played many grand slams, ATP tournaments. How will you rate the success in Olympic Games?**

Though I have won many double titles at Grand Slam tournaments, the Olympic Medal is very unique to me. Even if I would have won any single event at grand slam, I would rate the Olympic Bronze medal as top level success. I have seen many players from other countries who really make strenuous efforts and who show keen desire for winning a medal at these games. Olympic Games are the greatest event on the earth. I play Olympic, Asian Games or Davis Cup matches for getting success to my country.

**As compared to other small nations who win a lot of medals, why is our country not able to win sizeable medals in Olympic Games?**

Our country does not give as much importance to Olympic Games that is seen in other countries. Though Hockey is our national game, still a lot of importance is given to Cricket which ultimately affects other games. In our game, we have tradition of many

quality players like Amritraj brothers, Ramnath and his son Ramesh Krishnan, Shashi Menon, still we get quality players after the gap of 7 to 8 years. It is because of improper planning of talent identification and its' development.

Though a lot of Tennis academies have started in India, the success of these academies is not up to Olympic level. This is due to the fact that many players start academies after they play only a few international meets. They start coaching as a profession; instead they should play as a professional player which will give sufficient experience and exposure of foreign tournaments. In our country, a lot of infrastructure is created for sports, but due to faulty administration and lack of proper maintenance, such sports complexes are proved to be White Elephants. Such should not happen. The development of sports should be done at the grass root level. It is so because we see the contradictory picture of sports like there is a ground but only few people come for sports, while in some parts, a large number of players have to practice on small ground and they do not have sufficient space for practice. The policies made by the one important thing are good but are not implemented properly. The sports associations should work professionally and should not be dependent on the one important thing for funds. They should generate funds through themselves.

#### **5.6 Karnam Malleshwari, first Indian woman player from India who won Olympic medal-**

Karnam Malleshwari is the first woman player from India who won bronze medal in Olympic Games. She is only player from India to win a medal in Weight Lifting at Olympic Games.

#### **What did you feel when you were on victory podium for receiving medal?**

OH, It was a wonderful feeling, as I was representing crores of Indian women who are usually not considered as much strong as men. But I proved that Indian woman can win a medal in the game in which strength is required for the higher level of success. I was very proud when our national song was being played in the hall.



**How would you rate your medal in Olympics? What is the key of your success?**

Every sportsperson sees ultimately goal of winning a medal in Olympic Games. I had also similar aim. The medal was like a dream come true because this medal was the first medal for my country in Weight Lifting. Before Olympic Games, my coaches had given me the perfect work out and also had explained about the technique of lifting. Medal for my country is like a heaven for me. They also told me about the competition level at Olympic Games and what I have to do for the same. I made very sincere practice for the competitions as well as for the physical fitness. This helped me a lot. Since the beginning of competitions I had confidence that I have a capacity to win the medal and I put wholeheartedly efforts in it. Self belief is an important for every person.

**It is always seen in Indian Weight Lifting; players aren't careful about the doping and fail for the same. How were you able to avoid the same?**

It is true that in our sports, many Indian players have been banned for testing positive to dope. While throughout the career I always tried to keep away from it and I have been successful in it. I think players who are not confident of success go for such illegal things

**5.7 Late Khashaba Jadhav, first wrestler to win a bronze for India**

Late Khashaba Jadhav was the first person from India to win a medal in Olympics after the independence. He won the bronze medal in Wrestling at Helsinki Olympic Games in 1952. His success is respectable and appreciable for all Indians as at that time there were no facilities which players get now. He had participated in Olympic Games of 1948. In these games he stood sixth in his weight category. With this experience, he made preparations for Olympic Games of 1952.

It is interesting fact that when Khashaba's fight was called, at that time, his manager had gone for shopping. Khashaba could have won silver medal but there was partiality from referees but Khashaba could not make protest as manager was not with him.

The key factors of Khashaba's bronze medal-

1. He had devotion to win the medal for his country.
2. He had experience of earlier Olympic Games and he made the study about what needed to win the medal in Olympic Games. He also made the study of probable opponents. This study helped him to win the medal.
3. He made practice wholeheartedly and sincerely for four years continuously.
4. He had strong willpower and mentality to win the medal.
5. He was fully fit for all bouts in Olympic Games.
6. Throughout the tournament he had full confidence and faith in his ability of winning the medal.
7. He was well supported by his family and well wishers for practice of Olympics.

### **5.8 Success story of Krushnaa Patil, Everest Climber**

Krushnaa Patil, just 19 years old climber made first and successful attempt to climb Mt. Everest, the world's highest peak. She is the first civilian woman climber from Maharashtra and youngest woman from India to scale this peak. This success is not any miracle, but it is success of her sincere, devoted efforts, courage and boldness. There are following key points behind her success.-

1. From the school life she had dreamed of achieving success in the mountaineering field. She gave up study and fully concentrated on it.
2. She showed tremendous skill while completing Adventure, Basic and Advance course in mountaineering. She also completed the rescue course where she was the only woman among all participants. She did not feel loneliness or shy.
3. The role played by her parents is key factor in her success. Her parents gave her freedom to choose a career. They even allowed her to drop one year of education for doing her career in dancing as well as mountaineering. They supported her all the time since childhood. They did not force her for heavy studies to score more marks. They recognized her ability of getting marks. They knew that their child would not get more than 70 % marks. So instead of pressurizing her for studies they encouraged her to choose the field of her liking. This is very important point

in her success. They gave her all financial backing for mountaineering. They even took a loan of Rs.30 lakhs for this Everest Expedition. During this expedition she was the only woman. Instead of worrying they kept faith on her colleagues. This faith shown by them is also an important factor for her success.

### **5.9. Shantosh Viroth, boxing medalist at Commonwealth Youth Games.**

It is usually said that a player who has to struggle in childhood gets success at the earliest. Viroth is such kind of player. He is son of a panshop owner from Vishakhapattanam. He had to face many hardships in the earlier childhood. From the childhood he was fond of boxing. When he decided to make career in boxing, his father advised him to be careful while choosing this career as it involves many obstacles of injuries as well as financial support for further participation at higher level of competitions. But Shantosh was firm with his decision of boxing career. When he made his final decision, his parents tried all their best to support him. How can a pan shop owner earn more money, but they kept their individual needs away and spent all the money for Shantosh. His father used to witness his bouts at higher level competitions. At that time, Shantosh's mother took care of pan-shop. She did not feel odd to work in the pan-shop.

Fortunately Shantosh was selected under Army Sports Institute coaching scheme. He got training under the guidance of Cuban Coach Mr. Louis Enrique. He took tremendous and sincere efforts in the training and practice sessions. Though at the time of Commonwealth Youth Games, he was suffering from viral fever, he showed aggression and made whole hearted efforts to bring success at these games.

Asked about the key to his success, he attributes the hardship made by his parents and also their determination to bring him up in the life. He further says that boxing has given him new resolve and he is determined to excel in this sport as this is the only way for him to make a career in Boxing. Shantosh has won around ten medals in national and international level in Boxing.

#### **5.10. Even bye-pass surgery didn't stop Mahadev Deka from becoming Mr. Universe.**

Mahadev Deka won the Mr. Universe title and became the strongest man on the earth. Deka started the career of Body-building in 1992 under the guidance of Manohar Ich, the former world champion. Deka won the title of Mr. Bharatkumar in the similar year. However thereafter he had problems of chest pain and respiration. He had to undergo the bye-pass surgery. At that time no one had thought that he will be able to continue the career of body building. But Deka was strong in mind too. He never gave up his career. Instead he fully concentrated on his physical recovery. He started taking healthy food and also started training required for the international competitions. Usually he takes 20 eggs, chicken, fruit juices, rice and a large quantity of vegetables. This helped him to become strong again. He participated in Mr. Universe competition in 2008 where he had to satisfy with runner up position. Deka has very strong mind. He fully concentrated on winning the title of Mr. Universe. He took guidance of other fellow senior players and made hard practice.

#### **5.11 From village youth to the world champion-Success story of Navnath Faratade.**

Navnath Faratade is from a village Saratta which is 10 kilometer away from Beed. He won the Gold Medal in World Junior Shooting Championship where he scored an amazing 596 points out of 600. He is the second shooter after Jaspal Rana to win the gold medal in World junior Championship. Navnath's father lives in a hut in the village where he lives with four children.

Asked about how he made shooting as a career, Navnath said, initially I loved Kabaddi. When I was selected under the scheme of Sports Authority, I thought I had been selected for Kabaddi. We were put in different strings of track and field tests. After these tests I was put under the training of shooting. I started learning shooting at the age of 14 years. But soon after initial training, my interest in shooting increased. I started training at Raje Sambhaji Shooting range in Kolhapur.

In Kolhapur he used to live in a dormitory housing around 20 athletes. He trained under senior coach Ajit Patil. Navnath was gifted with the latest air rifle and other equipments.

Asked about his ambition, Navnath says that he wants to win a medal at Olympics. His idols are Rajvardhan Singh Rathod and Abhinav Bindra. He wants to follow the path of these shooters. He is ready to work hard. He says that the hardship is in his blood. He has made struggle to become a well known shooter of India. Simultaneously he wants to complete his college education too.

Asked whether he is satisfied with the Government support, he says that the Government of Maharashtra has helped him a lot. With the Government support now he could build a house in his village for his family. With the help of the Government's scholarship, he is able to purchase ammunition required for shooting. The well disciplined practice is the key of his success. He believes in hardship and sincere practice. He has faith in his coaches. Every day he does the practice for more than six hours i.e three hours in the morning and three hours in the evening. Yoga and meditation have helped him in achieving success at the international competitions. He also does Gym for increasing the fitness.

#### **5.12 Gurukul training method for Archers-**

In the village of Tikri 20 k.m from Meerut, some of Indian Archers such as Mangalsingh Champia are being trained in the Gurukul Dhanurvedya Sansthan. Players from this institute have so far won more than 100 medals in national sports. This institute has given 12 international archers including Mangalsingh who represented India in Beijing Olympics, Satyadev Prasad and Vishwas, a bronze medalist in Doha Asian Games. This institution has started training in 1994.

Most of trainees are from poor families from all parts of India but are very devoted and eager to represent the nation at the international level meets. They are trained in Sanskrit and all of them speak with each other in Sanskrit which increases the coordination among

them and team spirit. However all students also learn English so that they will not face any problem at international level. Since the caste identification is discouraged, all boys keep only their first names. This institution is affiliated to Sampurnanand University of Varanasi and students get a bachelors degree in Sanskrit. The trainee has to pay fees of Rs.100/- only per month and they get lodging, training, education and food etc.

This institution is being run on the donations received from well wishers. There are problems about meeting the cost of bows, arrows and coaches. One bow costs about Rs.90000/- while one arrow costs about Rs.1800/- In spite of various problems the institution is trying its best to achieve the only goal i.e to produce Olympic medal winner.

Swami Vivekanand Acharya is the head of this institution. He feels that in our country people only recognize the winner. People also should encourage the others who have made it to the qualifying rounds so that they will have a better chance of securing medals next time.

### **5.13 Success story of China's sportsmen-**

China's success at Olympic Games is due to World class training facilities and very disciplinary training methods. There are 11 world class training facilities which so far have produced more than 250 medal winners for China in Olympics.

Long Qingquan, Weightlifter-Gold medalist-He started training of weightlifting when he was nine years old. A local coach living in the Central China identified him at school playground as a potential champion. Qingquan is son of a former farmer and later on a migrant worker. Qingquan had been given relentless training for eight years. Qingquan could not see his parents when he joined the national team. Even when he joined local club Hunan Provinces during this training he was allowed to meet his parents once in 12 months i.e for Chinese New Year. This relentless training was rewarded when he won a gold medal at Beijing Olympics. Like Qingquan other sportsmen also live the similar life; but ultimately it pays dividend to their nation when these players win a rich haul of medals in Asian and Olympic Games.

China's sports factory begins with scouts scouring the nation to identify potential talent such as Qingquan. After testing to determine their physical characteristics, they are funneled into specialized training at elite sports schools when they are around 10 years old. Discipline is one of the strongest features of China's sporting machine and reports of punishments to wayward athletes regularly make international headlines. Chinese sports coaches are famous for stressing the importance of obedience, orderliness, respect and placing needs of the team and country ahead of any personal desires.

In the Qinghai province, Duoba is known as a cradle of world champions. The average annual temperature of this place is 6.5 centigrade, making it an ideal training hub for China's elite swimmers, shooters and athletes. During the last two decades Douba has spawned scores of world champions and Olympic medalists including the legendary long distance "Ma's team" who swept World Championships in Stuttgart.

Qinghai Sports Bureau took over the erstwhile military warehouse in 1982 and they spent about USD 290 million for upgrading the facilities for setting the training centre. Xing Huina the surprise Gold Medal winner of 10000 meters running of Women category at Athens Olympics was from Duoba training centre. Many archers, badminton players, spikers, cyclists, judokas, grapplers from this centre have won a lot of medals at Olympic Games.

At Qiandao Lake, China's rowing Coach Zhang Guiting discovered that this is very good place for training centre for Rowing. Some 50 million Yuan were spent for the facelift of sports facilities at this lake.

In India, it is usually observed that without funds from the Government, the construction of sports complex is not possible. In China, at Jinjiang, the expatriates donated generously to raise enough money to build the training base in 2002 which helped Chinese badminton players and Table Tennis players. During the SARS epidemic, players were forced to extend their stay at this complex. But this prolonged stay helped them a lot and Table Tennis players were able to win men's and women's singles and

doubles at 2003 World Championships. Also in this complex, paddlers practise in a mammoth pool of quartz sand, denying the drag which makes them fast on court. At Zhanzhou, the training base of Volleyball was constructed with the cost of five million Yuan. All the money was contributed by the people generously. This complex was constructed when Chinese team had recorded the most disappointing performance in 1992 Barcelona Olympics. As both these complexes were built from the funds of people, there is responsibility on the players that they should perform well at the international level. Two decades back, the same citizen had built a bamboo framed stadium for women's team. This spirit is not seen in our country. The celebrated spiker Lang Ping had said that every player was grateful to the people of the city for their unflinching support to the side. Ping later joined U S team as a coach. At Jinjiang a Table Tennis school was started with 12 students which later become a training base for national team.

### **Success of China in Tennis**

In China children are inducted to sports training from an early age of three years old based on natural talent and also medical tests to determine their suitability for certain sports. Many of young athletes don't have any idea of what they are getting into. But once they inducted they have few choices about the game.

In the field of Tennis few years ago Chinese players were nowhere. But during past five years, their players are creating headlines in various international tournaments including grand slam meets. Thirteen years ago Li Fang had qualified for French Open Tennis meet. She was alone at that meet without any coach or team-mates. At that time no one including officials of Women's Tennis Association (WTA) had thought that after few years Chinese players would create headlines. Now almost a dozen players from China like Li Na are making their appearance in WTA championships. The Tennis world was stunned by Li Ting and Sun Tiantian when these pair from China won the Gold medal in women's doubles at Atlanta Olympic Games in 2004. The key to this success is that China is investing more than 6 million Yuan; about Rs. 10 Crore on their women Tennis players for their participation in foreign tournaments. Seven years ago China conducted several tests in various age groups i.e. from 10 to 18 years and found that the parameters



were nearer to American and European players. China had made comparative study of their players with American and European players and realized that their players can excel in this game at the international professional tournaments. They found that the following methods should be applied for the success- 1. Scientific methods should be applied to training and preparing for competitions. 2. New opportunities should be created for players to develop their skills through competing through local as well as foreign tournaments. 3. To give more and more foreign exposure to selected players. So now they encourage their players to get training in European countries.

#### **5.14 Success story of American Sportsmen**

In United States of America, the sports sector is managed by expertise from that field and in the professional manner. The most of office bearers of different sports federations include former Olympian and the international medal winners. The selection for the Olympic Games is done purely on the merit and by the selection committee which includes former Olympians and professional coaches. The player like Carl Lewis was also asked to go through such trials irrespective of his medal winning performance in earlier Olympic Games. The American Olympic players get sponsorship from industrialist and they do not depend on the support from the Government. In fact organizers of Los Angeles Olympic Games in 1984 proved that these games can be organized successfully without a penny from the Government and also profit can be earned from these games. The revenue generated from these games was used for the sports development and for the benefit of players.

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**Reference-A) Reports-**

**1. Annual Reports published by Indian Olympic Association & Central Sports Ministry.**

**2. Report submitted by Chef De Mission of Indian team at the time of Athens (2004) & Beijing Olympic Games (2008)**

**B) Different articles-Variou newspapers, periodicals relating to sports.**

**C) Special issue on Olympics (1996), Centenary Edition (1999) & Commemorative edition (2000) of Sportstar, Special issue of India Today (hindi-Dec.2008), Special issue of Family Doctor (26<sup>th</sup> Sept.2008), Krida Swaranand (Nov2000) & other publishers.**

## **CHAPTER 6 – REASON FOR POOR PERFORMANCES OF INDIAN PLAYERS**

### **6.1. Fitness:**

Compared to the fitness of USA players, Indian players are at least 50 years behind them. This is the opinion of famous bio-mechanic expert Dr. Ken Johnson from USA. Dr. Johnson was in Pune for giving a key note address as the Sports Medicine experts. Dr. Johnson had opined that in 1950 American people were also unaware about physical and mental fitness. But after that they gave importance to the same. Due to the change in attitude, American people came on top in sports thereafter. As rightly said by Dr. Johnson, India has more talent as compared to other countries but due to the absence of standard fitness Indian players are not able to achieve success in Olympic Games. Each player has the capacity required for his game but only biomechanics can tell us whether his actions are appropriate or not for his game. Each player should be aware about his physical fitness. If he is not fit and still he participates in a match, it may lead him to a major injury and it may bring curtains on his career.

**There are four categories of fitness**

- a) Physical fitness**
- b) Mental fitness**
- c) Social Fitness**
- d) Spiritual Fitness.**

### **6.1a) Physical Fitness:**

Indian players lack in physical fitness as well as mental fitness. Though the fitness is a significant factor in the performance of any player at various levels of competitions, Indian players as well as coaches and organizers do not think positively about the same. In fact many a time it has been observed that a player who is not completely fit has been selected in the team for competitions to be held abroad. After reaching to the venue of the competition he and his coach reveal about his unfitness. Then such player is sent back to India and another player is selected in the team. The cost of such incidences is to

be borne by the respective sports association. This happened many times at the time of Asian and Olympic Games.

Our players are not able to maintain good fitness throughout the tournament. They are not able to keep the same fitness till the last round of the meets. So we always see inconsistent performance at a particular meet. E.g. Sania Mirza beat former world champion Martina Hingis in one tournament but in the next round of the same tournament Sania lost match against a low ranked player.

### **6.1b) Mental Fitness**

As compared to foreign players our players lack in the mental fitness. Our players lack in killing instinct. We have seen that our players perform well in the competitions like Commonwealth, Asian Games, but they are not able to win a medal in Olympic Games. E.g. Anju B George won the bronze medal in long jump at World Athletic Meet but she could achieve similar success in Olympic Games. P T Usha won a rich haul of medals at Asian level but she narrowly missed the bronze at Olympic Games. Leander Peas and Mahesh Bhupati won many doubles titles at many international tournaments including grand slams but both could not win in doubles at Olympics. Only Paes has won the bronze in Olympics. Pullela Gopichand won All England Badminton Championship, the prestigious meet next to Olympic Games. But he could not go beyond third round at Olympic Games. Jaspal Rana broke the world record in Shooting on many occasions but he could not show better performance at Olympic Games.

Why is fitness building necessary for our players?-

1. It is required for improvement and to maintain consistency in performance.
2. It is needed to increase the ability for acquiring new developed skills.
3. Fitness is required for avoiding injuries. If you are having good health and perfect fitness, you will not get injury easily.
4. The fitness gives confidence and moral strength which helps player in taking spontaneous decisions at critical moments.
5. Fitness ensures least psychological trauma during failures and mistakes.

6. Fitness helps in achieving higher goals.
7. Because of physical fitness the mental fitness of the player increases. This fitness helps him to face the opposite factors boldly and confidently which are not in his control.
8. Players start thinking positively for obtaining success under any difficult circumstances, applying skills of the game and all round fitness.

#### **6.1 c) Social fitness-**

Sometimes the surrounding social conditions affect the fitness of a player. In our country players have to participate in some social functions because of certain obligations. e.g. after creating world record and winning Gold Medal Tejaswini Sawant had to participate in the Government and some public functions as chief guest. This affected her practice as well as fitness schedule. P. Gopichand had got similar experience after winning All England Badminton Championship. This affected the practice sessions and fitness schedules. Gopichand could not do well in next Olympics Games. If Gopichand had avoided such social obligations and concentrated on fitness he could have won the Olympic medal.

#### **6.1 d) Spiritual fitness-**

India is a nation where there is dominance of spiritual obligations and everyone has to follow the same e.g. Sania Mirza had to face the criticism from the religious leaders when she used short skirts and clothes at the competitions as well as at practice sessions. Usually it is said that Indian players lack in spiritual fitness as compared to other countries. Also in India, players, practice schedule, diet gets affected due to many social and religious functions.

### **6.2. Selection: Procedure, Political influence and Quota System:**

In India, one major reason for failure in team events is the faulty selection of team members. In India teams are selected on the basis of performance of players in various selection trials or competitions which are given selection status. Usually for team events

initially probable members are selected for national camp. After watching the performance of these probable members, a team is selected to represent the country. In case of individual events members are selected on the basis of their performance of these players in 3-4 tournaments. The observations about overall selection procedure are as under-

1. There is predominance of political pressure from members of federations. For Olympic Games 1984, selection trials were held for wrestling team at New Delhi in which Ramchandra Sarang a wrestler from Maharashtra won the final bout in his category and should have been selected for Olympics. When the team was announced, the wrestler who lost the final bout with Sarang was selected in the team as he was a relative of a local political leader who was a former International Hockey player. Sarang was declared as unfit for no reason. After this humiliating incidence, Sarang left the competitive wrestling.
2. In Hockey also quota System and political pressure dominate the selection of the team. Also in this game the monopoly created by Mr. K P S Gill had affected the game at large. He was the only authority in Hockey and did whatever he wanted. When Gagan Ajit Singh got many roles in various advertisements, Mr. Gill had openly said that Gagan has no ability to play Hockey, he should leave the game. After one year of this incident, Mr. Gill selected Gagan as a Captain of Indian team for Azlan Shah Tournament. Similar incidence happened with Dhanraj Pillay, the super hero of Hockey. When India won Asian Games Gold Medal under him, he along with six-seven players had felicitation at different places in the country. After this tournament, the team selected for Champions League had no places for Dhanraj and his other six colleagues who were the real heroes of India's gold medal. These players were axed for no reasons. Probably only because that these players had refused to act according to whims of office bearers of Indian Hockey Federation (IHF). Mr. Gill was upset over these felicitations. He did not like rewards received by these players. In the month of April 2008, the news relating to Indian Hockey not only got the head line story status but it also

stunned everyone. The news was not of India's win or loss but it was relating to senior office bearers of Indian Hockey Association. The news was that one channel showed through sting operation that Mr. Jyotikumaran, General Secretary of IHF is taking money (Rs. 2 lakhs) from a player for selecting him in Indian Hockey team. This news clearly indicated how IHF's men were corrupted and the shabby but real picture of our Hockey sector which was controlled by dirty organizers who were on IHF for couple of years. Just 10 to 15 days after this incident, due to continuous pressure from political leaders including sports minister and also from former Olympians, Indian Olympic Association (IOA) dissolved the Hockey Federation and Mr. Gill was thrown out from the chair of President of IHF.

3. It is also observed that many times, the player who is really unfit has been chosen in Indian team for Asian or World or for Olympic Games. Such unfit member of the team does the job of giving water to other players or to sit outside throughout the tournament or he is sent back after some days. No replacement is allowed in such cases.
4. The quota system is a curse to our nation as most of the time the team selected on such basis receives the "honour" of first round exit. Most of the time a member selected through the quota system mainly because he is not capable of winning in selection trials or he is not able to perform better in the selection trials. Many times such quota members do not have basic knowledge of how to live with others in the team or how to behave at the time of International Meets. Even such members have no knowledge of using toilets of international standard. In such cases the prestige of the country gets hampered.
5. Selection Committee is many times a funny thing. In many cases it has happened that many members of selection committee do not come for observations at the time of tournament and the team is selected by the remaining members of team. Such absent members only want their Honorarium for coming for meeting. Many

members do not watch actual performance of probable players. Due to such things, proper justice is not given to a player who really deserves the place in the team.

6. Sometimes selection committee includes person who does not have primary knowledge of that game e.g. Kabaddi player has worked as a member of Athletics. For Inter University meets, one or two members work as a selection committee member for more than 7-8 disciplines even though they don't have primary knowledge of the concerned game.
7. In foreign countries except Sri Lanka, Pakistan (Like India in these neighboring countries also there is political influence in sports) selection is done on the basis of merit only. In United States player like Carl Lewis also had gone through selection trials even though he was winner of previous Olympic Games. Their team is selected only on merits and qualifying standard is laid as per Olympic Games. Every player of the team has to complete in qualifying rounds and standard for Olympics selection. In European countries, players are selected on merits only. In fact, selection committee includes members who have won medals in the Olympic Games or at least represented their countries. In India senior players try to escape such trials and they are directly selected in the team.
8. Sometimes it is observed that higher level office bearers of Hockey Association take money for selecting a player. In April 2008, the General Secretary of Indian Hockey Association Mr. K Jyotikumaran had been caught for taking a bribe i.e. Rs. 2 lakhs for selecting a player for Azlan Shah Championship.
9. Sometimes quota system has given many good players to the country like Mahendrasingh Dhoni from Jharkhand and S Shreesant from Kerala (Cricket), Limbaram (Archery) from Rajasthan. Probably no one had predicted that World Cup winning captain would emerge from undeveloped state like Jharkhand. There are some players from backward states like Andaman Nikobar Island,

Assam, Manipur etc who are dominating games like Boxing, Cycling, and Archery etc. For such players quota system is needed but some organizers take undue advantage of same for keeping their chairs in the association.

### **6.3. Infrastructure and maintenance:**

In India the sports infrastructure got momentum at the time of Asian Games organized in New Delhi in 1982. Due to these games favourable atmosphere for sports was developed in our country. The Government as well as the common people realized that without the help of sports the development of youth can't be achieved. The biggest complex for sports became an attraction for the common people and it should encourage the younger generation to turn to sports.

After the grand success in organizing this event, the people also felt that we should encourage the younger generation for sports. During the last 60 years a lot of funds are created and used for sports infrastructure i.e. for construction of stadiums, swimming pools, construction of athletics tracks, poly grass and astro turf Hockey ground. Especially the Government gives funds for the construction of stadiums, Swimming Pools, Sports Complex through the state Government and through the central ministry. In fact the scheme of 'one village one athletics track and Swimming Pool' has been implemented in many states including Maharashtra.

Observations in respect of the infrastructure are as follow-

1. As far as sports complexes are concerned, in India many beautiful sports complexes are built. Their interior designing is always of the international standard, their outlook is always very good in the initial stages. They are like tourists centers to watch from outside and inside also.
2. Many times the construction of such complexes gets delayed due to release of part funds of this project from the Government Sometimes it is also seen that some part of funds sanctioned for such projects are diverted for other cause by the



local political leaders or some funds are required for the middlemen through which such funds are sanctioned from the Government. Due to shortage of funds the quality of work is affected. The contractors use substandard material for timely completion of projects. Due to this the project is delayed considerably and also problems arise after three-four months after the completion of the project. **e.g. After Asian Games in Delhi, there was problem of waterproofing in Talkatora Indoor Stadium. At Bangluru also there was an incident of gallery collapse in Kantiwara Stadium during the national games i.e. after two months of completion of the project. It is also seen that at some places the Synthetic Track is not appropriately laid down and cracks are erupted before the start of an inaugural event on that track.**

3. Most of the time, sports complexes are built for a certain purpose i.e. for national games or for an international event. Once the event is over, such complexes are used for activities other than sports which affect the very purpose of these complexes. In New Delhi the two three indoor stadiums built for Asian Games are used for international cultural meets, science congress. In Pune also many events other than sports are organized at Balewadi Complex as such events give sizeable revenue to the state sports department under which the administration of the stadium comes. Gymnastic Hall is used for Basketball as the said hall is multipurpose hall. If any sports institutions object against such misuse of sports complex, they get answer that the Government has right to make use of such halls for getting revenue. Even some complexes were rented for film shooting as lucrative income is generated through the same. Due to improper use of such complexes from non sporting organizations, there are chances of getting damages to such complexes e.g. the synthetic track got the beating as heavy load of materials is being carried over it. The synthetic rubber showed the signs of wearing during track events of the Commonwealth Youth Games itself. It is sometimes observed that top level authorities from the sports directorate are least bothered with how workers relating to functions other than sports events erect the huge colony in the arena of stadiums of this sports complex.

4. No proper maintenance is done after the event is over. It is always seen that due to lack of proper maintenance many sports complexes become useless for sports after some period. Now in Pune most of wrestling activity is done at Mohol Complex, Katraj instead of Shivaji Stadium. This old stadium is used for illegal activities by the people living in surrounding area of this stadium is located. No one is able to keep control over this illegal use.
5. Sometimes the location of sports complex is also not suitable and convenient for regular use by players. e.g. Balewadi Sports Complex is far away from Pune City and players are not able to make use of such complexes regularly. The poly grass Hockey Stadium built in Pimpri is not available to all players. In fact some teams from the surrounding area of this stadium have also complained that this stadium is not available to them. These players have to go to Kirkee for regular practice.
6. The Government sanctions initial expenses of such project. Real problem arises after the event is over. Who will bear the expenses after completion of events? The Government does not sanction money after completion of project and regular maintenance cost is usually beyond the capacity of the concerned sports department or institution. Due to absence of sizeable funds there is no proper maintenance of such complexes and ultimately these complexes become non usable for sports and then such complexes are used for many cultural activities, even marriage ceremony also. Many Badminton Halls are used for marriage ceremony in the season of marriages as these halls can generate sizeable funds during off season. During such events other than sports, players are deprived from the practice.
7. The political rivalry in the local area also affects the administration of the Sports Complexes. e.g. in Pune at Sanas Stadium Synthetic Track is laid when the Congress Party was in the rule. But after the elections of civil authorities Nationalist Congress Party became the ruler. Some of their leaders started the

campaign of multiple use of the said ground. If events other than Athletics like Football, Wrestling, Kho-Kho, Kabaddi are organized on the Athletics Track, then within one month the track will get damaged. Many times rivalry among administration of local authorities as well as association also hampers the maintenance and progress of Sports Complexes.

8. Encroachment of other activities in Sports Complexes also hampers the progress of sports. In Pune at Nehru Stadium, the Ganesh Kala Krida Complex was built by destroying the Volleyball, Kabaddi grounds etc. Most of the time this complex is used for cultural programs and also the rent of this complex is beyond the capacity of local sports associations. Also in such complex the priority is given to the cultural activities instead of sports.
9. Many times the wave of building Swimming Pools emerges due to competitions among political leaders. If there is problem of drinking water supply, people oppose such constructions and these pools are closed after some years. In Pune Swimming pools were started in Swargate areas which were later on closed due to strong opposition.
10. In most metro cities it is observed that the Governing body of the educational institutions or public trusts prefers to build a commercial complexes on ground through which they can earn a lot of income for fulfilling their financial needs for salary of staff and other administrative expenses.
11. Poly-grass ground needs continuous watering on it. If the same isn't given this ground will not last longer. If such ground is in an area where there is water scarcity, then such ground will become useless within short period. In March 2009, the poly grass ground prepared for Hockey by Pimpri Chinchwad Municipal Corporation was damaged by the dogs who torn this ground. This incidence clearly indicates that there is lack of proper administration of the poly grass ground for which, lakhs of rupees have been spent by the Government i.e. from

revenues they collect through tax paid by the ordinary people. The same is case with the wrestling stadium i.e. Shivaji Stadium built by Pune Rashtriya Talim Sangh through the funds/donations given by the Government and other people. This stadium is surrounded by many traders who carry many illegal trades in the outside area of the stadium. They have made encroachment on the outside ground of the stadium.

12. In our country, still in many places wrestling competitions are held on the soil. Since international level competitions are held on mats, in the initial stages there was problem with our wrestlers to get acclimatized with these mats. This has also affected our players adversely.
13. It is observed that shooting range isn't maintained properly in many cities. In Pune shooting range was started in 2002 at State Reserve Polie Group campus. This range created many international and national level players. When new officer took the charge as commander of SRP Group, this range was closed in 2006. After continuous demand from local players temporary range was started in Pashan area. As this range was not enough for number of shooters, another practice range was created in Mundhawa area. This range was created in agricultural field by building a pendal and covered with plastic papers. This range was not convenient to use in rainy season. Both these ranges of Pashan and Mundhawa have developed number of cracks to the floor which may lead to injuries to shooters.
14. In our country though lands are reserved for sports, due to correlation among builders lobby, local political leaders and the Government officials, buildings are created on these lands. In Pune city there were 32 lands kept reserved for sports in 1966. Later these reservations of 20 lands were cancelled. This is the unique example of encroachment on lands reserved for sports.

#### **6.4. Role of Associations and Federations**

Usually in our nation we observe that most of sports federations at All India Level and State Associations at State level are very much dominated by the political leaders or retired IAS officers. It is usually seen that many people who want to enter into active politics at state or national level, use these associations as a tool for their political interest. Nowadays it is a fact that without active support from the political leaders and Government's support any sport association cannot survive. Of course there are some exceptions like Cricket Associations and Board of Cricket Control of India, (BCCI) that don't require any support of political leader or the Government. In fact considering the huge profits earned by BCCI and its dominance in Cricket at large Mr. Sharad Pawar made entry in it for his political interests.

There are following observations in respect of role played by and working of associations and federations –

1. As most of the associations/federations are dominated by the political leaders, dirty politics is observed in the working of associations, selection procedure, and appointment of various committee members. They are least concerned about the development of sports. Instead they only ensure that their chair will remain secure for long time. For this purpose various types of methods are applied by them. They either give top positions of committees to their favorable people or they appoint such persons as a team manager or even a coach of the state or national team. For election of office bearers of federations like Indian Olympic Associations and Board of Cricket Control of India, crores of Rupees are spent. The voter is given five star treatments along with to and fro air journey facilities, other lucrative facilities. Many times the money transactions are also done for securing votes.
2. As political leaders have entered in the associations, their supporters interfere in the activities of associations due to which an adverse impact is created on players. Sometimes with vested interests such supporters try to exploit some players. Some female players go under harassments by such leaders and their supporters.

Sometimes it is observed that such leaders try to make sexual harassments of these players. Ultimately it results into negative approach by female players.

3. In most cases, players don't have any voice in association or they aren't given adequate representation in the association. In most cases the Executive Committee of association comprises of such members not having enough experience of the respective game. In some cases some members do not have primary knowledge of that game.
4. In our country there are two rival groups almost in all games which control the activities of sports. Two parallel associations in almost all games have affected the respective game's progress due to which the players face many difficulties. E.g Hockey, Judo, Best Physique, Boxing, and Weight Lifting etc. It creates problem in selection of team. Also at the international level, our nation's image gets hampered at the time of giving affiliation to the federation. In case of Hockey which is a national game of our country, due to two associations at national level, the progress of this game has largely affected. Due to war in these groups, our country lost the opportunity of hosting of many international tournaments. Even International Hockey Federation had threatened to cancel the affiliation of India due to this conflict.
5. Rival bodies or groups in a game always try to create legal obstacles in the working of an association. One group tries to stop the working of association by challenging some decisions or try to deprive the Executive Committee of association from the running of association. The legal cases among the rival bodies last long for many years without any appropriate decisions due to which both groups are not able to carry on activities smoothly.
6. The legal matters increase the financial burden on association. Also the Executives have to spend their most of the time on legal matter instead of spending time for planning about the development of their organization. Due to

increase in legal matters nowadays many associations appoint one legal expert on the Executive Committee of the association.

7. Usually it is seen that many Executives try to remain in their chair for longer terms. Though it is binding on them not to hold one post in the association for longer term, they try to exchange different posts among their group so that their group keeps control of association. E.g. in Hockey Mr. K P S Gill and Mr. Jyotikumaran were holding the post of President and Secretary for more than 11 years though most of media as well as many experts in this game used to criticize about their monopolistic working. The question about demand of sacking of these Executives was also raised in the Parliament. Later on IOA dissolved this federation and appointed an ad-hoc committee for the formation of federation
8. Many times it is observed that there is no proper coordination among the state associations and federation due to which the policies about development of the game can't be implemented effectively. In such cases suggestions given by the state associations are not attended properly by the federation. The executives of the federation treat the state association as their servants. A lot of expenditure is done on the touring of Executives and no proper audit is conducted.
9. It is usually seen that some office bearers treat the association as a mean of earning livelihood and they try to stick up with the association for long time to ensure that they get good income from the working of an association.
10. It is usually observed that major portion of funds received from the Government or any other sources is spent on the administration and smaller portions of funds are used for the benefit of players. Also a lot of funds are spent on unnecessary work e.g. renovation of office, furniture, traveling etc.
11. Many times office bearers go along with national team to the international competitions for a picnic. They stay at five star hotels and spend a lot of money

for hosting dinners etc at the cost of federation while players live in substandard hotel. Because of this there are examples that many time number of persons other than players is on higher side when the team participates in any international meet. At the time of Olympic Games most of the time number of officials who accompany with the Indian team is very much high compared to players. Players get very less amount as daily allowance though they have to spend more money in foreign countries.

#### **6.5. Coaches-training, camps:**

In our country, national team selected for any international event has to undergo training by national coach deputed by the respective federations. In some games, this coach is senior player or from foreign country. Before leaving for competition, the conditioning camp is organized for the national team under the guidance of national coach. This camp is usually for shorter period. In the game like Hockey, various camps are organized for Indian team. Usually it is organized step by step. First about 25 to 30 players are selected for first selection camp. After 15-20 days camp the national team is selected for which further conditioning camp is organized.

There are following observations about the coaching and camp-

1. Our coaches lack the professional approach required as a national coach. As most of coaches appointed are senior players, they lack in update knowledge about the game. If they are appointed as a coach, they teach players through traditional approach. Nowadays the coaching aspect requires modern techniques of game and professional approach. They must need good grasping capacity for update knowledge.
2. Sometimes rivalry among coaches affects players. In our country it is observed that there is unhealthy competition among different coaches. Recently in Badminton, players training under Vimalkumar made complaint against national coach Pullela Gopichand. The federation dropped these players from Indian team.



Vimalkumar and Gopichand are from different states and at that time there was professional rivalry between them.

3. Most of the time, national camps are organized at faraway places from the places where usually live. If camps are of longer duration, some players suffer from homesickness. They are not able to concentrate on the practice with zeal and whole heart. This affects their mental toughness. Also the problem of communication arises as players are from different states and speak different languages. The coach is also from a different state. Due to lack of proper coordination among players and coaches, teamwork is affected a lot.
4. Favoritism by coach is also a feature of our team. In games, it is seen that favoritism is done during national camps and in events also. It also creates groups in the team. Some coaches also try to sideline some players who aren't in their favour; they do not give chance to these players to show their skill.
5. In many camps there were incidences of harassment and torturing by coaches to some players. Many times women players have to face sexual harassment. Some coaches ask some players to do personal work of coach and if it is not done, then these players even get punishment for misbehavior.
6. There are different opinions about foreign coaches. Some people from the sports field are against the appointment of foreign coaches while some are in favour of them. It has been observed that there is a problem of language communication between players and these coaches. Players are not able to understand what the foreign coach wants to say. Foreign coach is useful in bringing in the advance techniques of game in which our players are lacking. Recently under the guidance of Mr. Bob Hutton, Indian Football team has shown an excellent performance at international level competition. In games like Athletics, Table Tennis, Boxing, Weightlifting, Table Tennis, Basketball, Tennis, Shooting, Wrestling etc foreign coaches are contributing a lot in the development of players. In fact players like

Sania Mirza, Krishna Poonia are taking guidance of foreign coach at their own cost. Anju George had taken the guidance of Mike Powell before the previous World Championship. Because of this special coaching she got a bronze in long jump at these competitions. The foreign coach played an important role in the Golden success of Abhinav Bindra.

7. It is argued that foreign coach does not teach whole heartedly or do not teach about all techniques of game. It is somewhat true that he will keep a secret about the key factor of success for their countries. But at least with the help of these coaches our players can get some update knowledge of the game which they aren't able to get under local coach.
8. It is also said that foreign coaches always compare our players with foreign players and expect equally like foreign players. They expect good results in short period which is beyond the capacity of an average Indian player.
9. When a foreign or an Indian coach is appointed, a radical change is expected from him. The association does not take into consideration that within one night, the coach cannot change normal team into the medal winning team. It cannot win a medal at Olympics with a practice of just one year. It requires long awaiting period.
10. Sometimes the dictatorship by the foreign coach also creates problem in the team. When Mr. Greg Chappell was a coach of Indian Cricket team, he tried to dictate his terms in different aspects of game without taking Cricket Board as well as captain of the team into confidence. There was open conflict between Chappell and Captain Saurav Ganguly. This matter affected team very much and a lot of time has gone for getting back team's original fame.
11. In one incident, due to inadequate knowledge or ignorance from coach, two women weightlifters i.e. Pratimakumari and Sanamacha Chanu were banned from

international competitions as these players tested positive in dope test. One of these players argued that Russian coach under whom she was training, had given her the medicines to increase her stamina. Also she argued that he has done the same deliberately.

12. It is observed that in many games there is scarcity of qualitative coaches especially in the individual games like Table Tennis, Swimming, Athletics, Tennis, Wrestling, many players who have played not for more than 3-4 years as a competitive player turn to coaching for getting handsome money which they can earn from coaching junior players.
13. Unhealthy competition among coaches also affects players. Sometimes coaches try to fetch good players from other coaches by offering them good facilities for increasing their popularity. In many individual games, such incidences are seen many times. The rivalry between coaches of two players also hampers players at large. In 1984, rivalry between coaches of P T Usha and M D Valsamma affected mental attitude of the both players.
14. Many times it is observed that the coach of Indian team does not have the required confidence within himself. E.g. during February 2009, Mr. Harinder Singh, coach of Indian Hockey team himself felt that Indian Hockey team needed foreign coach for getting good and advanced technical knowledge of the game. He felt that Indian team didn't have good coach as compared to countries like Australia, Holland, Spain, and Germany etc.
15. In the recent incident (in the month of July 2010), there was a complaint filed by one woman Hockey player against national team coach Mr. M S Kaushik arguing that the coach along with the team's photographer had made sexual harassment of these women players and video shooting was also done of this sex scandal. This incidence occurred when the team was on foreign tour of China, Canada. Karnam

Malleshwari had openly stated that such incidences occur regularly with women weightlifters. Such incidences occur regularly in national level camps.

16. In 2011, due to wrong suggestions from Ukrainian coach, seven Indian athletes had taken some substances which were actually banned for doping. It resulted into ban on these players and their career has been affected largely. These athletes include Asian and Commonwealth Gold medal winners

#### **6.6. Talent Search and related problems:**

In our country talent search is mainly done by the Government through talent search schemes at school level under Sports Authority of India (SAI) scheme. There are certain battery tests for the selection of boys and girls for various games like Gymnastics, Athletics, Swimming, Cycling, Wrestling, Hockey, Football etc. There are certain selection trials like running, fitness, individual aptitude tests etc for these games. The selection is done on the basis of their performance in these tests. These selected players undergo regular training at the selected training centers of Sports Authorities of India which are usually at the state level. SAI comes under the control of Central Sports Ministry.

There are following problems related to these players-

1. As players are from different areas, there is communication gap among these players. These players are not cooperative to each other. There are groups among these players.
2. Dominance of players from urban is seen over rural players. There is always dominance of urban players. They carry on their dictatorship. Senior players try to exploit advantage of age over junior players. Senior players ask junior players to do different works other than practice of the game. Also there are cases of ragging in camps of players. Senior players order junior players to wash their clothes, to prepare tea etc for them.
3. In some cases, though SAI has given all necessary help, all infrastructure facilities have been provided, yet response from players is not encouraging. e.g.

In Maharashtra there are only two centers of Gymnastics at Pune and Aurangabad out of which only Aurangabad is having hostel facility. Parents' response is negative. They don't allow their children to live far away from them. Also many students feel home sickness. Due to this many students leave centers in half way of training and leave their sports career. Even respective association is not giving adequate support to such schemes. In Pune other than SAI center, there are some training centers at Maharashtra Mandal, Shivaji Mandir etc. These clubs do not send their students to SAI center as they want to carry the training on their own.

4. In city area there should be area wise training centers e.g. in Pune, training centers should be in Hadapsar, Kothrud, Yerwada, Dhayari, Shivajinagar etc so that people from different parts of the city can get facility of training. Also competitions among these centers will increase performance level of players which is not seen at present in Pune.
5. As response to the battery tests for sports talent is very limited, coaches do not have better selection criteria. In many games like Gymnastics the response to these tests is very limited, so coaches do not get encouragement and they have to train the students of whatever quality they get.
6. Many children leave the centers due to burden of academic classes. Many parents engage the students for certain class and due to such classes, students skip practice at half way. Unfortunately parents also support such students to skip practice.
7. In many centers which are selected through battery tests for certain games are totally new for such games and they have to be given training from basic level. This results into delay in achieving the desired level of performance from such players. A lot of time is required for giving basic training to these players.
8. Players as well as their parents expect fast results. Parents expect that their child must get the medal within six months of practice. Most of players are new to their games and at least one or two years are required for getting the medal level performance.
9. Coaches appointed by SAI should get training about up to date techniques and rules of games so that they can percolate the same to players. Due to absence of

update knowledge many times players face many problems in actual competitions.

10. Many times language problem arises between players and coaches. e.g. at many centers in Maharashtra coaches appointed by SAI are from other states which create problems in respect of coordination and language.
11. Talent should be spotted but it shouldn't be unduly elevated otherwise players get frustrated at early stage of the career. e.g. Budhia
12. Talent should be nurtured in short term holidays like Diwali and Christmas and also in long vacations of summer. Until liking of child is not confirmed he should be given choices of playing other games. This will keep him fit and also he will be able to select his game correctly.
13. In many countries scientific methods/tests are carried for determining the strength, speed, flexibility, coordination and endurance of children required for any sports. Such tests are not done in our country.

**There is good talent for sports in tribal areas of our country. In Tripura, there is one girl named Gulti Chaudhari. She is from very poor family and youngest daughter among six children. She has dreamed to become a football player. But how was it possible? In her village no other girl used to play this game. As she was determined to play soccer, she started playing with other boys. Many people and her friends used to laugh at her. She didn't care those people. Her tremendous skill and courage caught eyes of a senior coach from West Bengal Mr. Sunil Sarkar. He picked her for camp and started giving proper training to her. Finally her dream of playing for our nation came true in 2007 when she was selected in Indian Women Team for Asian Championship. Like Gulti there are many other talented children in our country, but due to lack of proper talent search and proper encouragement, their talent is wasted.**

#### **6.7. Role of schools and colleges:**

Schools and colleges are said to be the pioneers of players. Generally the career of players commences from school days. At this stage he starts learning about various

games. In fact the talent search procedure starts in this stage. Usually at this stage players get an opportunity to participate in the competitions organized at inter school level. In many countries, children are given freedom of playing in schools days, but in our country, when the child enters into the tenth standard; his sports career comes to an end. They are told to finish the degree education and after that they are allowed to play. Human body and talent are treated totally differently. But they are not different. In fact they are two sides of one coin. If the subject of sports is included in educational curriculum, it will get significant importance. If any school has no ground facility, then such school can organize indoor games like Table Tennis, Badminton, and Athletics. In India All India School Games Federation is the apex body of organizing school level competitions. Also in some cities there are separate competitions organized by Girls School Associations for girls and by Boys School Associations along with the competitions organized by All India School Games Federation. Also in cities like Pune, Education Department of Municipal Corporation also arranges some competitions on their own. At least every player gets an opportunity to play in minimum two tournaments every year other than open meets organized by respected sports associations.

In this respect, observations are as under-

1. Most of school games are organized just as their primary responsibility and formality; not because of affection of sports and enthusiasm.
2. No talent search is done at such competitions. Usually no special thrust is given to find out good talent in such meets. It is seen that though number of participants are on higher side, no significant efforts are made by various sports association for talent hunt. Events like Kho-Kho, Kabaddi, and Football attract more than fifty teams in each age group, however, for selecting the district team for Kho-Kho tournament the association has to organize the selection trial instead of district level championship.
3. Sometimes such competitions are organized in one day. E.g. Swimming organized by Poona School Athletics Association is one day event. More than 45 events are

organized in one single day. Most of the time such meet is organized on a school day instead of a holiday. If a player is expert in two three strokes like Breast Stroke and Free Style he has to participate in more than five events on one single day. The fitness of such players is often neglected.

4. Competitions like Kho-Kho and Kabaddi are organized by Zilla Parishad, the Government Authority in the rainy season. That is also organized in two days. i.e. the winning team has to play more than three matches in one day. Most of the time such events are taken on ground affected by rains where chances of injuries are more on wet grounds. Zonal Meets are immediately followed by district meets. Due to this the winning team has to play more than 6 matches in three days. During this they have to travel from one place to another for zonal meets.
5. The system of these meets needs to be reviewed as in case of team events the winner goes ahead i.e. from zonal to district to state. In case of neck to neck matches of Football, Kho-kho, Kabaddi etc. many times it has been observed that due to partial umpiring or mistake by referee ends the chances of good team. Many times it is observed that at these matches there are two three referees who carry the work of referee throughout the day. It affects their efficiency. Also many times poor standard of referee and their deliberate partial decisions deprives the chances of capable team and instead of that good team; a team which is not able to continue their performance in next level lose in the first round.
6. Many schools do not have their basic infrastructure for sports and playgrounds. They have to hire the grounds at high cost. If the school does not have enough funds, they cut short duration of sports activities of schools for saving school funds. Also if one playground is used by two-three schools, then owner of the ground has an upper hand for using the ground and they dominate others. Other schools have to act as per instructions of land owner school. While in some cases there is encroachment on grounds. Many schools construct buildings on land reserved for sports and go for raising funds for school. Even such funds are not used for sports development and they are used for another construction or renovation.



7. Also it is observed that majority of schools lack in positive attitude towards the development of sports. They prefer to sideline sports activities. Always junior teacher is entrusted the job of sports. As he is not well a qualified sports teacher, he is not capable of sports development. Many times he is assigned the job other than sports i.e to go for picnic along with students or to go to classroom at the time of off period or to assist other teachers for other activities of the school.
8. Many times funds allotted for sports are utilized for other than sports or they are underutilized. Even it is observed that funds granted by the Government authority are diverted to other activities including building constructions etc.
9. The sports teacher doesn't get equal status in comparison with other teachers like Mathematics or Science teacher. Many times lectures allotted for Physical Training are used by other teachers for completing their syllabus. Sport is the last priority subject in the school as well as colleges.
10. At primary school level where sports talent search should be done, there are no regular competitions for students of primary classes. Actually this is the proper age where liking of children can be assessed.
11. Overage players' participation is a unique feature of interschool competitions. Many players participate in the lower age category by submitting false birth date certificates and unfortunately their schools, coaches and parents also encourage them for such cheating activities. Many players participate in one category for many years. Due to this the genuine players get disappointed and their interest in the sports ends. They think that if other players are getting medals by submitting false birth date certificates, then there is no use of their participation. Such unduly practices kill the interest of talented players and they decide to leave sports activities.

12. Most of the times inter school/college events are organized when some of them have unit tests in their schools and most of the parents do not allow their wards to play in competitions. Some of supervisors and parents don't allow students to play in competitions by skipping examinations.
13. In some cases, casual approach by the office staff towards sports also deprives genuine players from participating in the competitions or from getting any scholarships. When circulars issued by the concerned sports authority is kept in the drawer by office staff or by superior authority through oversight may affect genuine players' career.
14. Many times it is observed that there are two competitions of one game by Zilla Parishad and some private club or City Boys school games association on same day. So a player who is among top rankers has to play more than five matches on a single day which affects his fitness .Table Tennis players usually play more than three rounds of tournament of Zilla Parishad and two rounds of tournament held by private club.
15. The Government has made a rule that for every 250 children in school there should be one qualified sports teacher. This rule isn't observed strictly in many reputed schools also.
16. It is observed that if many branches are owned by one educational institute in one big campus and if this institute is having indoor hall, then the branch which owns that hall charges rent for other branch holders of the same institution. e.g. in Pune one reputed institution has two-three colleges and schools in one campus. This institution has indoor hall, which is owned by one college which charges sizeable rent from the school owned by its parent body.
17. As per University rules, there should be physical education Director in every college. Under Pune University, as on 31/1/2009 there are 630 colleges out of which

only 126 colleges have such director. Even Pune University itself does not have sports director and post graduate sports director.

### **6.8. Role of media in the development of sports**

In India the media has played a major role in the development of sports. Media coverage and sponsorship are correlated factors. If you will get good publicity then sponsors will attract to your game. If you get good financial support, you will be able to show your game on the electronic media also. Nowadays electronic media coverage has got significant importance as it has wider range of viewership than print media.

During old days the sports news had place in lower corner of the inside page. Now the scenario has changed. Sports news has got significant importance. In English news paper, there are three pages coverage given for the sports. In local newspaper also there are two pages spared for sports. Even in the electronic media, the sports have got good coverage. There are separate channels for sports.( Star Sports, ESPN, Ten sports, Doordarshan Sports etc through which live coverage of many tournaments can be seen. However, in this respect there are following observations-

1. With the increase of sponsors to Cricket the majority of coverage is given to Cricket especially live coverage. It is also seen that local Galli Cricket gets the chance of live coverage, but at the same All India level Kho-Kho, Badminton, Football do not get the chance of live coverage every time. This is due to the influence of Cricket lovers and sponsors in the field of sports. The live coverage of one day match or test match of Cricket attracts at least one Crore Rupees for T V coverage rights.
2. Similarly, in the print media also we find that 60% of sports page is occupied by Cricket news and remaining page is given for other sports that too when there will be no advertisements on this page. The news of Cricket with the scoreboard is necessary from the point of readers. However it occupies more place of the page.

3. The publicity and sponsors are correlated terms. If there is good media coverage, then there will be more sponsors and if the number of sponsors is high, then more players will be attracted towards the game and there will be more coverage for the tournament.
4. Coverage given to Cricket is very much on the higher side. E.g.. if a player scores hundred or scalps five wickets in one innings, then his photographs appear in the newspaper, However in other game it is not so. If a player scores a hat trick in the match, his photograph may appear in next days' paper. Similarly the photograph of the man of the match in Cricket appears in the next day newspaper. But it is not the same case with other sports like Football, Volleyball and Hockey etc.
5. If India wins a match in Cricket then it will be given a status of headline of newspaper. But it is not the same case with other games. Even it won't appear on front page and it will appear on the sports page only.
6. Also it is observed that newspapers praise the performance of a player but if he loses the medal then newspapers will give very negative news against that player in such way that he will feel that he should give up the game. They will blame him in such a way that he will think he is only guilty for loss of fight. Further the media will try to criticize him through news about his personal life without any proof. Because of such adverse things, such players get demoralized further.
7. The electronic media gives maximum support to Cricket as they get good income through the advertisements. The rates for live telecast are not affordable to games like Gymnastics, Shooting, Archery, Aquatics and Indian games like Kho-Kho, Kabaddi etc as these games get little amount of sponsorship. Though the Government has issued a notification for giving adequate coverage to games other than Cricket still the cost of telecast is beyond the financial capacity of organizers of some games.

8. Previously in local newspapers (especially in Marathi) the sports news used to appear on the last page. Now in some of the newspapers they have shifted the sports news on second last page. As the sports activities have increased, they are prompted to publish the local sports on their city based pages. Usually readers prefer sports news as second priority after the front page. Also increase in advertisements affects the sports page. If the advertisements are received late, they are also shifted to sports page.

**“Be true to yourself and do whatever you feel like but with full passion. If you want to pursue sports, do it with passion because no one can else force you to do something that way you don’t want. There will be a few distractions but one shouldn’t lose focus”--- Virat Kohli**

### **6.9. Sports as a career option and parents’ support:**

#### **6.9. a- Sports as a career option-**

Earlier sports field was not considered as a career of the life. During last 20 years the importance of sports was increased and there is positive attitude from sportsmen and their parents for sports. The players as well as their parents are thinking that there are good opportunities for sportspersons in various fields.

Still in our country sports is not considered as a good career of livelihood. Till sports sector is given least importance in schools, colleges, industry and other institutions. Though during last 15 years parents are thinking positively about sports as a career, still there is long way to go. Due to many hurdles faced by sportsmen, parents give second thought to sports. They ask their wards to play until 9<sup>th</sup> standard. In 10<sup>th</sup> standard they ask their child to concentrate on studies so that child can get admission for medical or engineering so as to get good income after 5-6 years of study.

#### **A) Career opportunities where players can get good income-**

1. There are various jobs in institutions like Banks, Railways, Petroleum Companies, Insurance companies, Services, Police Departments, Air India,

Indian Airlines, other public sector undertakings and the Government's departments reserved for sportsmen.

2. In our country Cricket is good option for players to choose as a career because in this game players can get handsome money through match fees. Fortunately nowadays Ranji level players are getting good money. So also Cricketers get handsome packages through modeling in advertisements, brand ambassadors, appearing as chief guests for local functions. After retiring from competitive cricket, they can work as commentators, cricket columnist, coach etc. Today even the selection committee member of Board of Cricket Control of India gets handsome money and many other lucrative benefits. Games like Football, Chess, Hockey, and Tennis are becoming popular as professional games. In these games also players can work as coaches, technical officials etc. Even Chess coaches are earning through professional fees e.g. Grand Master ranked player charges fees around Rs.5000/- per session of three hours per day. Nowadays there are many professional leagues in games like Boxing, Hockey, and Volleyball even in Kabaddi also. Many players are making career in these games.
3. In the field of Football there are various clubs like Salgaonkar Sports, Dempo Sports, Mahindra United, Mohan Bagan etc which recruit players on contract basis just like European Clubs. These players are bound to play for these clubs throughout the period of contract in various tournaments at local, state, national and international level. These players get good sizeable amount for playing on behalf of their clubs. So nowadays in Football also there is professional approach to this game. Player like Baichung Bhutia has been contracted in the European Clubs while Sunil Chhetri has been contracted by a professional club from USA for playing in US league matches.
4. Players can choose coaching line for income source after retiring from the competitive sports. Many players are simultaneously doing the job of coaching to younger players especially this is observed in individual games like Table Tennis,

Swimming, Tennis etc. Depending upon their performance in state/national and international level meets; they get junior players as their students. Many players within the span of 3-4 years choose an option of coaching and they start their second line of career.

5. Sports event management is becoming popular as a good career option for players. Many players are carrying the profession as event manager. As players are well built, having pleasant personality, good popularity for them, they can use this tool for Event Management. Many events are organized by players for which they get good income.
6. Nowadays number of competitions has increased, hence after retirement from competitive playing; sportspersons can have a career as special correspondent at any channel or special columnist in newspaper. Now there is a trend that many players use to write on the game when competitions are going on. E.g. Ravi Shastri, Sunil Gavaskar are settled as commentators.
7. Sportsmen have good communication and coordination skills which they can use in marketing of products. They are able to communicate about any product to people effectively. Sportspersons can start business related to sports. Players like Gaurav Natekar and his wife Aarti (both are former international tennis players) who have started sports equipments and clothes shops while Shubhangi Kulkarni and her sisters who are former women cricketers are running good business related to production of sports clothes are engaged in sports related business. Due to good contacts with other sportsmen and educational institutions, they have become successful entrepreneurs. Shiva Chhatrapati Award winner Gymnast Phulwa Khamkar started dancing career after the completion of Gymnastic career and now she is also working as a dance director for some films.
8. Many players in our country live in miserable conditions. e.g. Kamlesh Yadav Zha who won two gold medals and a bronze medal in World Yoga Cup

Championship is living in slum area in Pune. His family was served with a demolition notice by the civic authority saying that their hut was illegal. Kamlesh works as a watchman at a hostel.

9. If there is no assured financial support to players in future, they may start any illegal business to satisfy their basic needs. **E.g.. Minishakumari (real name has been changed) was an athlete who won silver medal in national games 1998, married to a sportsman. Her husband died due to prolonged illness. For payment of his loans and for satisfying basic need of her and her daughter, she had to start the prostitution trade unwillingly. When she was caught on the reason of illegal trade, she was sent to jail as she had no money to pay the bail the amount.**

#### **Problems faced by the sportsmen employees-**

Players recruited under sports quotas were facing a curious situation with some of the employers stopping them from participating in national championships despite they had recruited through sports quota. Unless such athletes get adequate competition practice, they will not be able to improve and perform at the highest level. Such athletes do not get sufficient concessions in the working timings so that they can do the practice.

One such case of some athletes was put forth in the governing council meeting of sports ministry in which the then Central Sports Minister Mr. M S Gill assured to look into the matter. He was informed such incidences occurred in some banks where sportsmen are recruited on sports quota basis. Mr. Gill informed that there are guidelines that athletes working in the Government as well as in banks would be considered on duty when they attend the national and international competitions.

#### **6.9. b) Parents' support-**

In India players need greater support from parents in the form of financial and mental. Without own funds from parents, players are not able to spend money on training, competitions and travelling/touring etc. There are a lot of families who have two national



and international players in each family like Prathamesh and Amruta Mokal, Abhijit and Mrunalini Kunte, Chandrashekhar and Jayant Gokhale (Chess), Mangesh and Manjusha Pawangadkar (Badminton), Aparna and Sarita Kinare, Pooja and Aarti Ghorpade (Swimming), Jaspal and Sushama Rana (Shooting), Sujay and Kishor Ghorpade (Table Tennis) Anand and Vijay Amrutraj (Tennis) etc. These families have to spend a lot of money for development of sports career of their children, so most of these players get good support from their families. However in such cases some parents think that both children should perform equally, should get equal opportunities not facilities which is not possible practically.

Sometimes parents show too much show eagerness about success of their children. Within one year after commencing the career, they expect that their ward should become champion. They should think that within a year no player can become a champion. The players require probably two to three years for reaching to that standard. Also they try to keep too much burden on the player for becoming a champion. These expectations also hamper mental attitude of players. In West Bengal, Vishwajit Deepak Bhattacharya lost his life due to over enthusiasm and over expectations from his father. The incident occurred when Vishwajit refused to make practice with his sister as he was very ill. But his father who was very hot tempered person threw an iron bar towards his son. This bar hit Vishwajit on the chest and he died on the same night due to heavy bleeding inside the chest. Many parents scold the players for their poor performance. They also think that coach might be at the fault. This is not the right attitude. Many times in Swimming, parents watch the timing on their watches and argue with the officials about timings. There is possibility of fractional error or difference in calculating the timings on the part of parents, but they think that they are always right and time keepers are not doing their job correctly.

Many times parents have differences with coaches of their children. They try to dominate them as they are paying their fees. Everything cannot be achieved with the help of money. Parents think that their child should not be punished or scolded by coach. If any coach tries to implement disciplinary methods, then some parents are against it and they

try to make arguments and false complaints against such coaches. If a player comes late for practice and the coach levies on him any penalty or the punishment then player as well as his parents immediately become violent and make false complaint against that coach.

There are instances observed that parents always compare their own child with other player and they expect that their child should achieve the same feat which is achieved by other players. They should know that skill and capacity of each player is not same. There is always difference between two brothers e.g. Vijay and Anand Amritraj. Both are Tennis legends but performance wise Vijay was superior to Anand. The same is the case with Steve and Mark Waugh. Steve was a better player as compared to Mark.

Sometimes many parents make too much interference in the practice and training schedule of players. They carry their children with them at shopping or touring when these players are having an important schedule of practice or any major competition. They even try to teach coach. Such interference always distresses other players and coaches. Of course there are some parents like Dr. Vinay Koparkar who took his son to Sydney Olympics for watching Table Tennis because he wanted his son to represent India at Olympic Games and he encouraged his son for Table Tennis.

There are some parents who encourage their children in sports in their own games. e.g. Vijay Amrutraj and his son Prakash, Ramnathan Krishnan and his son Ramesh, Nandan Bal and his daughter Namita, (Tennis), Ajay Sidhaye and his daughters Neha and Ruhi, Rajiv Bodas and his daughter Ashlesha (Table Tennis) But there are also some sportsmen who ask/pressurize their children to choose any other game than their father's game as they had suffered a lot of problems in making career in their own games. E.g. Jeev Milkha Singh chose Golf as career instead of Athletics in which Milkha Singh had earned a lot of fame. Some sportsmen, who had to struggle in making a career in sports, don't encourage their children to sports though children are willing to make a career in sports.

There is one family of Mahabir Singh who is a farmer residing in Haryana and who was a wrestler. Unfortunately, he could not complete his dream of playing national and international competitions because he had to concentrate on farming. He encouraged his five daughters for wrestling and also supported them for competitive wrestling. All are in Indian team either in cadet or women. All of them have won at least one medal at international level competition. Mahabir is the mentor for them and he also trains them.

There are some parents who themselves were not in the field of sports but due to their liking about sports they ask their children to choose sports as a career e.g. Father of Sania Mirza is a keen lover of Tennis. While watching the match between Steffi Graf and Martina Hingis he decided to introduce his daughter Sania to Tennis. He encouraged her for the career of Tennis and gave all support to her.

#### **6.10. Rewards and awards System for players-**

In our country rewards system is not appropriate to efforts taken and achievements made by players. The system is not encouraging in fact is hampering to the interest of players. Rewards to players are usually given by the Government, concerned state associations and federations, other institutions. Also scholarships are given by State and Central Government for achievements in sports. In this respect there are following observations-

1. The process of scholarship from the Government is very much lengthy and it involves too much bureaucracy. If a player makes an application for scholarship for going to any international meets, he will receive the same after the said meet is over.
2. The procedure for scholarships involves too much documentation and it discourages players who don't have spare time for the long procedure.
3. For various awards like Shiv Chhatrapati, Dronacharya, Arjun etc. player has to make an application along with different proofs and copies of certificates etc. Usually it is unfair that great players like Sachin Tendulkar, Dhanraj Pillay have to make application for such awards.

4. It is observed that Cricketers receive lakhs of Rupees for a single international match while players engaged in other sports do not get that much amount even though their performance is better than a cricketer. When Indian Cricket team won Twenty20 World Cup Tournament, each member of the team received around Rs.One Crore. Various State Governments declared handsome rewards to these players. Sahara Group who is sponsor of Indian Cricket as well as Hockey team, declared cash awards as well as big bungalows to each Cricketer. It is argued by Indian Hockey Coach Mr. Joakim Carvalho that this group didn't give even a match box to them when the team won Asia Cup Hockey tournament. When Mr. Carvalho opened the issue, immediately State Bank of India declared cash awards of Rs. Five lakhs to each player. It is observed that Cricket team and Cricketer receive prize money and rewards without any request. However in other sports usually players get rewards and prizes after criticism is made by any player/coach from those games.
5. Cricket Control Board of India (BCCI) declared a prize of Rs. One Crore to Yuvraj Singh for hitting Six Sixers against England in one over. But Indian Hockey Federation declared prize of Rs.1000/- per goal scored by the player. This is really unfair for Hockey players. How will they perform when such poor level prizes are declared by the concerned authority?
6. In India, many times unfair practices are seen for getting rewards. One veteran player who had not actually coached players in Kho Kho received Dronacharya Award for his contribution in Kho-Kho by surpassing many other coaches who were really worthy for that award. These things happen in many other games also.
7. There are many senior players, coaches and organizers who deserve to get for state and national level awards. These sportsmen usually do not like to make application to request concerned authority to give them awards. In such cases applications are to be sent by concerned sports associations.
8. Usually it is observed that rules for awards instituted by the Government and procedures for such awards are also complicated and many players are not interested in wasting long time for that system. Instead they prefer practising for

tournament. Many times changes in rules are not percolated to sportsmen. Even sometimes officers from the concerned Government department are also not aware of these changes made by their superiors.

9. Usually it is expected that Shiv Chatrapati Awards are to be given on the birth Anniversary (as per State Government) of King Shivaji. However many times this program does not take place on that date. It is delayed due to non availability of Chief Minister or the Governor. Irregularity is observed in this respect many times.
10. It is observed that contradictory position is seen about these awards and the standard of game. e.g. In 2007 Shiv Chhatrapati awards were declared for the year 2005-06. Three major awards were given to Atya Patya whose matches are very limited to four five districts only. If the game is not played in more than 10-12 districts, the standard of the game should be considered below expected standard.
11. Some awards are declared by the Government, however many of such awards are not given due to lack of funds. In Maharashtra, there was scheme of cash awards to players from Maharashtra who had represented in international level meets. The said scheme was discontinued due to lack of funds after some period.
12. Many times some players who deserve for national awards like Arjun Award are not given these awards due to dominance of certain states in central sports ministry. E.g.. Narendra Shah from Pune who represented in senior national Kho Kho meets consecutively for nine years in row did not get this award though he had completed all criteria of these awards.
13. Political interference is also observed in awards distribution ceremony. When Twenty20 world cup winner Indian Cricket team was felicitated in Mumbai after its arrival, victorious players were given seats in second and third rows while all political leaders were given places in the front row. This is real case that shows how players are neglected in their felicitation ceremony also.
14. In some games prize money kept for winners and runners is not appropriate as compared to equipments they have to use. e.g.. in Cycling many years the winner of prestigious Mumbai-Pune Cycle race use to receive not more than Rs.25000/-

while player of that caliber has to spend more than Rs. One lakh per month on his equipments and practice including imported Cycle wheels which costs thousands of rupees.

15. In many cases, organizers spend thousands of rupees on opening and closing ceremony and few amounts on prize money. E.g. in Pune at some organizers spent lakhs of rupees on the organizing of Golf Tournament while only few amount was kept as prize money.
16. It is observed that in Maharashtra state wrestlers are satisfied with limited success and after winning title of Maharashtra Kesari they don't try hard for winning national or international Title. Instead they are engaged in receiving felicitation where they can earn some money. Many times they get engaged in result fixing bouts where also they get good money even after losing the bout.
17. It is observed that for giving awards of national level, there is dominance of Cricket. E.g. during the year 2008, the highest sports award of the country- Rajiv Gandhi Khel Ratna Award was given to Mahendrasingh Dhoni for the world cup of Twenty20 Cricket (the game which is played not in more than 30 countries officially). Actually at that time this award should have been given to Sushilkumar who won the Bronze Medal in Wrestling or Vijender Singh who in boxing at Olympics Games as both these sports disciplines are played in more than 100 countries. Even both these players were not considered for Padma Awards instituted by the Central Government. During the year 2008 Mahendrasingh Dhoni and Harbhajan Singh, these two cricketers were given Padma Awards. Though Harbhajan was involved in many controversies during the same year, he was chosen for the prestigious award of the nation. This shows how Cricketers are favoured in our nation. Also Mary Kom was hot favorite for the Rajiv Gandhi Khel Ratna Award, as she had won four titles consecutively at women's World Boxing Championship. She won her fourth title after giving birth to twin children. The saddest part was that one of legends in committee of this award had openly said that he didn't know who Mary Kom is and what is her game? (Mary had filed application for this award for two times.) The

Government realized its mistakes and awarded Khel Ratna award to Mary in 2009.

18. Cricketers after winning any series or tournament get overwhelming reception when they arrive in the country. But that is not the case with players of other games. When Indian boxers arrived in the country after winning four medals at World Championship, there was lack of such ceremony, even no member from Boxing Federation or IOA was present for receiving them.
19. It has been observed that in various national school level competitions, the medal winners do not get proper medal which will boost them for future. At the time of All India Inter School Aquatics Competitions held at Balewadi Sports Complex, medals given to the winners were of very poor standard. Stickers of competitions were pasted on both sides. Even at that time some parents and coaches of swimmers from Pune were asked by the organizer (who is winner of prestigious award Shiv Chhatrapati Award for organizer) to give donations for medals won by them.
20. That there is no uniformity in the prize money offered by different states to medal winners in the national games. e.g. in the state of Maharashtra, gold, silver and bronze medal winners get Rs. 50 thousand, 30 thousand and 20 thousand respectively while states like Andhra Pradesh, and Karnataka etc. such medal winners get Rs. 3 to 4 lakhs. Due to this difference players are forced to represent other states by saying good bye to their original state. Kashinath Asawale who is from Maharashtra shifted to Zharkhand where he got 10 times more money than the prize money offered by Maharashtra state. Rehan Pocha shifted to Karnataka due to the same reasons. The Indian Star Swimmer at Commonwealth Youth Games Virdhaval Khade had threatened to leave Maharashtra if he didn't get the prize money for his success at national and international level competitions. Also the delay in giving prize money creates frustration among players. The medal winners of Maharashtra in the national games organized at Guwahati in 2007 got their prize money in June 2009 i.e. two years after the games.

### **6.11. Facilities available to sportsmen in India-**

In our nation there is inequality about the facilities for the sportsmen. Most sportsmen have to make struggle for getting facilities. These facilities are related to diet, equipments, training, accommodation etc. In this respect following observations are there-

#### 1) Accommodation-

##### **a. At the time of tournament-**

At school, college level competitions and also in the tournament organized by concerned district/state level competitions, it is seen that players are deprived from good living and food facilities. Many times players have to live in the college hostel where a team of 10 players is accommodated in one room. This room does not have sufficient ventilation, enough light, fans etc. Most of the time, these rooms aren't kept clean. Players do not get sufficient relaxation in such congested room. If players do not get sufficient rest how they can perform well in the competitions. Players live in unhygienic conditions.

##### **b. At the time of training-**

If the camp is organized at Sports complex, there may be good facilities for players. However there are also some complaints about accommodation in Balewadi Sports Complex. Nowadays some players come for training to nearby sports complexes. There are some complexes of wrestling in which outside players live in rooms under the stadium. At Mohol Wrestling Complex, Katraj in Pune wrestlers live in rooms of which glasses of windows are broken, rooms are not having sufficient ventilation and sufficient light. Like this there are many such examples of unhygienic conditions where players have to live.

At the time of tournament and at the time of training, players do not get sufficient water for bathing, washing clothes etc. If at such competitions, there is not sufficient water for even drinking then how players can get enough water for bathing and washing clothes.



2. There is disparity about facilities in various sports. In national level tournament, Cricketers get at least three-star hotel accommodation and good food. Similar is the case with Football, Tennis, and Hockey etc. But there are some sports like Kho-Kho, Kabaddi etc where players do not get such facilities.
3. Cricketers enjoy Air Travel facilities many times. However in many games players have to go by Railways or Road transport. In many cases players participating in All India open tournament have to travel without reservation and in very congested compartment. Sometimes players have to make such travel for 48 hours. In such cases some players experience the loss of valuables, some luggage or money, kitbag, shoes, tracksuits etc.
4. As in our country there is variety in food habits of different states. e.g. people living in southern area avoid spicy food while people from north states prefer spicy food. There is problem for players to make adjustment about food at the time of All India level tournaments. It affects their physical fitness also.
5. In some games initially there was no system of prize money in All India Tournament. In Kho-Kho, Nav Maharashtra Sangh is the pioneer which started prize money for all players participating in All India Invitational Kho-Kho tournament organized by them. Also they started practice of giving full kits to all participating players.
6. Many players have to make practice with old and faulty equipments or some times without any equipment. There are incidences of injuries to players due to use of old equipments. Sometimes shooters, archers are not able to make practice because of inadequate ammunition and archers. Even Jaspal Rana had suffered a lot in Olympics due to substandard equipments. Our ammunition is largely taken away by criminal people who pay more money to the ammunition company as compared to civilian players.

7. In the institutions where players are working, it is observed that there is also difference in the facilities given to players of different games. In some institutions, administrative officer thinks that Chess/Carom/Bridge etc these players do not require any skill and do not give appropriate facilities to such players as compared to Cricketer ,Hockey players etc. In fact Chess players require the toughest mental attitude as compared to others games. Sportsmen other than Chess are suggested by their coaches to play Chess for increasing their mental attitude.
8. Many players as well as coaches also do not have sufficient knowledge about diet required for their game. Wrestlers think that without use of almond they do not get sufficient energy. This is not real. One NIS qualified and international wrestling coach from Pune has shown that wrestlers can get good energy substance from groundnut diet if they take it early in the morning.

#### **6.12. Role of the Government**

In our country, the Government plays an important role in the sports field. All policies are framed by the Government and later on those are implemented. The Government has formed Sports Authority of India for talent search and giving training to these aspiring children. The budget for sports is prepared by the Sports Ministry of the Central Government Funds sanctioned in it are allocated to various schemes framed by the Government. The State Government also has Sports Ministry. But at the both level youth affairs activities are also attached with these Ministry. Hence funds allocated for sports are divided among sports and other activities related with youth.

In this respect, the following observations are seen-

1. Most of the time, the sports Ministry is allocated to a person who does not have any sports background and does not have sufficient experience as minister. This

affects his performance. Most of the time it is seen that such Minister does not have good dialogue with Indian Olympic Association and other federations of various sports. Most of the time he uses his time in the celebrity functions. He does not look into his portfolio carefully.

2. Bureaucracy is the common feature of the sports ministry. Delay in implementation and sanction of funds is the common feature. The player gets the financial assistance only after he returns from the event, though he has applied for same well in advance before commencement of the tournament.
3. Most of the time it is observed that player does not get full amount sanctioned to them. As they have to give money as bribery for sanctioning of financial assistance. E.g. if the applicant has been sanctioned an amount of Rs.10 lakhs for any tournament, then amount of at least Rs.2 to 3 lakhs is required to be distributed for getting order of sanction and cheque of the amount sanctioned.
4. Many policies remain on the paper due to lack of sufficient funds or delay in the implementation of such schemes.
5. Many times due to absence of proper knowledge, funds are wasted on the games which are not among list of official games. E.g. in one year the Maharashtra State awarded three Shiva Chhatrapati Awards to Atya- Patya which is not so popularized.
6. The Government has prepared a list of priority and non priority games. Though our national game is Hockey, it was dropped from the priority list by Mr. Manishankar Ayyar when he was Sports Minister. Such funny things are often observed in the Government.
7. Sometimes it is seen that Sports Minister makes irrelevant statements which may create problems in future. At one function Mr. M S Gill, the then Sports Minister

made a statement that Indian players should fight with Chinese players as like a war. Such statements are ridiculous and do not fit in the mouth of Central Government Minister.

8. As sports minister does not have sufficient knowledge of sports, he takes the decision with the help of some political leaders who do not have real aim of sports development but have the aim of making money.
  
9. The scarcity of funds is the unique feature of the Government's schemes. The budget prepared by the Central Government for the whole year 2008-09 was of Rs.781.83 crore which was lower than the budget of Rs. 700 crore for only 44 days of IPL Cricket tournament organized by BCCI. Out of total budget of Rs.781.83 crores, Rs.365.74 crores was allocated for Commonwealth Games. Rs.110 crore to Sports Authority of India (SAI) and Rs.132.74 crore to IOA. National Sports Federation was allocated Rs.54 crore. Major share of funds allocated for sports are spent on the administration i.e. the salary and other expenses of the employees which come under the Sports Ministry. During the budget for the year 2009-10, the Government increased provision for sports by 1480 crore and they also increased the provision of Rs. 3472 crore from Rs.2122 crore for Commonwealth Games. This amount includes provision for renovation of SAI stadiums, upgrading of various sports facilities and training of Indian contingent for these games. Along with these provisions the Government has increased provision of Rs.16.75 crore from Rs.5.75 crore for establishment of National Dope Test Laboratory (NDTL), National Anti Dope Association (NADA) and formation of branch of World Anti Dope Association (WADA).
  
10. When Mr. Manishankar Ayyar was Sports Minister, he had decided to cancel autonomy of the sports federations and bring them under the control of Sports Ministry. His move had created problems for the sports federations and had opposed this move unanimously. Again recently Mr. Ajay Makan had introduced the bill of sports development in which he had suggested that there should be

limit on age and term of office bearers of any national federation of any game. Also Mr. Makan tried to bring the Board of Cricket Control of India under RTI Act. This sports bill had been opposed by some of senior ministers who are either on some sports federations or who have vested interests in the working of sports organizations.

11. The bureaucracy in the Government departments and half hazardous rules created by the Government hamper not only ordinary players but also the sports minister of the Central Government While recruiting about 118 coaches for Sports Authority of India, the then Central Sports Minister Mr. M S Gill had to face such half hazardous rules. His reaction at that time was “If there are 100 posts, there are one hundred rules for them and after fulfilling these rules I am also tired. For fulfilling these rules it takes about six years in the recruitment of Coaches. In every state there are different rules which create problem in the recruitment of coaches as well as non teaching staff at SAI centre.” During the last 20 years i.e. from 1989 to 2009, no one was promoted in SAI. About this Mr. Gill said that though he wanted to give promotion to officers in SAI, he is not able to do so due to lengthy procedure and hundred rules.
12. Red tapism and lengthy procedure for environmental clearance many times delay the projects related to sports. e.g.. 13 projects related to Commonwealth Games 2010 to be held in Delhi could not start in time due to Red tapism and environmental clearance. These projects were expected to be started at the beginning of the year 2008.
13. In Maharashtra, the state Government had established one committee for keeping the coordination among Maharashtra Olympic Association, the state sports department and the sports ministry. It was decided in the meeting of the cabinet to hold the meeting of this committee every three months. Initially only two meetings were held. Unfortunately after that no meeting was held during 2 to 3 years.

14. The amount of donations given by state sports council to various sports association has not been changed since 1982 to 2009, though the cost of different equipments, other expenses related to sports activities have increased almost ten times during this period.
15. The ownership of the sports facilities created in Shiv Chhatrapati Sports City is vested with the directorate of sports. The sports organizers have to give huge amount of rent for these facilities. Even some organizers were asked to pay the rent and actual expense of lighting facility outside the halls i.e. street lights etc.
16. Usually the players representing the state in the national games are given travelling and lunch allowance. For many years only Rs.40/- per day were given to these players in Maharashtra. This amount is nothing but teasing to the players who bring fame to the state.

### **6.13. Sports Medicine-**

The concept of sports medicine is picking up in our country slowly. Nowadays players are taking advice from Sports Medicine Experts for recovery of their injuries or prevention of injuries in sports. The sports medicine can be said as developed only when player injured on the ground will get immediate medical help on the ground. Medical expert who is willing to give time for sports should be present at venue where All India or national tournament is going on. This is perfect time for Sports Medicine Association which should keep its representatives at the venue of any national or All India level tournaments on all days so as to assess the fitness and mental level of players. Also it is duty of organizers that they should ensure that there is adequate medical facility available at the venue of the tournament.

Though the concept of Anti Doping activity has got significant importance at the international level, still in our country there is absence of well equipped and international

standard doping test laboratory. Due to absence of the same, it has been observed that for competitions of international standard, our players participate in these competitions without any proper dope test. Some players also try to escape such tests. It ultimately results that many players have been tested positive for dope test and they were sacked from the tournament also. The issue of Doping came into focus when Ben Johnson famous Athlete from Canada was deprived of Gold Medal of 100 meters running in 1988 Olympic Games. During this race he had beaten the famous athlete from USA Carl Lewis. Jonhson had accepted that he had taken the banned drug of **Stanzolol**.

**“Shortcut method is not an appropriate way of success. Only long time hard work pays you dividend of Gold Medal”- Carl Lewis reacted after Ben Johnson was deprived of Gold Medal and it has been proved that Johnson had taken the banned drugs.**

WADA (World Anti Doping Agency publishes and circulates the list of medicines and substances which are prohibited under anti doping. There are three types of banned substances i.e.

1. Prohibited all time,
2. Prohibited in competitions,
3. Prohibited in particular sports.

There are more than two thousand medicines and substances which cannot be used by players. Among these medicines the following banned drugs are commonly taken by thousands of players-**1.Cocaine, 2.Cannabis, 3.Nandrolone Metabolite, 4.Anabolic Steroids, 5.Erythropoiehin, 6.Amphetamines, 7.Dexamethason, 8.Stanzolol, 9.Cleanbuterol, 10.Corticoids, 11.Testosterone etc.**

List of some of leading Indian players who were caught for using illegal drugs which were banned by WADA and NADA (National Anti Doping Agency) and the name of illegal drugs taken by them-

1. Kavita Devi, Vijaya Devi, Kunjarani Devi, Monika Devi (All Weightlifters)- These players had taken illegal drugs- **Strychine**.
2. Gurusharan Preet Kaur, Mausum Khatri, Sumitkumar, Rajeev Tomer (All Wrestlers)- These players had taken **Methyhexaneamine**
3. Pratimakumari, Shailaja Pujari, S.Sunaina, Harpritsingh (All weightlifters) were caught as they had taken **Nandrolone**.
4. Harikrishanan Muraleedharan, Ashwini Akuenji, Priyanka Panwar, Sini Jose (All Athletes) were banned as they had taken **Metabolites and Methandienone**. Similarly Jauna Murumu, Meri Tiana Thomas were caught due to illegal use of medicine **Epimethandiol**. Mandeep Kaur was caught due to illegal use of Stanzolol.
5. H.B Singh, Rajeshkumar, Vijaya Devi, Vicky Batta and Shailaja Pujari were banned when they were found guilty in taking banned substance.

Indian Athletes namely Sini Jose, Mary Tiana Thomas, Jauna Murumu, Ashiwini Akuneji, Priyanka Panwar, Harikrishnan, Soniyakumari and Mandeep Kaur were tested positive for illegal drugs. They defended that they have taken drugs innocently and as per advice from Ukrainian Coach Yuri Ogorodonik. These Athletes have been banned from competitive sports and Ogorodonik was sacked from the job of coach.

Many Indian Weightlifters including Pratimakumari and Sanamachu Chanu have tested positive for dope and are banned from participating in any tournaments. Monika Devi was not allowed to board on the flight to Beijing as she was found guilty for doping, while B. Pramilavalli tested positive second time and was banned for lifetime. Monica was tested positive four times in one month. In fact our Weightlifting federation had been banned by International Federation for more than one year and have also paid heavy fine for such ban. Egyptian coach Mr. Magad Salama was appointed for Indian Weightlifters; he resigned from the post accusing the top officials of Indian Weightlifting Federation of abetting doping. Though IWF denied these charges, but Kavita Devi was caught in drug net just before the Asians Games.



**The Doping is curse to the sports. No player should go for it as the banned drugs and substances will end your life in the short period-**  
**Dr. H V Sardesai**

Many times at University level competitions also, when the team of any university participates in All India Tournament, no real medical test of team members is done. Even in many international tournaments including Asian, World and Olympic tournaments also, some players who were not actually fit for participating in such tournaments have gone for these meets and they did not participate in actual tournaments and instead they were either asked to do the work of assistant of the manager or after two three days they were sent back to India. This affects mental attitude of other team members and also balance of team.

In our country no significant importance is given to the fitness of players. In fact due to pressure from the team management they have to play irrespective of the fact that they are not physically fit. In such cases there are chances of injuries and illness to players. Especially female players have been pressurized to do their event or to participate in the event when they are ill due to their genuine illness, team Management/manager doesn't consider these facts. Due to this many times serious injuries have been experienced by many players and have been compelled to stop their career as a sportsman. Dr. P S M Chandran former director of Sports Medicine Department of Sports Authority of India (SAI) had opined that the banned substances are easily available in the vicinities of any Gym or sports training centers. It is not possible to check these Gyms or these centers. After the saga of banning Indian Athletes, sports ministry raided at different training centers as well as sports hostels of SAI. It is also revealed that nowadays many sportsmen at school level also take banned drugs but unfortunately medical examinations of these junior level players are not done and many coaches also encourage these students to make use of energy increasing drugs.

It is argued by some sports medicines experts that they are willing to help organizers for medical facilities at the time of any tournament, but they don't get fair treatment from organizers or look down upon by organizers.

#### **6.14. Competitions and their standard-**

It is always said that India is the best country in organizing International level competitions but performance of India in international competitions is far away from the expectations. India has organized many world cup level events of Cricket, Hockey, Chess, Billiards, Snooker etc but it has got very limited success in these events. India has also organized many other international events like Asian Games , Afro Asian Games, South Asian Games, International Athletics Meet at different venues, Champions Trophy Hockey, many other international events of other games but our performance in Olympics Games is very disappointing.

Many players say that for getting good experience of foreign players, they will have to play in foreign countries. It is so because, in international events organized in our country, many countries send their second ranked or new players for the competitions. Prominent foreign players try to skip India's tour due to limited prize money or due to security problems either by giving medical reasons or due to individual problems. Because of this our players are not able to get good exposure of foreign players. As regard to national level competitions, it is observed that many players dominate the events due to lack of competitions at the top level. This is always observed in Badminton, Table Tennis, Tennis, Swimming etc. So they are not able to know their weaknesses and they are not able to show their best skill at the international level.

Many organizers think that they can earn financial benefits through organization of international events and major portion of money is spent for globalization of such events and our players are not actually benefited by such events in terms of money as well as experience. e.g. in India now there are many international Marathon meets organized every year. In such events usually cream of runners from the prominent countries do not turn up instead they send inexperienced players for such events (Of course these players also dominate Indian runners!).

So our runners are not able to get real experience of foreign talented players. Though such events are being organized for more than 20 years, still no player from India has got a place in top ten runners at World Championship or Olympics or even Marathons held abroad. It is observed that though bonus prize is declared for Indian runners who will beat the old record; unfortunately no such record is broken by any athlete.

In many international or All India tournaments it is observed that organizers spend more money on globalization of the event. Unfortunately sometimes for increasing glamour of the event they spend more money on opening and closing ceremony which ultimately affects their financial budget and they have to borrow the money. It brings the organizers in jeopardy. Many higher officials try to make the event global without permission from associates of their associations which results into conflict among organizers and also it affects the position of the association.

It is observed that many players make an impressive performance in other international events but they are not able to repeat the same feat in Olympic Games. e.g. Anju B George got a bronze medal in Long Jump at World Athletics Championship, but she could not show her best performance in Olympics. Her performance was below the national record created by her. At Beijing Olympic Games she made all three jumps foul which were not expected from the player of her caliber. Similarly Jaspal Rana and many other shooters create record at World Shooting Championship but they aren't able to qualify for the final round in Olympics.

Many times behavior of players also affects their individual and as well as performance of other players. This is seen in team events and also in individual games. In 1984 Olympic Games, the dominance of Mr. Nambiyar the coach of P T Usha had created rivalry between Usha and other players. Also it affects the goodwill of the nation.

Recently in IPL Cricket Tournament, Harbhajan Singh had slapped his colleague, Shrishant. This had an adverse effect on the image of Indian Cricket.

### **6.15. Common Injuries**

It is observed that as compared to other foreign players, Indian players come across with various injuries due to which their career path gets disturbed. We observe that Sania Mirza a well known Tennis player has to face injuries many times. In a year she loses almost 2-3 months of practice or tournaments because of injuries due to which she is deprived of many tournaments. Ultimately, her ranking comes down.

There are three types of injuries i.e.

1. Soft Tissue Injuries,
2. Bone Injuries and
3. Joint Injuries.

- 1) Soft Tissue Injuries-
  - a) Sprains (ligaments)
  - b) Strains :(Muscles and tendons)
  - c) Contusions: (Bruises)
  - d) Abrasions: (Part of skin is lost)
  - e) Incisions: (cut due to sharp object)
  - f) Lacerations: (rupture/tearing of skin)

#### **Management of injuries-**

After the occurrence of injury cold compression for 20 to 30 minutes at interval of two hours for first two days should be given. The direct application of ice and massage/ fomentation should be avoided. Ice packs and pressure bandages should be applied. Relieving pain elevation of the injured parts and rest are needed. The swelling should be minimized. The repair and restoration of injured part to its normal function is essential. Recovery of strength in the injured part is also very important. Protective padding, support and use of specific safety aids are necessary.

- 2) Bone Injuries: (A break or crack in a bone): a) Fractures- .
- a. Green Stick-Fractures of immature bones in small children
  - b. Transverse-Crack in the bone in transverse.
  - c. Oblique- Fracture
  - d. Comminuted- Bone breaks in pieces.
  - e. Impacted-Bone is cracked due to pressure.

Management of these injuries- In first-aid, the mobility of damaged bone should be prevented by cautious splinting of the bones, using an improvised splint. Careful transfer of the injured player must be planned in a comfortable position. X-Ray or bone scanning should be done for early diagnosis of his injuries. Immobilization of the injured part helps in proper alignment at the time of putting the plaster. Prevention of disuse atrophy, decalcification of bone tissue due to inactivity and vasomotor alteration is necessary. For such players isometric exercises are recommended during the state of absolute rest of injured part.

- 3) Joint Injuries-
- a) Dislocation-

It is the displacement of cartilaginous surface of bones comprising a joint.

- b) Subluxation-Bones of joint are only partially displaced.
- c) Luxation-Bones of joint are totally displaced.

#### **Management of above injuries-**

As a first aid, such injured player is kept in a comfortable positions as per his wishes. His movements are restricted to avoid further complications. The injured part is supported by the use of slings and bandages. For reducing inflammatory swelling, ice packs could help to relieve pain. Afterwards such patient should be immediately admitted to the nearby hospital. X-Ray and other diagnosis should be done as required. His other joints should be kept active for enabling fitness tests. Isometric exercises are suggested to such players for maintaining muscular tone and muscular strength after healing of the injury.

### **Prevention of injuries-**

It is observed that many times players as well as some coaches are not aware of how injuries can be avoided. It is usually said that prevention is better than cure. Steps should be taken in such a way that injuries will be prevented. Many times it has been seen that players who are not fully fit have been selected in Indian team for Asian/Olympics/World Games or similar international events. Such players are sent back from the venue after they fail fitness test. Due to this other players get disturbed and other genuine players don't get an opportunity to become member of the team. Also the reputation of the team is affected adversely.

### **How injuries can be avoided-**

1. **Performance test-**Before the selection of players the performance test should be taken. It will ensure that the player is fully fit or not.
2. **Pre training and Pre-competitive Exercise-** The player must prepare his body through general and specific exercise.
3. **Limbering Down-**To facilitates better blood circulation and for removal of waste products muscles are kept active for sometime through limbering down.
4. **Psychological preparation:** Players should be able to cope up with unfavorable conditions, unexpected defeats and victories etc.
5. **Environmental Conditions:** Exposure to unsuitable environmental conditions like excessive cold, heat, high pressure and high altitude practice training sometimes affects the physical as well as mental fitness of players. They should make preparations accordingly.
6. **Proper clothing and footwear:** It is essential for every player who participates in high level competitions. This will help the athlete to give his best performance without any inhibition.
7. **Protecting Clothing and Equipment:** In most of games, certain protective equipments are necessarily to be used to protect from injuries. E.g. Cricket players should use helmet, centre guard, thy pads. The boxer must use helmets

and dental guards to avoid injuries. Such equipments should be checked at regular intervals to ensure that they are usable.

8. **Observance of rules and regulations:** The uniform rules and regulations have been framed by the appropriate authorities at respective levels to ensure the smooth running of events and to reduce the percentage of injuries. These rules should be followed strictly by all i.e. by players, coaches, organizers.
9. Sometimes due to excessive matches, players get fatigue. For avoiding this players should be given sufficient time for recovery of energy consumed by him in the events.
10. Many times players lack in common sense. Players should make use of common sense to avoid injuries.

#### **6.16 Technological Development-**

It is always argued that India is lacking behind many countries in respect of technological development in the field of sports. During last ten years, in our country a lot of world class infrastructure, particularly many international stadiums have been built. In many cities like New Delhi, Pune, Banglore, Chennai, Hyderabad etc many world class sports complexes have been built where many world level tournaments are regularly organized every year. Pune had hosted Commonwealth Youth Games in 2008 while New Delhi hosted Commonwealth Games in 2010. In both cities we have the best shooting ranges, also topmost stadiums for Badminton, Athletics, Gymnastics, Indoor Games, Our country has hosted many international tournaments of Volleyball, Basketball, Table Tennis, Wrestling, Boxing, Football, Weightlifting etc. Though the Government has helped a lot to have world class sports facilities in the country, still our country lack in the technological development related to sports medicines, physical fitness centers, sports sciences, sports schools, Anti Dope Testing Machinery etc.

### **6.17. Players and futures/faith/predictions/forecast-**

#### **It is sometimes debates whether any player believes in any future?**

Players may have faith in forecasts/predictions made by someone. They may have some superstitions. But this doesn't mean that if someone has predicted that he should not participate in any tournament on a particular day, he should not participate. This is not possible as the program of events is fixed considering the availability of ground and other technical factors. If such player does not participate on that day, he will lose many things like his place in the team, fame and prize money etc.

Many players believe in God. Some players like Sachin Tendulkar and Saurav Ganguly see towards sky when they come for batting. Some players like Maradona used to wear the jersey of number 10. Some players used to wear cotton band on the right hand while some players like John McEnroe used to wear strip on forehead. Olympian Table Tennis player Neha Agarwal wears some specific T-Shirts on a particular day. She sometimes wears a black band between her shin and ankle. Divya Deshpande, Table Tennis player from Pune believes in God and she makes prayers before the match. Her opinion is that such prayers should be unconditional. Many Indian as well as foreign players make prayers before the starting of the event. Even some athletes make cross with hands for praying on the starting line.

References-A) **Different articles-Variou newspapers, periodicals relating to sports.**

#### **B ) Reports-**

- 1. Annual Reports published by Indian Olympic Association & Central Sports Ministry.**
- 2. Report submitted by Chef De Mission of Indian team at the time of Athens (2004) & Beijing Olympic Games (2008)**



## **CHAPTER 7 - COMMENTS OF EXPERTS ABOUT PERFORMANCE OF INDIANS**

### **Yoga Experts**

#### **7.1 Late B K S Ayyangar, Yoga Expert and founder of Ayyangar Institute**

**It is usually said that our players lack in mental fitness. What are the reasons for that?**

Yes it is true that our players lack in mental fitness. Our players do not have enough willpower to face the challenges at the top level competitions. They also lack in the energy required for mental fitness. This energy determines our willpower which is important in the success of the player. Neurological strength is necessary for increasing mental toughness, while muscle strength is necessary for physical fitness. In both these areas Yoga plays an important role.

**Why foreign players are having more mental fitness as compared to our players?**

Our climate is hot as compared to other foreign countries. So our energy consumption is faster as compared to foreign players who live in cold climate throughout the year or at least 8-9 months in the year. Naturally their energy remains for longer period, they do not exhaust early. We try to imitate foreign people blindly. We don't take into consideration the climatic, geographical, environmental and also cultural differences between India and other countries. These differences have definite impact on physical as well as mental fitness. Foreign players have long lasting willpower as compared to our players. Enduring power is missing in our players.

**What should be done to increase the mental fitness?**

Yoga exercises and meditation are needed for increasing mental fitness. Here one thing should be remembered that such exercises should be done under well trained and qualified Yoga teacher. There was one incident about our boxing team. They had appointed one Yoga teacher who was not well qualified. When this team had gone to

Mexico, before events they had practice session in which he asked them to do Shavasana. This Yoga exercise had an adverse effect on the performance of players. Usually this asana is usually done after the event is over. There are different asana exercises such as Uttasana, Sarvangasana, Viparit Dandasana, Adhomukhvrukshana, Halasana etc. which help in increasing flexibility and also in lightness of the body. Yoga helps in keeping or increasing the lactic acid in the human body which is needed for strength and muscular power. The lighter body will enable more flexible movements of the body. There are many exercises about strengthening the energy storage for the body which should be done systematically under the guidance of qualified Yoga teacher.

### **What should be done for increasing the physical fitness?**

Many times players are asked to do weight training, however too much use of such exercise affects the physical fitness. It may create laziness, sluggishness or lethargy. Over exercise should be avoided. In this respect one point should be noted that you should do exercises which are suitable to your body, fitness as well as the game in which you are participating. Please ensure there will not be pressure on your heart, respiration. While talking about diet it is necessary that you should take such diet which will not have an adverse effect on your heart and overall body structure.

### **7.2 Girish and Mrs.Sadhana Lele, Yoga Teacher,**

#### **Reasons for limited success at Olympics-**

1. Lack of mental toughness.
2. Lack of self examination approach.
3. Absence of nationality attitude, individualism rather than thinking about team.
4. Due to groups and inferiority about senior players, many times younger players are not able to concentrate on their games which ultimately affects the performance of players.
5. Lack of killing instinct and determination
6. Some times selection of other incompetent players also affects other players' concentration.

7. Players do not have confidence in their game. They are not sure about in which event they have chance of winning the medal. e.g. in Athletics players participate in various events like long jump, short distance running etc as they are not sure about a particular event.
8. Nowadays increase in auto vehicles has resulted that many people do not have habit of walking which affects the stamina and flexibility of the body.

**Measures for increasing the concentration-**

1. Players should try to make study about their performance so that they will be able to get confidence. They should meditate for ten minutes. This will help in increasing concentration.
2. They should acquire the dashing attitude which is essential to increase the confidence.
3. In the team event there should be proper coordination and collective attitude as the success in such games depends on the team's efforts and not on individual skill.
4. Breathing is very important for concentration. If we start breathing step by step, it increases your mental toughness. Breathing and mind collectively increase self appraisal attitude.
5. If a specific goal is kept ahead and if you will think of the same only then your concentration will increase e.g. Dronacharya had Arjuna to have one goal and he too kept sight on only one goal i.e. the eye of bird sitting on the branch of a tree. Arjuna became idol of Archery.
6. Physical fitness is also important for concentration. For increasing fitness, Surya Namaskar and Yoga are best supplementary exercises. Both these exercises don't require much space and they can be done anywhere both require no cost. For increasing flexibility running exercises on the ground is necessary. Both these exercises reduce your complaints about your body and also both these exercise increase stamina and endurance.
7. Exercise of Omkar should be done for ten minutes which is useful for good breathing as well as clearing your mind.

8. Yoga is necessary since childhood.
9. The diet should be lighter. You should ensure that the food you take does not increase the fats in the body. Your body should remain flexible all the time.

### **Senior players and former Olympians**

#### **7.3 Mr. Benjamin Jekinson, Australian Swimming Coach**

##### **What should be the proper age for talent search?**

In Australia, for swimming talent search is done at around 6 years old. In fact training starts from 6 months old baby. In the initial stage babies are trained about safety. Such babies really enjoy the floating in water. Children start training about Swimming from 6 years old. The scientific tests are taken for talent search. Since swimming is very popular in our country, there are a lot of kids interested in competitive swimming. So naturally we get good qualitative children for talent search. While selecting children for swimming, physical structure e.g. height, flexibility etc such points are invariably considered. Usually such tests are taken by the state swimming association. This enables them to get good players in future.

##### **What type of training is given to such children?**

Usually every day these kids are given four hours (two hours in morning and two hours in evening) training under the guidance of professional coaches who are highly qualified and who have represented the country at international level. This training includes competitive training as well as supportive exercises. At each level of training some qualifying standard is fixed so that the ability of such players can be assessed easily. The qualifying timing is determined by national coaches. The national level competitions are held once in winter and once in summer.

**Do you arrange any programs for coaching?**

Yes. We have periodical orientation programs arranged for coaches. Our federation has set up coaching committee headed by chief national coach. Under his chairmanship all programs about coaching skills are arranged. Coaches are trained about update knowledge of international standard, qualifying standard, rules and regulations, doping tests etc. Coaches are also sent abroad for advanced training of swimming skills. Mostly players are looked by national youth coaches under the guidance of chief coach.

**How much support is given by the parents?**

When children are selected for training, all their activities including training, education etc is taken care of by the association. So parents are not worried about their career.

**7.4 Late Darasingh, Renowned Wrestler and Actor**

1. Our country has a lot of talent for wrestling. India can win at least two-three medals in London Olympics. Organizers should tap such talent and give a boost to this talent. There should be proper planning for training to upcoming talent.
2. Wrestlers do not get enough support from parents for sports career. So it is the duty of society in general to help such deserving sportsmen. Parents should support and encourage their children for choosing sports as a career.
3. The Government and the industrialist should come together and try to ensure the sportsmen that they will get good job if they will choose sports as a career. When I felt that I will not get enough money through wrestling I chose Cinema field as a parallel side for livelihood but I never gave up wrestling. So I advise wrestlers not to give up sports when they will get job, instead they should continue the sports field.
4. In the development of wrestlers, organizers should consult owners of wrestling gyms (Akhadas) as these owners really take very sincere efforts to carry out such institutions. They know the habits, behavior, attitudes of wrestlers since childhood.

5. There should be proper selection procedure while selecting Indian team. It should be long term process. About 120 wrestlers should be selected for training. They should be kept under training for long time i.e. for 6-7 months. Among them competitions should be organized and after analyzing the performance of these competitions again 20 players be selected who will be undergo advanced training.
6. Foreign coaches are essential as our players get advanced technique of the game and also they help to increase the fitness of our players.
7. Our players should be sincere at training. They should not skip any training for avoidable and simple reasons.
8. Players should be given training in the state where their parents stay and there training should be nearer to their usual place. This will help them to increase their sincerity and concentration during the training schedule. This will also increase their mental fitness and they will not skip their practice schedule.
9. Talent hunt for wrestling should be done in the age of 7 to 10 years old. While selecting such talent their physical strength, their past medical history should be considered.

### **7.5 Dola Banerjee, International Archer**

#### **What do you think about the present status of this game in India?**

In our country though this game is very ancient and traditional the progress of this game is not satisfactory. Though the Archery is since ancient period no importance is given to this game. This game has progressed in very few states. Nowadays there is a series of competitions organized by Archery Association of India in our country and we are able to make good practice in such games for international meets. Monetary benefits should be increased to attract this game.

#### **About talent:**

In our country, though there is good scope for this game, the talent is very limited. In many foreign countries we have observed that in women section a lot of new players are emerging champions at international level, but in our country there are very limited players. Competition is very limited to 10 to 15 players who are continuing for last 10

years. No new players are emerging as challenges to us. Like Tata Archery Academy there should be more academies for this game in other states so that many talented players will emerge in next few years. Thrust should be given on talent search in every state.

**About facilities and equipments-**

In most of states, there are poor facilities for this game. The equipments are very costly and most of players are from the middle class family. They cannot afford good quality equipments. In our country there is absence of good quality equipments and we have to import these equipments. More sponsors are needed for the support of this game. Corporate industry should support this game instead of going for Cricket only. The state Governments should take initiative for setting of Archery Academy having good quality equipments.

**Coaching facilities:**

Fortunately we have foreign coach Mr.Lime Chae Woong to train us. He is very experienced player and coach. Due to his training and support from Indian Coach Mr. Dharmendra Tiwary Indian players are getting a lot of success in recent years at World and International competitions. Mr. Woong is giving training about fitness as well as actual technique of the game.

**7.6 Geet Sethi, World Champion and founder of Olympic Gold Quest**

**Though your game is not in Olympics which reasons prompted you to start Olympic Gold Quest movement?**

During Sydney 2000 Olympic Games, I had attended a party organized for Indian contingent. In this party I was lucky to have long discussions with many our players. I found that they were under pressure. After discussions I realised that without the financial assistance, our players aren't able to win a medal at such prestigious games. Previously I used to blame the Government for not encouraging sports. But after Sydney Episode, I felt that the Government cannot do everything alone for this field. The responsibility of sports development should be taken by other people. So I put an idea of

encouraging sport persons with my friends in the field of sports as well as in business houses.

**In our country it is difficult to arrange funds for sports other than Cricket. Are you facing any problems in fund raising drive?**

Yes. Initially I had some problems in raising funds. When I started convincing the people about importance of Olympic Medal to our country, I found that the response was very positive and they gave us sizeable help for Olympic Games.

**You must have gone through different experiences in this movement. Are there any unusual experiences in your work that you would like to share?**

We often used to arrange the meeting with media so that the people will be able to know what we are doing for the benefit of players. Once we had a meeting in Mumbai. Next day one person called me early in morning telling that he wants to give little money for this movement. When this person arrived in our office along with his wife, he handed over a cheque for Rs.11 lakhs which is a small amount for him. We are getting good response in urban as well as in rural areas. When I had gone to Assam for playing a tournament, one small group of people donated Rs.10 thousand for our mission of Olympics. Incidentally we don't force any person to give us funds. We accept even Rs. One Thousand from any person who wish to donate funds for sports development. It is so because he has generously donated this money and it shows his willingness of donating funds. Gagan Narang is the first player to receive donations from us. We have donated funds to him for Beijing Olympics. Unfortunately he missed the medal narrowly.

**Had you expected good response for your venture?**

Yes. I was confident about getting positive response from people because people know how Olympic Games are important and what the worth of winning Olympic Medal is.

**Don't you think that in our country Cricket is getting too much publicity?**

Yes. It is true. Of course people want Cricket all the time. During last 6-7 years, other games are also getting positive publicity from media. But still there is cricket mania in



Indian people and media. I feel that the media should do self examination for publicity of other games. They should consider about how there will be proper coordination between coverage of other games and professional interest.

**Since you have been in sports field for long period, what is your opinion about the role played by the Central Sports Ministry, Indian Olympic Association?**

There is positive change at the Central Sports Ministry and Indian Olympic Association. Because of Commonwealth Games, there are sizeable funds available for sportsmen. Nowadays medal winners are getting sizeable rewards and other facilities from the Government Through the organization of sports meet, our country's fame has risen.

#### **7.7 M C Mary Kom, Five times World Women Boxing Champion**

**Now women's boxing event is introduced in Olympic Games. Are you confident of getting medal in forthcoming Olympic Games?**

I have been world champion for four years. Naturally I am strong contender for Gold Medal in Olympic Games. As I am still fully fit and making sincere practice for these games, I am sure that I will win a medal at Olympic Games. For the last four years I have maintained consistency in performance and also fitness level. When I entered in this game, my ultimate aim was to get Olympic medal. I know that there will be more challenges before me in those games. I am keeping fully concentration on my practice for achieving my aim.

**Mary Kom proved what she had told in this interview. She won the bronze medal at London Olympics in her debutant Olympics.**

**In comparison with foreign countries, how do you rate about the facilities for sports in our country?**

As compared to foreign countries, our boxers especially women boxers do not get sufficient facilities. Earlier our boxers didn't get much exposure of foreign players and foreign countries. During last three years our players have got opportunities to participate

in foreign tournaments and to have training sessions in foreign countries also. Due to this Vijender Singh got medal in Olympic Games. Also some players like Akhilkumar, Nanao Singh showed an impressive performance in Asian and World level tournaments. In our countries, parents do not encourage their children to make career in this game. In foreign countries like Cuba, Russia, USA, Magnolia, Azerbaijan, Kazakhstan, China, Korea, Japan etc parents fully support their children for making career in boxing.

**You are from the area which is termed as backward area. Don't you think that in our country there is a lot of talent in such area which has been given neglected so far?**

Yes. It is true that there is a lot of talent for sports in many parts of our country, but unfortunately this talent has been neglected for many years. Unfortunately from time to time the Government has failed to encourage such sportspersons irrespective of the fact that many policies were framed for encouragement of such talent. Though the Government has tried in many ways for encouraging sports, many schemes either remain on paper or do not go to the actual beneficiaries. Also for any Government related work sportsmen have to face with a lot of hurdles in submission of papers, documents.

**You have three children, still how you are able to make career in boxing for long time?**

Luckily before my marriage my parents encouraged me in pursuing boxing career. After the marriage my husband also fully encouraged and supported me. Due to this I am able to win the world championship for four years. I appeal to all parents of sportsmen that they should encourage and support their children for making career in sports.

**Now a lot of infrastructure is being made in sports field. How you rate the standard of sports in our country?**

I personally feel that as compared to other countries, the standard of sports in our country is very low. We are good at organizing of sports events of international level, but the performance level of our sportsmen is not up to the mark as compared to foreign players. Look at the performance of players from small countries like Cuba, Nigeria, Azerbaijan

and Jamaica etc, how they are dominating in many sports events. We should follow these countries about how they develop sportsmen.

### **7.8 Dhanraj Pillay, Former Olympian and Captain of Hockey Team**

**You have played in four Olympic Games. What can you say about the debacle of our country in this national game?**

The main reasons for this debacle are **ineffective administration of this game, lack of strategy, long hits without purpose, little stress on possession on the ball, lack of leadership on the ground, too much defensive attitude, and lack of big match temperament**. For years we were said to be strong in the midfield but many times due to lack of coordination our performance has been affected. When under my leadership we have won Asian Gold Medal, at that time, we have taken very strenuous efforts for maintaining proper coordination among players.

I represented in Olympics for four occasions but unfortunately I could not bring the medal for our country. It always hurts me but I alone could not do it. Hockey is the team game and for success of medal, there should be good team work. Unfortunately the higher level of coordination wasn't seen in team. Also during my team, there was not proper selection of players. At that time there was monopoly of KPS Gill and Jyotikumaran. They used to select the team on their own. They did not see whether the selected player fits in the position for which he has been selected and also whether the player selected is really physically fit or not. If you have proper winning combination i.e. proper forward line up, strong mid fielders and efficient defense, then only you can win a medal.

**It is always argued that though many efforts are taken for removing the weakness about penalty corner conversion, it has had little effect. What is your opinion?**

I personally feel that if a player has not killing instinct, then irrespective of long term training, this drawback cannot be removed. See Australian, German and Spanish players; how they take penalty shots. This aspect should be learnt by our boys. Players must have suitable body language of winning medal. If we aim for top level success, then only our players will perform better. Also I have seen that our players take unnecessary tension of strong teams. In practice sessions, our players score a lot of goals on penalty corners, but at the time of match, they forget everything.

**Do you think that training by foreign coach will help our players?**

Yes. Our players lack in the advanced technique of the game. For this our players need foreign coaches. I have worked with Jose Brassa, the former coach. Though in world cup we could not get good success, later on under his coaching, our team has shown good results. I feel that the coach may be Indian or foreigner, he should be for long time. No coach can bring turnaround in Hockey in short time. The development of the team is long term procedure and there should not be frequent changes in the team. The frequent changes in the team affect the coordination among players. After world cup defeat, Sandeep Singh was dropped out of the team for poor performance. But again he was selected when the team toured Belgium, France etc. and he scored in every match in that tour and he was the hero of success of India in that tour.

**Hockey is our national game. What should be done for achieving success at the international level?**

There should be grass root development of the game. Now there are Astroturf grounds almost in all major cities in our country. Due to the faulty administration of the game and lack of boost to the upcoming players, these artificial grounds will not serve the purpose. From the school level, it should be ensured that boys and girls will come for Hockey.

### **What is your opinion about dilemma in Indian Hockey?**

I am really feeling ashamed that I am from Hockey which is our national game which has become a laughing story for media and politics. For the benefit of the game and for getting again the fame of Indian Hockey, all the concerned parties should sit together and all grievances should be removed at once. There should be effective administration of Hockey and senior Olympians should be given chance on the federations. If the president is not fit himself, then how he can manage the team of administrators? This point should be carefully taken note of.

### **7.9 Milkhasingh,' The Flying Sikh', Former Olympian athlete and coach**

The performance shown by Abhinav Bindra, Sushilkumar and Vijender Singh in Beijing Olympic Games is very excellent but in comparison with other countries the performance of our country in these games during the past Olympics has some room to improve. There are so many factors behind unsatisfactory performance-

1. Sincerity is rarely seen in these days especially in athletes. In our days we achieved limited success not medals but some honour with sheer hard work and strong mindset, willpower. In our times there were no facilities, foreign coaches, international standard equipments etc. We used to make practice with the aim of bringing pride to the country. Nowadays such determination is not seen in our athletes irrespective of all facilities given to them.
2. In modern days once athletes get a secure job, then their sincerity to the games reduces.
3. About Anju B George's failure in Beijing Olympic Games- She was not fully prepared and age factor is also responsible for her poor performance. As she did all fouls at such big event, she should consider about retirement and give chance to younger generation.
4. In our country we depend on limited players for many years and it creates negative attitude among upcoming players as they are deprived of getting chance in the time. e.g. Many years we depend on P T Usha, Anju George etc.

5. The training to the sportsmen for Olympic Games should be handed over to the military authorities. Due to this the discipline is inculcated and maintained. In our country there is tendency among some senior players who try to avoid training camps for individual but avoidable reasons.
6. The Government role is satisfactory. It is trying its best. Now foreign coaches are available and players are getting foreign exposure to training and competitions abroad also. The sportsmen and organizers should not depend upon only the Government but they should try to get funds from industries and business houses.
7. About sports infrastructure- During the past 15 years with the help of the Government and also some business houses, good infrastructure is created at many places in our country but these sports complexes are not maintained properly.
8. The sports development should be done at the grass root level i.e. from the primary level school sports should be made compulsory and the concerned authority must ensure that it is carried out invariably.

#### **7.10 Jimmy Connors, Former World no.1 Tennis player**

##### **About talent search-**

India has a lot of potential to spark in international Tennis circuit. The children can be introduced to Tennis at the age between 7 to 10 i.e. the child must be able to handle the racket properly. You should not compel the child to learn any sport. His liking should be given priority. If I am a Tennis professional player, this doesn't mean that I should force my child to become a Tennis player. If he has liking of any other sports, then his liking should be given priority. The child must enjoy the learning procedure. In the coaching academy the kids should do their routine work from their own heart. At the end of each day they should be able to say that they had lots of fun.

##### **About foreign exposure-**

India has a lot of good Tennis players. They should focus only on their game. They should not waste their time in advertising and model shows. Sania Mirza is very talented player, but for success in singles at Grand Slams and Olympic Games, she should focus

entire on her game. When you are playing professional Tennis, you should not do anything else, because if you are not entirely focused, any other player will replace your place. She should concentrate on her game and fitness, as fitness plays very important role at the international circuit.

**About success of foreign players-**

Europe and American players have dominated Tennis game because they get more opportunities to play at the international level. They constantly play in foreign countries due to which they get more experience about game, culture, surrounding, climate etc. Also they give more importance to fitness.

**About Paes and Bhupati-**

Leander Paes and Mahesh Bhupati are both talented and hard working players. They would have won many titles of doubles in their pocket. They come together only few days before the Asian or Olympic games. This is not appropriate attitude. You will not be able to keep concentration on the game if you are not close to each other. For medal hunt of their country they should play with each other at least one-two months before such games.

**7.11 Susantika Jaisinghe, Olympic bronze medalist athlete from Srilanka.**

**What do you think about India's standard in Athletes?**

India's performance at Asian level is good but considering Olympic Games standard I am of the opinion that the performance is not up to the mark. Though Anju B George had won the bronze in World Athletics Meet, she was not able to repeat the same feat in Olympics. I think that there was too much mental pressure on her as she was the only contender for winning a medal in Athletics from India. If any player has too much pressure on him/her then it certainly affects the mentality of that player. I have seen for years that India always depends upon only one or two players in any game. e.g. In Cricket India always depend on Sachin Tendulkar. We won world cup because of team's collective efforts. The performance in Olympics Games is considered as proper standard. Considering this aspect I think still India has a lot to do for Olympics.

**You had said that you would like to come to India for practice?**

Yes, I am planning to come to India. In our country there are no good facilities for training. In India there are good tracks where we can practise throughout the year. So I am thinking that I may come for practice in India. You are fortunate that you have good tracks, good stadiums, training and medical facilities for players. Though you have good facilities players aren't able to grab those facilities. They are not well prepared for these games. I am of the opinion that Indian players lack in proper training from well experienced coach who can deliver better results. Indian players are being trained under foreign coaches. When I had training from Tony Campbell in USA, my performance improved and I got medal in Olympics. When Anju B George got some tips from Mike Powell, her performance improved. I think Indian players need such coaches from the initial stages instead of coaching at the eleventh hour. India has good sponsors and it can afford qualified coaches for giving training from the basic level.

**What do you think about mental fitness of players?**

I think if you have all facilities, you take it easy while making practice. If there are not sufficient facilities, certainly the attitude of making fight takes place in your mind. If you have to make struggle and you have a lot of hurdles in your career path, it increases your mental toughness and killing instinct is built in your mind. India should not depend on one or two players. There should be more than five competitive players competing for a place in the team for one event so that there will not be mental pressure on one or two players. I have also gone through such mental pressure but due to tough mental attitude I overcame such mental pressure.

**7.12 Sachin Tendulkar, the world record holder cricketer of India**

**Though Cricket isn't an Olympic Game, what importance will you give to Olympics?**



I respect Olympic Games, as it is the greatest sports event of the earth. Though I am a cricketer, I am also fan of Olympic Games. Many times I have seen live telecast of these games. I have seen that how much foreign players give dedication to these games. Even small countries like Jamaica, Ethiopia give importance to these games.

**What does India need to win more medals in these games?**

I think every player in our country should aim for higher success and that too for our beloved nation. I always play for the success of my country and not for an individual record. This goal has been set in my mind since the start of the career and that is why I have become a successful player. Every sportsman should realize his responsibility to the society and to the nation. If he will do this, then only he will be able to get success. In our country, there should be sports culture and there should be coordination among different factors like players, parents, coach, sponsors, organization, the Government and the society.

**Do you think that Cricket is given too much publicity as compared to other games?**

I think our game gets good publicity because of professional organization of this game. Also people in our country have more passion for this game. As compared to yesteryears now other games like Chess, Tennis, Football, Badminton etc are getting good support from media because of changing approach of these organizers. Other organizers should follow them.

**What are the key factors for becoming a good and successful sportsman?**

Every player should have a disciplined life. He should have full devotion for his game. He should practise very sincerely. Every person should have good habits. If he is physically fit, then automatically his mental fitness will increase. It will increase his willpower to work either in sports section or in non sporting activities. Every player should respect his coach and his game. He should have positive mind all the time.

**What advise will you give to the parents for supporting their child for sports career?**

I will advise the parents that they should not force their child for a specific game. They should realize his likings and his priorities, then only they should ensure that his career is on the right track or not.

**7.13 Satpal Singh Seharawat, former Hind Kesari and international Wrestler**

1. Nowadays Indian wrestlers are getting more exposure, but they do not grab opportunities of the same. **They should apply more determination and practise hard for winning a bout.**
2. Young generation should apply their power in sports like wrestling and boxing etc instead of using their power in criminal activities. Wrestlers should remember that they are pride of the country and behave like gentlemen.
3. In our country at many places, wrestling bouts are organized on the occasion of fares. Local players should make use of these fares for showing true talent instead of making false bouts.
4. **It is observed that many times bouts are fixed** i.e. the result is decided before these bouts. This is very wrong and it is against ethics of the game. By doing this you are cheating the people as well as yourselves. You are making degradation of yourselves.
5. Maharashtra has a cream of wrestlers. I have travelled a lot and have observed that in this state there is good talent for wrestling. Only proper guidance is necessary. I was lucky to have a coach like Guru Hanuman. Players from this state should try to go beyond limitations of the state and go for more and more international bouts.
6. Our players remain satisfied with limited success. They should have wider vision. They should aspire for higher and higher success.

7. In every sports discipline is very much important. We must obey and respect senior players and our teacher. We should work as per suggestions made by our teacher; this will benefit us a lot in the game as well as in the life.
8. Wrestling is very attractive and affectionate game to watch. I got fame because of my game. We could achieve the top position just because we avoided ugly sides of the game.
9. When children come to watch the bouts, coaches should find out children who are well built to become good wrestlers in future.
10. Players should not waste time on felicitation and instead they should concentrate on practice.
11. Players should practice with devotion. They should observe practice schedule with discipline and they should have mind preparation for making hard practice. They shouldn't waste their time in T V, mobile, computer games, internet chatting etc.
12. In India it is observed that many people try to create obstacles in the development of sportsmen due to jealousy or such sportsmen are deprived from getting selection, facilities and other benefits which they deserved or are eligible to get.

#### **7.14 P T Usha-Asian Gold Medalist Athlete and Former Olympian**

**You had supported Cricket players for rewards they got after winning Twenty20 World Championship and opposed to the demand made by Hockey players about monetary benefits?**

Yes, still I support Indian Cricketers for rewards they earned and they deserve for the same. It is so because they are more consistent as compared to other players. In my opinion other players should show consistency in their game and then demand for rich rewards.

**Do you think that Cricket gets more attention from media, sponsors and people?**

Yes, it is true because as compared to other players, Cricketers have consistency in achieving success. If success is with you then all will be with you. They do not find any difficulty in getting sponsorship for them. The media and people always are with Cricketers. I must say that other players should learn from these Cricketers and should try to raise their standard which will attract the fame and money. At our time Cricket was getting a lot of fame and sponsorship as India had won World Cup Cricket in 1983. Still some of Athletes including myself were lucky to get good sponsorship probably due to constant successful performance in Asian Games and other International Meets. Of course we have to make struggle for the same.

**What do you think about present Indian standard of Athletes?**

Though presently athletes are getting all facilities, their standard is not up to the expectations. In our time when there were not ultramodern facilities and benefits to Athletes, yet their performance was far better than present standard of this game. There is wide scope for these players for improving their standard.

**What do you think about facilities, equipments and infrastructure?**

Compared to our period i.e. in 1980 era, nowadays players are getting a lot of facilities about training, coaching, money etc. still the standard of these players is far away from our standard. A lot of infrastructure has been created in the country. In almost every main city there is an international track for Athletics. Players are able to have modern artificial track for practice. Players are now getting good training facilities with the help of modern machines and supportive equipments.

**Do you think that foreign coaches are needed for our players?**

I don't think that foreign coaches are needed for players. At my time there were no foreign coaches but still I could manage to take fourth place in 400 meters running. I missed the bronze medal by one hundredth of second. Now there are many foreign

coaches for our players still our performance is far away from our time. Indian coaches are really good. If these coaches are given with half of facilities given to foreigners, India will produce many Athletes having capacity of winning medals.

### **7.15 Saina Nehwal, Olympian Badminton Bronze Medal Winner**

#### **How was your experience at Beijing and London Olympics?**

It was fascinating experience for me as it was my first Olympics. Being a young player I got a very valuable experience. Olympics Games gave me a lesson about how to win medals at such games. Though I could not win the crucial quarter final match at Beijing Olympic Games, I felt that my performance was very good at that time considering it was my first ever Olympic Games. At London I was lucky to win the bronze medal. If the opponent would have played further, I would have won that match. I had confidence to make recovery after losing the first game.

#### **Most of the people felt very sorry as you narrowly lost this match at Beijing. What may be reasons for this loss?**

It was closely fought match. I tried my best to win this match. I also felt nervous to lose this match after leading in the decider. Just before that match I had some pain in my feet. Of course I knew that one should not complain about losing the match. But this match taught me about what qualities are needed to win the medals at Olympics. **I am confident that next time i.e. at London Olympics I will win a medal.**

**Saina proved that she had a capacity for winning medal. Her confidence and determination helped her at London Olympic Games.**

#### **Don't you think that training from foreign coach will help players?**

Yes. The training from foreign coaches helps us to get some crucial advanced techniques which is required for success at top level tournaments. No doubt Gopichand and Prakash Padukone are also good coaches. But foreign coaches have also helped Indian players.

Basically for increasing fitness and learning advanced as well as changing techniques these foreign coaches help a lot.

**What do you think about infrastructure available in India?**

Now we have good infrastructure facilities for coaching. The only thing is that these complexes should be maintained properly and these complexes should be used only for sports and sports related activities.

**About foreign exposure-** Now we are getting a lot of exposure in foreign countries. This has helped me to get in top ten in world ranking and for Olympic Games this ranking is very useful. Also in our country there are many tournaments where some foreign players participate.

**7.16 Nina Podeneshorova and Alvetina Naumove, Russian runners -**

**Why Russian athletes are superior at International level meets?**

When we came to Pune, we were really surprised because here there are a lot of buildings and we did not find much grounds and forests in the city. We had also participated in Delhi Marathon. There are also so many buildings. If you have to perform better at the international competitions, players should get good practice in fresh air. We usually practise in the forest or at ground which is not surrounded by buildings. Our players are superior because we get good training facilities, good diet, top quality equipments and international standard infrastructure. We have observed that when we made practice for marathon here in Pune, there was a lot of disturbance caused by crowd of people. Players should get enough space for practice. Our players get special training for international meets. There are only 3-4 players under one coach so that he is able to concentrate fully on training of each player.

**How do you practise for competitions?**

At the school level, we practise two times every day. In the college level players have practice for 3-4 hours every day. In case of professional games, players have practice sessions according to their games. Half-Marathon runners have minimum 20 kilometers running practice every day while full marathon runners have 40 to 45 kilometers running every day.

**At what age should children start learning about sports?**

Though the age of starting the game differs from game to game, the base of sports career is formed at the school level. The players are selected on the basis of battery tests held in the school. Selected players undergo vigorous training. They are not worried about their future or studies. They only have to concentrate on the sports practice. Usually for Gymnastics the talent search is done at the age of 4 years while for Athletics, Swimming, Tennis children are sent to academies at the age 6 years so that they will be able to perform well at the age of 10-12 years at Olympic Games. In every district we have special schools for sports where the children undergo training for their sports career. At age of 15 years players go for professional sports activities.

**Why are Russian players dominating the sports? What is the key of their success?**

In our country the sports is looked in a professional manner. After getting the experience of 2-3 years they turn into professional players. However at the time of Olympics they think only about their game. We have special schools for sports in all major cities. We have special academies for Chess, Gymnastics, Tennis, Wrestling, Swimming etc and these academies as well as schools are having well equipped sports facilities, scientific training facilities, professional coaches, trainers and sports medicine experts. The planning of Olympic Games is done four-five years prior to Olympic Games and accordingly training is imparted to such players. They only think of achieving medals and there is no worry for them of getting jobs as the Government supports them. That is why they are able to concentrate on the practice only. The talent search is done at the

grass root level and such children are given all necessary training in such a way that these players will get at the international level. The Government supports sports adequately. In our country the federations are governed by professional administrators and not by political minded people. These administrators do not interfere in selection of the team. The selection of players is done purely on the basis of qualifying norms framed by Olympic Association and national federations.

**How much support do you get from the parents?**

In our country many children choose sports as a career as they are assured to get good income in future and also it is the base for their professional career in sports. Hence parents also support the children for choosing sports as the livelihood. The sportsmen after retiring from competitive sports get job of either coach of any club or national team. Also they get job in the marketing sector. Many sportsmen work as relationship manager in the corporate sector or as brand ambassador of any products since in our nation sportsmen get respect even after retiring from competitive sports.

**7.17 J D Walsh, founder of Basketball academy and NBA league Coach**

**As you have observed sportsmen in India two times, what is your observation about sports in India?**

I firmly believe that there is no professional approach for any sports in India. Due to limited budget except Cricket, the success of Indian players has certain limitations. In many games, facilities for sports aren't of international standard. As compared to USA, India is far away from international standard. Indoor facilities are also not satisfactory. I have travelled a lot in India and found that sports facilities are not properly maintained.

**What do you think about the talent in India?**

I have observed a lot of kids playing different games in Pune, Mumbai and Banglore etc. My opinion is that there is a lot of talent but it is not properly pushed for development of such players. Such talent should be properly tapped. It is often said that Basketball needs



taller players, but it is not so as I have observed that there are a lot players from Japan, Korea and some European Countries who are having average height but are more skillful than some taller players.

**What is your opinion about standard of coaching in India?**

The standard of coaching in India is not satisfactory. Coaches need training from USA and European countries. They should complete the summer courses and also full year courses from foreign countries for updating their knowledge and technique. Indian coaches are not having up to date knowledge of rules, techniques of game. I know that all coaches are not able to go to foreign countries for getting better knowledge of game. Federation should arrange the coaching clinics for coaches after every six months due to which their knowledge can be updated and they will be able to pass on such knowledge to players. At international level there are changes in the technique of the game after six months. So it is necessary to get in touch with the updated knowledge.

According to you what are the weaknesses of Indian players-

1. Poor standard of sports facilities and grounds
2. Low standard of competitions and players.
3. No serious efforts from players, coaches and organizers for the development of the game
4. No proper maintenance of the indoor facilities of the game.
5. Lack of proper skill and technique of the game.
6. Poor standard of coaching and absence of professional coaches.
7. No priority and importance to the sports.
8. Poor standard of fitness of players.
9. No feedback about previous performance is taken seriously.

**7.18 Five Times World Chess Champion Vishwanathan Anand-**

**About Sports Development in India-**

China, Russia, USA are dominating in the sports as they have good sports culture. As compared to these countries, we still do not have sports culture in our country. Though

we have a lot of talent in sports for dominating the world level competitions, still many people, parents do not dare to put their child in the field of sports career. The sports should reach to the grass root level. For this there should be proper coordination among all respective factors i.e. players, coaches, organizers, parents and the Government There is very good talent in rural areas like Assam, Chhattisgarh, Manipur, Tripura etc. Such talent should be tapped and given an opportunity to show their skills.

**About talent search-**

The sports development should be done at the kids' level. The proper age for talent search is 8 to 14 years. The talent search should be coordinated with proper training facilities to him. I have observed that most of the sportsmen are good and excellent in studies. This fact should be canvassed among parents. Every upcoming player should be given proper knowledge about the rules of the games. I have observed that in many games our players suffer a lot due to lack of absence of knowledge of various rules of the games.

**Sponsorship and job opportunities to sportsmen-** Now there is a positive atmosphere about sports sector. Not only Chess but other games are also getting good sponsors. The Government has also made rule to keep 5% seats to the sportsmen. Many sportsmen are getting jobs in Railways, Services and other Government departments.

**Players' attitude-** Players should not remain satisfied with the success at the national level competitions, but they should aim at the world level competitions. The players should concentrate on the games and practices. They should not worry about the money. The money will follow with success in sports. Players should follow their results and try to make analysis of their mistakes and lacunas. They should not spend time on modeling.

**7.19 Ramesh Tawade-Former International Athletes, Coach, Referee.**

**Reasons for failure-**

1. Lack of mental and physical fitness compared to other foreign players. Our players are exhausted in the first round itself. In the practice camps no emphasis is given on the mental fitness though this aspect is very important for players.
2. **Lack of dedication-** Players don't have dedication needed for higher success in Olympics. They have casual approach to their events.
3. Lack of killing instinct affects the performance of these players.
4. They don't think that they have been sent by the Government though the country can't afford for such expenses.
5. **No proper selection procedure.** More importance is given on quota system instead of making selection on merits only. If a player of inferior quality is selected in the team, it affects the performance of other players. Our selection criteria vary from man to man. Sometimes the selection is done on the basis of lower qualifying standard while sometimes it is done by applying tough standard. There should be uniform standard fixed for such selection.
6. **We should not participate in Olympics unless we are sure of winning medals.** China had not participated in these games for many years. They started participation only when they got confidence of winning medals in these games. Selection should be done on the basis of certain qualifying standard led by IOC. There should be hanging sword of best performance over players so that they will show better performance.
7. **Lack of updated knowledge-**It is observed that many coaches don't have updated knowledge of games which results into immaturity of players also. If coaches are well updated with knowledge, changing techniques and rules of game, then players will get benefited. Most of the time many coaches are only bookworms, they don't have enough practical knowledge.
8. Most of sports associations are dominated by political influences. This affects the sports in large because such executives are interested in keeping their chairs for many years. They are least concerned about players' benefits. For many years they hold key posts in associations. They select team members in such a way that their voters get satisfied.

9. The contingent sent for such games includes more managers who go there for shopping and touring. These officials most of the time are nuisance for players. Even some managers do not go on the field.
10. We concentrate on Asian Games, Commonwealth Games and World Championship. Foreign players give more weight-age to Olympics though they also win medals in other games. Anju B George won bronze in World Championship but her performance was far below than her national record.
11. The training camp should be of limited period; not more than three months otherwise they get fatigue. This camp should give thrust on all aspects of the game including physical and mental fitness, updating knowledge of rules, banned substances and side effects of such medicines, modern techniques etc.
12. Nowadays players are getting sufficient facilities and concession as compared to our times. Yet players are not able to grab these opportunities they get. The Government is also doing its best. Many parents are giving a lot of support beyond their ability. It is now time for players to show their talent and win honour. Facilities provided for sportsmen should reach to the bottom of society and these equipments should be given at cheaper rate.
13. Our schemes many times remain on the paper. No accountability aspect is considered due to which players don't get benefit of provisions made for them.
14. Though the rule of one hour compulsory sports is being introduced at school level, many schools are not having a play ground for the school. Then it is very difficult for them to encourage sports activity in school. Sports teachers are ignored at school as well as at college level. They are used as off period teacher rather than a sports teacher.
15. It is observed that at school and sub junior level, players try to cheat about their age and their coaches help them in the same. There should be concrete solution over such cheating.
16. Players aim at achieving top level success through short cut and unfortunately their coaches help them. They should be warned and severe action should be taken against them.

## **Political leaders**

### **7.20 Mr.Sushilkumar Shinde, Former Union Minister, Government of India,**

Our players are not able to achieve bright success in Olympics. This is very sad story of our sports field. There are so many factors for the same-

1. Most of the people in our country are not aware about our own players other than Cricketers. In the school; children should be given the knowledge about well known sports personalities like other prominent personalities.
2. From the childhood, encouragement for sports is necessary. The children should be introduced to various games from school age so that they will be encouraged to do some sports in the appropriate age.
3. Many children from people living in tribal or hilly areas have good acrobats, running skill. They must be given full support for becoming sportsmen. Famous Archer Limbaram is from rural areas. There are a lot of talented persons like him who can become international sportsmen. These children should be given proper training and other facilities.
4. It is unfortunate that a person who does not have sports background is given the responsibility of sports minister. How can he perform well as a sports minister? It is very sad thing that for getting sponsorship the player has to face a lot of hurdles in the sports department. His proposal is handled through various persons in the sports department which creates delay and he gets the sponsorship after he returns from the tournament. Such hurdles should be removed and the process of sponsorship must be done very fast.
5. If the children at the primary level are given the books relating to various sports, it will boost them to go for some sports. Sports literature should be increased. There should be a lot of books relating to sports available to children from junior kg level. This will have a positive impact on the children.
6. It is unfortunate that sports sector is neglected in the school level especially by Municipal School Authorities. Many schools do not have play ground for the children. Then how can they encourage the sportsmen.

7. It is duty of civilians to compel the civic Government for encouraging the sports. They should make agitation for the same like they do for other rights. A sport is the right of every citizen.
8. I do agree that Cricket gets maximum publicity because it has a power to hold the viewers for watching the play. Like Cricketers, other sports organizers should try to attract the viewers towards their game.
9. Many sportsmen do not have basic knowledge of rules and regulation about their own games. More and more literature about sports rules and regulations should be made available to every sportsman.
10. Television is an effective media for the development of sportsmen. The sports organizers should make use of that effective media for encouragement of sports.

#### **7.21 Sharad Pawar, Former The Union Minister and sports organizer**

##### **Being Cricket organizer do you feel that this game has hampered the progress of other games in our country?**

It is true but I feel that our game is managed very professionally and other sports organizers should follow us in this respect. If the any game is organized in the systematic and professional manner, then these sports organizers will not face any difficulty in getting funds. We are not taking any single paisa from the Government. In fact, during my tenure as the president of Board of Cricket Control India, we have donated Rs.100 crores from our profit to other sports associations for infrastructure creation and training of sportspersons. Out of these funds, Rs.25 crores had been donated to P T Usha's Athletics Academy.

##### **What should be done for increasing medals in Olympic Games?**

I have visited many countries and have seen the sports development in these countries. Personally I feel that there should be long term planning for the preparation of Olympic players. The Central Government is already giving sizeable funds for the training under foreign coaches and for foreign exposure. Also nowadays a lot of facilities are being

given to the players. Now there is responsibility on them to show their best talent and capacity for increasing our country's fame.

**You had been to Pune Sports Complex. What is your opinion about it?**

It is the best sports complex in our country. The state Government has created this beautiful sports complex. The only thing is that it should be maintained properly. I have already advised the state Government that there should not be any problem of funds for maintenance of the same. Sports organizers from state should make use of this complex so that the facilities created in this complex will not become idle.

**7.22 Mr.Arvind Sawant, Shivsena Leader**

Although we are competing with China in respect of population, we are far away from them in respect of success in sports. This is due to the following reasons-

1. Though we have good infrastructure, we are not able to maintain the same. After international or national level competitions, such facilities are not properly used. They are used for any other activities rather than sports. Due to absence of proper maintenance, such sports facilities become improper for sports purpose in future. E.g. there are many sports centers in Pune and Mumbai which became useless afterwards.
2. Due to financial constrains many sports associations are not able to work efficiently. Without the help of political leaders many associations are not able to get sufficient financial help. But there should not be unnecessary political interference.
3. Encroachments on the grounds hamper the development of sports. In many cities many educational institutions build up educational complex on the ground through which they get sizeable amount for them. They do not care about sports development. Many public grounds also face the problem of encroachment by the Government itself. Also many slums holders occupy the ground for building their slums. The Government should give the responsibility of maintenance to the

public or private clubs/institutions. The general public should make agitations for preserving land for sports purpose only.

4. The player's attitude also hampers his development. After winning any match there is tendency among many players to visit bar and enjoy the party. This habit should be avoided by him.
5. The Government should ensure players about their future by giving them good jobs. Though there is policy of 5% quota for players in the Government and semi Government departments, it is not properly implemented.
6. There is no affection about the nation; many players only aim for higher income.
7. There is lack of talent search at the school level. It is necessary that the talent search should be done in every school.
8. Organizers should work as the trustee of the game. There should not be attitude of holding chair for long time like Mr. K P S Gill who enjoyed the President's chair for more than a decade.
9. Discipline in sports should be observed invariably. The players as well as organizers who will not observe the discipline should be punished immediately.

### **7.23 Mr.Abhay Chhajed, Former President Congress (I) Pune City**

Though during last 25 years our nation has not achieved success as per expectations, we hope that in future Indian players will perform better.

My observations about poor performance are as under-

1. All people must accept that without political pressure, no public problem can be solved.
2. During the tenure of Congress party a lot of infrastructure was created, but proper maintenance is not done. Also these facilities are not properly used. Sometimes due to political differences such stadiums remain idle or not given to the ordinary people. Sports complexes and grounds should be used only for sports purpose and not for other purposes.



3. Education tax has been introduced and is implemented for covering the expenses incurred on the educational sector. Like that sports tax should be introduced so that funds required for sports development can be collected easily and no one will oppose the same.
4. Central as well as State Ministry have to spend a lot of funds for medical sector. If the thrust is given on the fitness of the people, then in future the medical expenses will be reduced and some portion of these funds can be diverted to the sports sector.
5. Every year at least 5% of total budget remains idle due to lack of implementation of plans. Many times many policies remain on the paper only and funds created for such plans remain idle. These funds are diverted to other sectors. People should pressurize the concerned authority for utilization of these funds for sports and immediate implementation of such plans.
6. There is a lot of talent in the rural areas. Focus should be given on the talent search from these areas and encouragement to such talented players.
7. Sports Associations and Federations should have autonomy. There should not be any political interference in the working of the same.
8. Indian players need proper training under the foreign coaches and they should get more exposure at the international level.
9. Like Cricketers other players should be given an opportunity to work as an ambassador of corporate group so that they will get sizeable sponsorship.
10. Every political party should have an attitude of helping sportsmen.

#### **7.24 Roopali Patil, Leader, Maharashtra Navnirman Sena**

Though India has capacity to excel in the international competitions like Olympics, we have not yet achieved the expected success in it. There are many reasons for the same which can be numerated as follows-

1. Though women have talent to perform in the international competitions, their talent is ignored many times. There are lots of problems faced by women players but they are not handled properly.

2. Reservations of the ground should be cancelled and these grounds should be used only for sports.
3. Dirty politics is observed by a handful of persons in the sports especially in the selection procedures. Many talented players are not given opportunities. The partiality attitude is observed in many cases.
4. In every school there should be experts for giving boost to the talent of upcoming children in the school. At the school level sports is given unfair treatment and expected cooperation is not received from them.
5. Players from rural areas should be given better facilities. These players have to work in their homes and they make practice after the work is over.
6. Different Sports Association should make talent search in the primary school and should concentrate on these talented players.

#### **7.25 Mr. Shyam Ashtekar, former State Sports Minister**

**It has been observed that there are two or more associations in every sports due to which players get confused and it also hampers the game in general. What is your opinion being the vice president of MOA?**

Yes. Due to political influence in the field of sports, it is observed that many groups are there in every sport and they think that they are the supreme authority in their sports. Not only at state level but also at taluka, district and even at national level there are two separate bodies working. These groups create a lot of confusion among players. They are not able to understand which the appropriate body to get affiliation from? The rivalry between two groups in one game has ill effects on players. They get confused and also they get unfair treatment from organizations. The Indian Olympic Association should formulate the policy about the affiliation to be given as member. They should entertain the only association which is registered with IOA and it should not entertain other bodies/groups for the membership. IOA should have strict control over these associations. The Government should not entertain the associations which are not affiliated to IOA/MOA. Late Prime Minister Smt. Indira Gandhi had advised to make a

rule that any person should not be in the same position for more than two tenures in any organization.

**What should be done to canvass the sports at grass root level?**

In our country, the sport is not yet geared up at the grass root level. For increasing popularity of sports, Olympic association should be formed at Taluka and District level. These associations should be affiliated to IOA and MOA and work under the guidance of those apex bodies. This will enable proper implementation of sports policies framed by IOA and the Government of Maharashtra. Now the Government has introduced the Panchayat Sports Scheme which can be implemented through these institutions. In schools, instead of holding students in the classroom at the time of P T periods, students should be given maximum opportunities of playing different games or to get training in the Gymnasiums.

**What should be done for medals in Olympic Games?**

The IOA as well as the Government should concentrate on such games where our nation has good chances of winning medals. Games where we don't have any prospects of getting medals should not be entertained. The players who have won medals at Commonwealth Youth Games and who have won medals in Commonwealth Games held in 2010 were treated as probables for 2012 Olympic Games. Now the performance of Indian players in London Olympic Games should be considered as the base for next Olympic Games. However Olympic 'A' standard qualification should be given the most priority for selecting the players for next games. These players should be given proper training under the guidance of good experienced coaches.

**Do you think that training under foreign coaches and training in foreign countries will be effective?**

Yes. Though we have good coaches in different disciplines, yet for Olympic level competitions, the guidance of foreign coaches and training in foreign countries help players.. This has been proved in case of Abhinav Bindra. He got Gold Medal in Shooting because he had training throughout the year in Germany that too under the guidance of foreign coach. Also workshops and training classes should be arranged for our coaches under the guidance of foreign coach so that our coaches will be able to get updated knowledge and technique of the game.

**Do you think that our players remain satisfied with limited success?**

Yes. Our players remain satisfied with limited success. They should aim for success at higher level. Our wrestlers especially from Maharashtra do not aim and try for a medal at Olympic Games.

**Are you happy with of the Government for the development of sports?**

The Government has limitations about funds for sports but still they are trying their level best to help the sports sector. Due to shortage of funds many good policies remain on paper only. The director of sports should be either from sports field or he must be having enough knowledge about sports. Many times due to lack of proper knowledge he is not able to make effective implementation of funds and policies. E.g. sizeable funds and awards are given to the game like Atya Patya which is played regularly in not more than four districts of our state while games like Archery, Badminton are ignored. If the sports person having good educational background like MBA may be given chance to work as Director of Sports, then only the working of this department will become professional.

**What is your opinion about a compulsory hour for sports in schools?**

Mere one hour is not sufficient for sports. Actually sports schools concept should be canvassed in our country. The talented children should be given training in such sports schools and they should be given full support for their sports development.

**7.26 Mr.M S Gill, Former Union Sports Minister**

**Are you satisfied with the performance of Indian players at Beijing?**

Yes. For the first time, our players have won one gold medal in the individual event. It is the historical performance of us. Thanks to Abhinav Bindra who achieved the great success. Our boys have done a good job at Beijing. We have also won a bronze medal in boxing and wrestling. Both Vijender Singh and Sushilkumar have excelled themselves with good performance. I am proud of all three of them.

**It is usually said that the Government is not preparing expected role in the development of sports. What is your opinion in this respect?**

It is very wrong on part of general public. They think that the Government is not doing enough for sports development. In fact we have provided all necessary help to all these three medal winners. During the period from 2001 to 2009 Bindra has been given the help of around Rs. One crore. Rajvardhan Singh Rathore was also given financial assistance of Rs. One crore. Unfortunately the Government is not able to make marketing of these facts. I think the Government has performed very good role in the sports development. Of course we have some financial limitations because the Government has to come up with other social problems and other welfare activities. The total dependence on the Government's funds is also a wrong thinking. In other countries private business houses take the responsibilities of various games. As the Government has given many concessions in taxes payments, it is moral responsibilities of industrial houses to help the sports field. The Government has already done a lot for creating the infrastructures at many places in the country. The Government has created an excellent sports facility for Commonwealth Games at New Delhi. These infrastructures will definitely boost the sports field in the country.

**Recently Indian cricketers have objected to World Anti Doping Agency (WADA) clause that asks for whereabouts of players for one hour of each non playing day, well in advance. What is your reaction to it?**

Sportsmen of the entire world have to follow this rule and I don't see any reason why our cricketers should not do so. If you want play with fair/free minds, then you should follow the rules and regulations related to your sports. Yes it is true that talent search method is not properly done. If at all it is done, the same doesn't get proper support for sports career.

### **Sports Administrators**

#### **7.27 Late Ramesh Damle, Secretary, Maharashtra Mandal**

- 1. Traditional Approach in Wrestling hampers performance of players.** India has rich tradition for wrestling. In Maharashtra wrestlers are taught that if they are not able to win the bout by fall, they should ensure that they will not be defeated by rivals by fall. For this purpose they are taught to increase thy which ultimately results into the paucity to them. They became inactive and too much heavy due to which they are not able to stand for a bout.
2. From primary school level the children should be taught the technique of wrestling as this is the game where there are good prospects of winning medals.
3. **The education should be made compulsory for wrestlers as many wrestlers do not have culture, good sporting behavior.** When they are off the field their strength is used for violent activities by political leaders. Many of these players have become criminal persons. In old days people were proud of wrestlers from their village/city. Nowadays it is observed that people do not have faith in such wrestlers. In Russia many wrestlers are from medical and engineering fields. If any wrestler is beaten few times in early rounds then he is looked down upon by others.

4. **No proper diet** is taken by our players. There should be balanced diet for players. In Iran most of wrestlers make practice in soil initially and then they practice on mats for international meets..
5. **Selection procedure is very defective** and it is controlled by politically influenced people who are more concerned about their chairs in the Association rather than players.
6. **Players having double bones should be selected** for wrestling as they are said to be tough for this game. .
7. **School principal should possess primary information about sports activities.** If they don't have any idea about sports then they will not be able to give active support to this field. Though we have good potential for sports in primary school, there are no adequate sports teachers to support them. Sports Association should take initiative for organizing sports activity in schools for such children and make talent hunting from them. After selecting such talented children systematic training should be given to them so that in young age good players will emerge from these children. Association should pay honorarium to their volunteers so that they will also get boost for the sports career.
8. **In our country more importance is given to academic career rather sports career.** This also affects the upcoming players.
9. Wrestling is useful for our life as it gives self protection strength; it teaches us how to accept defeats which is useful in our usual life. It helps us in building your image in the society.
10. In Germany blood test of young wrestler is done at regular interval so as to assess his strength and muscle power and further according to these tests, appropriate medicines and diet etc are given to them. In India such tests should be introduced.

#### **7.28 Kuldeepsing Minhas, former international wrestler and organizer**

1. We always think/compare about past performance. Instead we should think about future and make action plan accordingly.

2. The smaller and local level competitions will not serve the purpose. Instead competitions of bigger size should be organized so that wrestlers will get more exposure and experience.
3. It is always observed that sports organizers depend on the Government only. This attitude should be avoided. Industrialist and business houses should encourage sports field.
4. Political interference should be avoided. It is true that without the help of political help, the sports will not develop. But this does not mean that unnecessary political interference should be encouraged.
5. There should be the system of centre of excellence in every sport so as to select proper players for proper places.
6. Proper infrastructure is necessary and its administration be given in the professional hands.
7. Talent search should be done in every school and every part of the country. In Wrestling, players should be given training on mats. Players should be kept away from undue use of T.V and other entertainments means.
8. We have good talent for many sports but we are not able to tap such talent. For attracting children, they should be provided with scholarships and other means of facilities.
9. There should be good coaches to give top level training to players. Foreign coaches are necessary for getting up-to-date training of international standard.
10. There should be proper coordination among players, coaches, parents and organizers etc. This is must for proper development of sports.

**7.29 Mr.Bindusar Khannade, Mallakhamb Player and Organizer-**

1. Talent search scheme should be implemented effectively in all parts of the country. Talented players should be given adequate support.
2. Professional approach is needed from State and National federations.
3. For sports, consultants like Ramdev Baba should be appointed for building mental toughness of players.



4. Heavy marketing is necessary in every sport. Cricket has dominated the people because of heavy publicity made by their organizers. They know how to market the game and how sponsors can be fetched. They do not worry about canvassing of the games on large scale. This game has become popular without any help from the Government. Other sports organizers should follow example of these people.
5. Every sportsman must have some basic educational qualification. For obtaining job this can be an advantage for them. If a sportsman is recruited in bank and if doesn't know how to count the cash then he will be a liability for the bank. So sportsmen need multi-skilled training. The corporate sector should make use of sportsmen as branch ambassador.
6. Sportsmen can be used as brand ambassador for a product or for an institution. They can be given special training of the same.
7. It is very wrong to say that without the Government support no activity will be successful. The dance like Bharat Natyam has become very popular on its own.
8. The soldiers are treated as pride of nation. Sportsmen should be given similar status in the society.
9. The training is needed at grass root level. In Hockey our players lack in control over the ball. We are not able to give immediate pass to our other players.
10. The sportsmen should be given proper social status in the society.
11. Parents should motivate their children for sports as it helps in-
  - a) Increasing social status. A sportsman gets more status in the society.
  - b) Sportsmen get more financial benefits as compared to normal person.
  - c) Sportsmen can get facilities like subsidized foods.
12. Like education, in sports also advice from counselor is needed for-
  - a) Motivation- For giving boost to the player advice from counselor i.e. person other than family members is needed. The counselor will be able to give proper advice to him about various problems related to sports.
  - b) Rationalization-The counselor will be able to give advice about importance of various levels of success to be achieved.

- c) Councilor increases co-ordination among team members. He is able to get the knowledge about strong points and weakness of each player. So he will be able to find out problems of overall team and can give proper guidance to the team. He is able to convert lose-lose position into win-win position for individual and also team. Only few sportsmen take advice of Dr. Bhishmraj Bam who is a very popular councilor.
13. Sportsmen should be able to prove that they have also utility value like scientists.
14. Ordinary players should learn why sportsmen from Services are on the top in sports.

### **7.30 Balasaheb Landge, Gen. Secretary, Maharashtra Olympic Association.**

#### **What do you think about the present standard of our wrestlers?**

Previously our players were beaten in first /second round. Now they are getting places in between 4 to 6 in Olympics. Sushilkumar won the bronze medal at Beijing and silver at London Olympic Games. Also Yogeshwar Dutta won bronze at London Olympic Games which shows the progress of our country in this event. As compared to old days, now competitions have increased considerably.

#### **Why aren't our players getting more medals in Olympics during last 40 years?**

There are so many factors which determine success of players.

- 1) Now qualifying rounds have been introduced and for reaching the medal round player has to win minimum four rounds. For keeping the consistency up to these rounds players require best stamina where our players lack. Also for Olympics qualification performance of World championship is considered. In these championships our players have to face big competitions. Our players do not stand in such challengeable competitions. Our players lack in mental fitness which is the key factor for achieving medals. Though our players are able to win medals at World cadet championships or in other international events, they take pressure in Olympics.

- 2) Though in technique our players are not far away from other players, they lack in the speedy movements required in this high level competitions.
- 3) In Europe and USA other foreign players have constant competitions which give them good exposure and experience also. Our players do not have such exposure and experience. Though in Asia there are good competitors from Iran, Japan etc we are not able to get enough experience from them. We need constant friendly bouts with these wrestlers. Also due to lack of competitions our players are not able to learn about their weakness.
- 4) The limited financial resources also affect the career of players. Our players do not get good rewards and financial benefits as compared to other foreign players.
- 5) Our players are satisfied with limited success. E.g. in Maharashtra if a wrestler gets the title of Maharashtra Kesari, he gives up hardship training and takes part in bouts of cash prizes. He does not try for achieving success beyond this level. He feels that if loses any bout at the national level, he will lose the fame which he has received through Maharashtra Kesari.
- 6) The Government is trying its level best. They are adopting 25 wrestlers under SAI scheme.
- 7) Now at the time of selection the Government is deputing its observer at the trials. They have started to appoint foreign coaches which help our players a lot. The Government has started scholarships for wrestlers.
- 8) Long term coaching plan should be done so as to give encouragement to upcoming talent. The coaches should be appointed at region-wise so as to tap the talent from rural and semi urban areas. They should be given specific plan of coaching and thrust being given on the implementation of this plan. Thrust should be given in coaching on increasing the flexibility and speed of players. More and more exposure should be given to young and talented players in foreign countries. Indian coaches should be given training about new technique under the guidance of foreign coaches.

### **7.31 Mrs.Smita Shirole-Yadav- International player and Referee**

Though in other games, we are far away from the international standard in comparison with other countries, in rowing i.e. in my game, India's performance is satisfactory. We are not able to win medals at Olympic Games, but at Asian level we are improving.

#### **About requirement of foreign coaches-**

We have well qualified coaches in Rowing, so there is no necessity of foreign coaches for players. For updating knowledge of coaches, the advanced coaching clinic should be organized at periodical intervals. Though players do not require foreign coaches, but they should be given sufficient exposure of foreign players and international tournaments so that they will get sufficient experience of foreign players and they will be able to know where they stand at the international standard.

#### **About equipments-**

Indian players usually use indigenous equipments i.e. boats and oars even in international competitions organized outside India. Sometimes if we don't carry them outside, we hire such equipments. As sometimes these boats are heavy, we go well in advance so as to acclimatize with these boats and atmosphere.

#### **What do you think about the Government's role?**

As compare to past period, now the Government is very cooperative. They are giving good facilities to players. Though on papers there are good schemes formed by the Government they are not implemented due to paucity of funds and delay in implementation of these schemes. Due to delay in such schemes players get demoralized.

#### **Do you think that one hour kept for physical education is sufficient for sports development?**

I don't think that such one hour is sufficient for sports development. Actually I blame school authorities because in many schools, no significant importance is given for this period. In many schools players are allowed to do whatever they want. No serious efforts

are taken for sports. In many schools, such period is used by other teachers for covering their topics. Many schools allot 25 marks to students instead of doing some sports activities. This is really an amazing thing which I noticed. In many schools no encouragement is given to players. The fitness level of school players is very low. Actually school is considered as a base for sports talent identification and sports development. Internet surfing and fast food eating habits have affected sports at school and college level.

**What do you think about players' and parents' role?**

Nowadays in most of families, both parents have jobs and do not have sufficient time for encouraging their child. If this is the fact, how can we expect sports development from these parents? Players lack in killing instinct and determination for achieving higher success. They are satisfied with limited success they get. Main thing is that they do not keep appropriate target before them. Players are not aware about various rules of the game due to which they face many problems in their career. They do not know when to make protest and when it should not be done. They lack in professional approach towards the game.

**7.32 Laxmikant Deshmukh, Former Director of Sports and Youth Affairs**

**What do you think about success of Indian players so far in the Olympic Games?**

Except Hockey we have not dominated the games. In fact now in Hockey also the performance has gone down. In the other sports the performance of our nation is far away from expectations.

**What are reasons for the same as per your opinion?**

In our nation, the required sports culture is not yet developed. Due to absence of sports culture, we lack in support from parents and society. Still sportsmen are not given good status. They are looked down upon many times.

**What are reasons for lack of impressive performance in sports?**

Indian players do not take long term efforts which are needed for winning medals in Olympics. Take the example of Shooter Abhinav Bindra, he won the Gold Medal in Beijing Olympics because he had made very hard practice for this success. He totally spent a year on the practice in Germany and he did it sincerely and with devotion like Arjuna did in Mahabharat. Such practice should be done by others for achieving the medals in Olympics.

**Do you think that in our country there is an adequate talent available for sports?**

Yes. We have an adequate talent available for achieving success at Olympics. Only the problem relates to the proper selection of talented players. Best talented boys and girls should be selected at early age and they should be given proper and systematic training under expertise coach.

**Do you think that the role played by Sports Authority of India is satisfactory?**

Truly speaking the role played by SAI is not up to the mark. Though a lot of funding is given to SAI, the performance of players from SAI has not reached up to the level of medals in Olympics. A lot of money is spent on the administrative expenses.

**Don't you think that foreign coach is needed for our players? Do you think that coaching in foreign country helps our sportsmen?**

Yes. Since the latest knowledge/technique can be achieved through the training under foreign coach. In fact I will suggest that our coaches should be given training under foreign coaches about latest techniques and other key factors of success. Also training camps in foreign countries are useful to our players for acclimatizing and also for increasing the level of fitness as well as strength.

**It is always said that the policies made by the Government are good but they remain on papers. What do you think about this?**

Yes. Many times due to delay in implementation of policy and also decision about the funding pattern of these policies affect the Government's policies. Due to lack of availability of funds, these policies remain on paper only. Also many times political interference creates hurdles in implementation of policies.

**What do you think about the role played by various state associations?**

Many times it is observed that a lot of problems are created if there are two-three state associations in one game. E.g. there are two associations in Volleyball, Basketball, Weight lifting etc. If there are two such groups and that too dominated by political leaders, in such case problem of recognition arises and mostly players have to suffer a lot. **There should be the principle of one game-one association and it should be observed invariably. Unfortunately this principle is not at all implemented carefully. Mostly it is seen that these associations are having individualistic approach and such individuals try to create monopoly of them in such game. Also the apex body of these associations i.e.. State Olympic Association should ensure that it should not entertain any other rival bodies in one game. It is observed that accountability aspect is not observed carefully and if this is not observed then there should be system of self discipline in such associations**

**Are you satisfied with the role played by the Government in the field of sports?**

To some extent the role of the Government is satisfactory. The Government cannot do all the things. The Government has its' own limitations about funds, manpower and policies etc. The Government is trying its' best to help in the development of sports. E.g. so far during the year 2007-08 the Government has given services to 100 players in various departments. Also the Government is giving financial assistance to many sportsmen. Unfortunately all these facts are not given adequate publicity. There should be PRO in

the sports department of the Government. The Government should be able to market the role played by it in the sports development. As the Government has given tax rebate to corporate sector for giving financial help to the sports i.e. donations, sponsorship the sports organizers should be able to establish a dialogue with the corporate sector. This will help the sports sector in getting more funds and sponsorship, for various sports tournaments.

### **7.33 Satpalsingh Ahalawat, Former Commandant, Army Sports Institute**

**What do you think about the standard of our country as far as Olympic Games are concerned?**

As compared to other countries we are far behind in the standard of sports. Though we have talent, good facilities and infrastructure, we are not able to produce the Olympic medal winners in our country.

**What may be the reasons for the same?**

There are a lot of reasons for the debacle to our players in international level competitions.

1. There is lack of sports culture in our country. For the development of sports, there should be proper coordination among players, coaches, organizers, parents and the Government. There is no culture of sports in our country as compared to countries like China, USA.
2. Lack of technical knowledge affects the performance of players. Many players do not have knowledge of advanced technique of the game, qualifying standard for Olympics, basic rules of the game. Because of the same they are not able to show an impressive and consistent performance at higher level of competitions. Players should be properly educated i.e. they should be guided about how to behave and stay at the international level competitions.



3. Though we have good talent for sports, the required excellence is not checked and proper selection is not done. There should be transfer of talent. We have a lot of talent in the field of IT, Medical, Science and Technology sectors and many other sectors but such talent is not seen in the field of sports. So there should be transfer of such talent from other sectors to sports. Anil Kumble, who dominated the spin bowling at World level in Cricket, is basically a highly qualified engineer.
4. Indian players lack determination and devotion required for higher standard of the game. They do not take seriously about the Olympic Games. It is observed that our players perform better at various World Competitions of different games but such players are not able to go beyond qualifying/primary round. e.g.. Anju Bobby George who has won bronze medal at World Athletics Championship made all three jumps with foul in long jumps at Beijing Olympics. Jaspal Rana who created many world records in Shooting at World Competitions couldn't achieve any medal at Olympics.
5. About Exposure- Our players require more exposure of foreign players and competitions. Our players are satisfied with the limited success. They should fight with the players who are having higher standard. For this they should get sufficient exposure of international competitions. Though nowadays a lot international level competitions are organized in our country, in most competitions, it has been observed that level of standard of foreign players is very low. In such games teams like Australia, England, China send second standard or young players for such competitions and these players are also super than our regular senior players.
6. It is always seen that sports is confused with masses. No doubt in our country there is pressure of high population; sports should be given due priority.
7. There is lack of scientific approach towards the training system of players. Modern devices of training are not used for training purpose. In most games we have traditional and old system of training. e.g.. 90% wrestlers make practice in the soil while the international competitions are held on mats.

8. Though the Government has many good policies for the sports development, these schemes remain on paper only. There is lack of willingness at the Government level to carry different programs.
9. Though we have good incentive schemes for players, many players are not aware of such schemes and no marketing of such schemes is being done. Also due to bureaucracy in the Government's department, lengthy procedure and too many paper work and hazardous rules, many players could not get such incentives in time or they do not try for that as they have not sufficient time for doing such lengthy procedure.
10. In many countries stress is given on the fitness of every person in the country. Such policy is not present in our country. Many people are deprived of basic food required for their health.
11. There is lack of –a) focused sports administration and institutional sports strength for excellence. b) scientific methodology and training follow up, c) presence of sports science back up and indigenous research. d) Real talent, dedication and willpower to work hard in sports staff and associated staff.
12. Indian multidiscipline approach hampers the genuine players. Our sports apex body i.e.. IOA has multidiscipline approach due to which it is not possible to concentrate on only such games where India has prospect of getting medals in Olympic Games.

#### **Suggested Measures-**

1. There should be proper system of talent search, training of players.
2. Long term process- To plan long term program which will ultimately establish a conveyer belt process of chumming out athlete continuously.
3. Forming a database of growth patterns and motor qualities on the line of different geographical areas for the age between 10 to 18 years.
4. There are three basic factors which are necessary for all sportsmen-
  - a) Gymnastics- As this game increases the flexibility and swiftness, every sportsman in the early age should be taught the exercises of Gymnastics.

b) Gymnasium- For every sportsman exercises on various equipments in Gymnasiums are necessary for increasing the physical strength and stamina.

C) IOA should concentrate on few games where our country has prospect of getting medals in Olympic Games. Planning about foreign coaches, camps and practice events should be done of only such games.

5. In countries like Cuba every person is fit because they have introduced the system of nutrition at the early age of school so that every child will be guided accordingly. Players from Cuba are dominating many games due to this system only.
6. In other countries the sports organizers make use of ex-Olympians for giving training to the young players and training schedule of Olympic Mission. In our country many former Olympians even don't get proper respect in the society. Many Olympians are living in weak financial status.
7. In our country many people are deprived of basic needs such as food, clothing and shelter. How can we get sufficient fund for sports development? So the thrust should be given on fulfilling of basic needs of the people. In other countries like Kenya, Jamaica, Nigeria, Ethiopia there is problem of getting enough money for satisfying basic needs, but many people try to find out the way like participation in long distance running so that they can get the money through prizes won by them at international events. There are many players in Jamaica who were very poor and lived on the road. Such players made struggle to make career in sports and won medals at Olympics Games.

#### **7.34 Dr. Nayana Nimkar, Principal, Agashe College of Physical Education**

In our country there is lack of sports culture due to which we are far away from other countries in the field of sports. In foreign countries people are in sports either as an entertainment or as a tool for keeping good health. Other countries start preparation of their teams well in advance way back from 10 to 12 years. In our country the team is finalized at eleventh hour.

My observations about the low progress of sports are as follows-

1. In Olympic level competitions most of medal winners are from talented class of people. In our country most of the talent goes to either Information Technology or to Medical profession. Remaining people try to find out the suitable job through success in sports. Why Anil Kumble is the most successful spinner in Cricket team because he is engineer graduate originally and later on turned to Cricket. In the sports like Chess, Carom our players are on the top because these sports are related to intellectual abilities.
2. Though our country has a population of above 100 crores, the participation in sports is very negligible as compared to this population. Only one child from 1000 people becomes a sportsman. If there will be mass participation, it will be easier for selection of sports talent. Because of lack of whole hearted support from parents, the expected talent does not turn up at selection trials of sports.
3. There is lack of social security to sportsmen. Only a champion gets support from the society while other sportsmen are looked down upon. There should be proper system for supporting all sportsmen irrespective of their position in sports.
4. There should be scientific support to the sports field. Because of lack of expected technological and scientific research, the performance of sportsmen is very limited. Our country is lagging behind by 10 to 15 years as compared to other leading countries in sports. There is lack of ground facilities in the field of sports. The development of sports should be done from the grass root level
5. There is lack of timely inputs in the field of sports. These inputs are financial inputs, technical support, research work, diet inputs, infrastructural development, appropriate guidance from the coach, proper support from the sports organization.
6. There is lack of qualitative sports teachers and coaches. It is generally observed that those youths who do not get admission for other course, turn up to B. Ed. courses. Though they have some sports background, the expected enthusiasm is not seen in such youths. Because of lack of enthusiasm, the expected sportsmen are not created from them when they work as sports teacher or coaches.

7. There is lack of honest people in the field of organization of sports. It is generally observed that many organizers stick up with their posts in the association and they treat their posts as earning posts.
8. The selection procedure in our country is very defective. In the team event the selection is not done as per position of players. Vested interest from political leaders attached to the sports and monopolistic approach of organizers also hampers the selection procedure. Their attitude is that their player should be included in the team. They don't bother whether the team wins or loses. They are not bothered about country's fame. They are only concerned about their position and their players.
9. We lack in planning. Our plans remain only on papers and no timely implementation is done. We start planning about Olympic Games just two three months before the games. While top countries make planning of 10 to 15 years, then only they get a lot of medals.
10. Every school must have a counselor for sports. He can advise parents about the importance of sports and talent of their child so that the development of child in respect of sports will start in the primary stage of school.
11. In our country we do not have proper system of diets for sportsmen. Many coaches do not have basic knowledge of diet and medicines of sportsmen.
12. **The research must be done about if we really lack genetically in the sports. When we compare the fitness of our players with other foreign players, it is observed that the fitness and overall structure of our players is far away from other foreign players. We lack in physical as well as mental fitness.**
13. We should not participate in Olympic Games until we are confident of getting medals. Why China had not participated in Olympic Games for many years? They started their campaign only when they felt that they would get success in these games.

**7.35 Kartarsingh. Secretary, Wrestling Federation of India**

**What do you think about the sports facilities available in India?**

Still the training at base level is done on soil while all international even national competitions are held on mats. The training at the grass root level should be started on mats. I am not opposed to practice on soils, but along with that there should be practice on mats simultaneously so that our wrestlers will be able to show an impressive performance at the international level. During last 3-4 years at many new wrestling complexes there are both facilities i.e. mat and soil.

**Are you satisfied with the role played by the Government?**

Yes, the Government is giving good support for sports and the bronze medal won by Sushilkumar will be the boost for increasing support to the sports. Though the Government has made a rule of 5% seats for the sportsmen in various Government departments, still many good wrestlers are not getting appropriate jobs. The Government should try to create more job opportunities to the sportsmen.

**Are you satisfied with the role played by schools/colleges in sports?**

I observe many weak students in schools and colleges. Creating awareness about sports is necessary. In every school and college each and every student should be made to spend one hour compulsory for sports. He should play at least one game so that he will become physically fit. The sports culture should be canvassed since the primary level school so that children's liking towards the sports will increase and at least 1 out of 10 children will become good sportsman. In our country at least 60% schools and colleges are not having playground facility for their children. This is a very shabby picture. There should not be encroachment on the ground and the Government should not allow the educational institutions to build any building on the ground reserved for sports. Many big and well known educational institutions are not having playground facilities of their own.

**Do you think that there is need of foreign coaches for wrestlers?**

Yes. Foreign coaches are necessary for new techniques. These coaches help our players for getting knowledge about various new and scientific techniques of the game. Also they help our players to increase mental and physical fitness, strength and stamina.

### **7.36 Suresh Kalmadi, Former President of Indian Olympic Association.**

#### **How will you rate the performance of Indian players at Beijing and London Olympics?**

As compared to previous editions, the performance of our players is excellent. For the first time we have got one gold in the individual game and also we got first bronze in boxing. Also after 56 years we got one bronze in wrestling. I really appreciate the work done by Abhinav Bindra, Vijender Singh, Vijaykumar, Mary Kom, Gagan Narang, Sushilkumar, and Saina Nehwal during last ten years. But I personally feel that we should have got two–three more medals in shooting and athletics. I think we should get at least 12-15 medals at Rio Olympics. We have chances in shooting, boxing, wrestling, badminton and athletics.

#### **For many years our athletes are having training facilities under the guidance of foreign coaches. Why are we not able to get more medals in Olympics?**

We are trying our level best. Athletics is said to be a cream event for getting medals. So we have given all necessary help to this sport. Probably our players lack in mental toughness which is required in the high level of competitions. For increasing their mental attitude we organize international meets at distinct places in the country so that our players get good exposure. So also we are sending them in the foreign countries for participating in various international tournaments.

#### **It is observed that our athletes' performance at the Olympic Games is below the national record or far away from their individual best. Why is it so? Don't you think that there is any misappropriation in the qualifying procedure?**

I don't think so because we have set some standard for the qualification of Olympic Games. I think that our players take unnecessary tension about Olympic Games. Anju B George's mess at Beijing was good example of the same. She had won the bronze medal at World Championship. So there were a lot of expectations from her. Probably she took too much pressure on her or she might be having overconfidence under which she made all three attempts fouls.

**Are you satisfied with the supports given by the Government?**

Yes. The Government has done a lot during the last five years. The Government's attitude towards the sports has been positive. It had allocated a sizeable amount for the infrastructure of Commonwealth games to be held at New Delhi and also for the Commonwealth Youth Games held at Pune. The Government had also allocated sizeable amount for the training of players for Commonwealth Games.. Also the Government is giving tax rebate to the industries which are giving sponsorship to sports and related activities. After success at Beijing, there is positive response from the Government as well as from other sponsors.

**Do you think that foreign coaches have helped our players?**

Yes. I think other than athletics; other sports are benefited with the guidance received by them from foreign coaches. There is problem of coordination among foreign coach and Indian coach and players. We are trying our best to solve this problem and we are hopeful that this problem is minimized now. Players and our coaches should change their mindset and should co-operate foreign coaches as the Government as well as the concerned federations are doing a lot for these players.

**7.37 Vijaykumar Malhotra, President of Archery Association.**

**You are very senior person in the IOA and also MP for long time. What is your opinion about sports development in our country?**

I first appreciate the performance of Abhinav Bindra, Vijender Singh, Vijaykumar, Mary Kom, Gagan Narang, Sushilkumar, and Saina Nehwal. I feel that there is a lot of scope in our country for medals in Olympics. We have indefinite talent among youths but unfortunately such talent is not picked up by the proper authority and it results into wastage of such talent. Such talent goes to other sector where his knowledge is not properly identified and not encouraged.

**Do you mean to say that in India there is no proper identification of talent?**



Yes. I will say because I have observed that there is a lot of talent in north east region of our country for individual games like archery, athletics, boxing, judo etc. But unfortunately this talent does not get proper attention and encouragement and these players turn to team games like football, hockey.

**Are you satisfied with the Government's support and attitude towards sports?**

I am not totally satisfied with the support given by the Government because the funds given by the Government are spent on the infrastructural development and administration of sports. Infrastructure will not bring medals. The athletes should be provided good coaches and international competitions to elevate the standard of players. After getting medals at Beijing Olympics, the Government's approach has been changed. There is positive approach, but still delay in procedure of allocating funds affects many schemes. Also many schemes remain on paper. The Government appoints many committees for few works which also creates many obstacles in implementation of projects and schemes e.g. there are several committees formed for forthcoming Commonwealth games but unfortunately many members of these committees do not have any work. I strongly say that these committees are formed just for pleasing some politicians.

**Do you think that support of foreign coaches and camps is necessary for our players?**

Yes. There is need of foreign coaches for games like shooting, archery, wrestling, boxing etc. In case of Abhinav Bindra, it is proved that in his success of Gold Medal, the support from foreign coach as well as training in foreign country helped him. Our players should be provided with good coaching facilities under well qualified, technically sound coaches. They should get more and more exposure of foreign players. Rules should be amended for smooth import of equipments. The Government should spend at least Rs. 1000 crore annually to nurture sportspersons.

### **7.38 Randhirsingh, Former Secretary General of Indian Olympic Association**

**It is often said that we are good at organizing the big international events but we are not able to show the said performance at Olympic Games?**

Yes. Previously that was a phenomenon about us. But now I hope that from next Olympic Games, this will change. The performance shown by us at Beijing has changed the attitude of general public towards the sports sector. There is positive atmosphere about sports in our country.

**What are the prospects of medals in upcoming Olympic Games?**

In Beijing Olympic Games, our contingent got one gold and two bronze medals. Considering this performance, I personally feel that we should be able to win at least 10 medals at London. (As expected by Mr. Randhirsingh India won six medals in London Olympic Games)

**In which games there are medal prospects?**

In shooting, we are hopeful of medals from Abhinav Bindra, Rajvardhan Singh Rathore, and Gagan Narang. In badminton Saina Nehwal has good chance of medal in individual while V.Diju and Jwala Gutta have chance of medal in mixed doubles. In Boxing we should get at least two medals from Vijendersingh and Akhilkumar. Akhil was unlucky to miss medal at Beijing. Sushilkumar should continue with the same performance of Beijing. Also we are hopeful to get medals in Athletics and Swimming.

**IOA has appointed many foreign coaches with the help of the Government How will you rate their performances?**

Foreign coaches are needed for our players as they are able to teach the advanced technique to our players and also to our coaches. In fact I will say that foreign coaches should be appointed on long term basis i.e. at least for 8 to 10 years so that they will cover our players for two Olympic Games and they will be able to produce good results.

Such long term coaching pays rich dividend to players. I have seen in foreign countries, foreign coaches are appointed for 10 years. You cannot produce sports persons in the shorter span of coaching.

**It is observed that some foreign coaches appointed for our teams had left the job before the completion of contract on reasons of unfair treatment from concerned federation or due to lack of good facilities. What is your opinion in this respect?**

We have referred the matter with the respective federations and we are trying to solve these issues with the help of Sports Authority of India. Federation should coordinate with coaches appointed for Indian contingent. In this respect, we have to change our mindset and we have to change our cycle very fast if we have to compete with other advanced countries. I have seen the development made by China in the field of sports.

**It is usually seen that after the completion of international games, the infrastructure created in our country isn't maintained properly. Does IOA have made any plan for that?**

There are many international events coming to India in next few years. Also some foreign countries are in touch with us for allocating them stadium facilities for training of their players in the period when they have not good climate for training in their own countries. Also we have discussions with some multinational industries that are ready to give sponsorship for funding training camps of Indian teams on long term basis.

### **7.39 Dr.Cheng Kim, President of Asian Wrestling Federation**

**How do you rate the sports infrastructure and overall participation in Asian Wrestling?**

I have seen sports infrastructure at Balewadi as well as at Delhi. India has beautiful sports infrastructure at Delhi. As regards to the organization of various tournaments I appreciate

efforts taken by them. Asian Wrestling has got overwhelming response and that credit goes to Indian wrestling organizers who really canvassed this event wholeheartedly.

### **What should India do to achieve more success in Olympic Games?**

I have seen styles and performances of Indian Wrestlers in many games. I feel that they have capacity to win more medals at Olympic Games. They should concentrate on weight categories where they have really potential of getting medals. I think India has good chances of winning medals in lower weight categories because in middle and higher weight categories European and East Asian countries are very strong.

### **In which sectors of the game do Indian players lack?**

I feel that Indian players lack in mental fitness, foreign exposure and killing attitude. They should get more exposure of international tournaments. They may arrange matches or series of wrestlers with other countries. This will increase their confidence for any international level meets and they will be able to understand the advanced technique of the game. Also Indian coaching standard should be improved. For this they may arrange some clinics under the guidance of experienced foreign coaches.

### **7.40 Jacques Rogge, President of International Olympic Committee**

About medal prospects in London- India have a lot of talented players who can win many medals in Olympics. However India should concentrate on only few games like Tennis, Shooting, Badminton, Boxing, and Wrestling etc .which have given good results in the recent past. India has a demographic potential to excel.

About sports development of India-In India there is shortage of manpower. The sports should be canvassed at grass root level. Take the example of Russia. They were nowhere in Tennis, but now their many players are dominating Tennis. They are showing excellent performance in many other games. Like Russia, India should develop the sports at the grass root level. The idea of inter club tournament at national level is very good

concept. This will boost the development of sports. We need such projects to involve the people at all levels.

### **Sports Journalists**

#### **7.41 Hemant Jogdeo, Senior sports journalist**

**You have attended many Olympic Games. What is your opinion about India's overall performance?**

Overall performance of our country is totally frustrating because considering the size of our country and talent available; we should have won at least 50 individual medals during last 50 years. Those who have won individual medals, the credit of their success goes to them only. The associations have no role in their achievements. If we consider the performance of other countries, it can be seen that either due to communist policy in the country or due to whole role played by their Governments or sports associations which have sound financial base and who work with professional approach.

**What is your opinion about the role played by the Government?**

In our country, the Government's role is not satisfactory. Though they introduced many schemes, these schemes remain on the paper and funds do not percolate to the real beneficiaries' i.e. players. These funds are stuck in the middlemen in the chain of distribution. In our country the Government's funds are largely spent on administration, excessive infrastructure of sports. If such funds are spent on the development of players, definitely we will win more medals in Olympic Games. Various schemes should reach to the grass root level. For getting financial aid the procedure and documentation should be simple and funds to players should be given before their events.

### **What is your opinion about education system and sports?**

In earlier days i.e. before 1980, the education system was very supportive to sports. There was proper coordination between education and sports. The education system was such that the sports sector was encouraged properly. But now no such attitude is seen at the school level where the actual talent can be tapped. Even children are not encouraged in the school as well as in the school for sports career. Nowadays children are class oriented. It is observed that at an age when the child has to play at least one game for keeping fit, no sincere efforts are taken for encouraging them for playing at least one game. Ultimately we see that 70% of the children have some disease at the child age. If more population will become fit, then there will be fewer burdens of medical expenses. This concept is not encouraged in our country. If we consider the whole country, it is observed that only one school out of 1000 schools has playground and that too is occupied for any commercial functions as these are the only sources of getting income other than school fees.

### **Are you satisfied with the role played by the associations?**

It is very sad to say that except the national level apex bodies of Cricket, Tennis and Badminton; other sports associations are only doing the job of postman. There is lack of parental approach from the associations towards players. They lack of coordination, mental positive attitude for the development of the game among the top officials of these associations. Most of these officials are concerned only about getting money through various contracts of sports infrastructure, other contracts of equipments etc. If you ask for any data from them regarding the past, you will find that there is lack of proper information in these associations.

Most of these associations are not self-sufficient; they have to depend upon the Government's funds and political persons. Most of the sports associations are having unnecessary interference from the political persons. E.g. Federations of Wrestling, Judo, Archery, Football, Kabaddi, Kho Kho, Cycling etc are headed either by the Union

Minister or any Member of Parliament. Many times it is seen that such political leaders use these associations as weapons in political war.

**You have covered most of wrestling and athletics events at Olympic Games. What is your opinion about the techniques of Indian players?**

In case of wrestling I have observed that our wrestlers lack in the stamina for medals' bouts. Also it is always argued that since our players don't make practice on mats, it affects their performance. But this is not fully true. Take the example of late Maruti Mane. At his time, there were no mats in India but he represented India at Tokyo Olympics. He couldn't make to the medal round only because of lack of exposure with foreign players. Otherwise his performance was very impressive in his debutant Olympic Games.

In Athletics, for the last many years we have spent crores of Rupees on the synthetic tracks, foreign coaches, international tournaments etc but still our performance in Athletics is far away from foreign athletes. Lack of will power, spirit, stamina affects the performance of players.

**Don't you think that publicity given to Cricket mars other sports?**

I don't fully agree with this opinion of general public. It is because, Cricket organizers have good skill of marketing and they successfully marketed that game. Most of the people follow Cricket so earnestly because this game has been successfully put into their hearts. If you want any statistics about this game, you will get it immediately. This is not so with most of other games. If you ask the latest information from organizers, you will not get. Most of other sports organizers aren't able to canvass their game as compared to Cricket. Their matches don't start in time. They don't have sufficient professional approach of marketing of the game.

**7.42 Sharad Bhate, Senior Sports Journalist and Commentator**

**Since you have attended Olympic Games and covered many international sports events, what is your opinion about the standard of Indian players?**

Though we have won three medals including one gold medal at Beijing Olympic Games, I personally feel that this performance is like the oasis in the desert. Those who have won individual medals are due to their individual zeal and merits. I will not give credit of this success to the related associations. It is so because most of these medal winners have got success without any sizeable help from the concerned associations. I have closely seen the practice of USA and other foreign players. Considering their stamina, strength, and willpower, I feel that our players are far away from their standard. Most of the foreign players treat their event professionally as they know that the success in Olympic Games will bring fame and money for them. Simultaneously they ensure that their country's prestige will be maintained. This is not so with our players. Though they think of money, they don't see that with the success in Olympic Games, they will get more reputation for them as well as their country e.g. Sania Mirza always thinks of money rather than the fame to the nation.

**As you are closely associated with Tennis and Athletics, what do you think about the standard of our players?**

I have witnessed more than a dozen international marathons held in Pune. I firmly say that though this event is regularly held every year, still we have not produced single player who can win a major international marathon in the foreign country. It is so because marathon held in Pune is not having that much quality like marathon events being held in New York or London or Boston etc. Marathon held in Pune is more a show of celebrity rather than the qualitative international event. Though a lot of funds are spent on coaching under foreign coaches, international athletics meets, foreign exposure for players, still no one from India has won a single medal in Athletics at Olympic Games. Look at countries like Jamaica, Ethiopia, Ghana etc, these are very small countries having



area and population less than Maharashtra, but still they are winning a lot of medals in Olympic Games. Our athletes lack in determination and willpower.

As regards to Tennis, though Leander Paes has won a bronze medal, I think we could have won more medals in Tennis considering the potential in Paes and Mahesh Bhupati. These players have won many grand slam titles. If they have remained together for longer period, they could have brought medals in doubles. Also if Sania Mirza has shown the same skill which she showed in grand slams, she could have won a bronze at Olympic Games.

### **How do you compare standard of sports at school level in India and USA?**

I have seen the school level talent in our country and in USA. Though we have enough talent like USA, our talent is either diverted to other sectors like Engineering, Medical faculty etc or it is not properly developed for sports career. In USA and many other countries, most of children who want to make career in sports, are encouraged and fully supported by their parents. There is proper system of talent search and its' development. In our country, there is also talent search system, but proper training system is not there due to which many times such players leave the sports halfway. In foreign countries like USA, children are in the schools the whole day during which there are given minimum two hours for playing on the ground and also necessary care is taken about the physical fitness. Most of schools have playgrounds and indoor sports facilities. In the college like D'Anza at San Francisco there are more than 20 Tennis courts. Also at such courts, you will get rackets; balls, even partner to play with.

### **Medical Experts**

#### **7.43 Dr. H V Sardesai, well known senior medical expert**

- 1. It is usually said that Indian players lack in physical fitness as compared to other players due to which they are not able to win medals. But Chinese,**

**Japanese and Korean players are same as far as the physical nature of Indian people is concerned; India is far away from success in Olympics as compared to China, Japan and Korea. Why is it so?**

All people living on the earth are of same nature. Only difference lies in surroundings in which these people are developed. Nature of our physic depends on process of growing stages from a child in mother's lustrous to player standing on the ground. Also development depends upon toughness, initiative about taking interest and attitude towards coordination among team members. It is usually said that sportsmen don't require talent but this is wrong. Sportsmen require good skill to face different challenges. e.g. a batsman has to take decision about different strokes when ball is thrown by bowler only in few seconds.

2. Players need religious and meditative attitude. My definition about religion of player is very different. The player must have attitude of accepting and fulfillment of responsibilities. The fulfillment of such responsibilities can be said as religious attitude. As a player he has some social obligations i.e. he should achieve success not only for him but also for his institution, state and nation also. In sports each one i.e. player, coach, organizer and referee involved in it has to perform his duties devotionally. When you are performing these duties, ensure that you will not lose balance at any stage. If you will win, you should note that this win is of temporary nature. If you will be defeated, note that still you have a chance ahead for winning. This balanced attitude can be termed as meditational (Adhyatmik Attitude) approach.
3. The process of creating a player should start from the grandmother of the house. If she will encourage her son/daughter for involving their children into the sports activities, then you will get good player. The process of encouraging the children should begin at the age of 6 to 7 years. If you will ask the child at the age of 15 years, then you will not get good sportsmen. For talent scouting, you should keep role model of sportsmen family, study how these sportsmen are created and act accordingly. Muscle power is usually God's gift, However there are some

measures for increasing the same such as-1.Strength, 2. Flexibility,3. Endurance, 4.Swiftness for increasing strength. Weight training, dumbbells, deaps and squats, sit ups, Suryanamaskar etc these exercises have to be done regularly. For increasing the swiftness fast action and decisions are necessary. Exercise like running, calisthenics, cycling, swimming will be supportive for increasing swiftness. Functioning of heart and lungs should be good. Flexibility can be achieved through stretching, Yogasana and Suryanamaskar etc. Also ensure that there will no exertions. For this exercises should be done with constant pace. If you will make fast running for a few seconds and will walk for long time, this will not increase the endurance. So steadiness is necessary at the time of practice. Along with heart and lungs the functioning of other organs is also important.

**About diet-**I recommend both types of diets i.e. vegetarian and non vegetarian. Both types are suitable for players. Your behavior do not depends upon what food you take. Excessive diet should be avoided. One thing is important that while taking food the good and bad effects of this food should be studied because sometimes a particular type of food may be suitable to one player but it may not be suitable to other. The diet of players depends upon nature of his game, nature of his body and it should be taken in consultation with dietitian while some players need food having proteins while some need carbohydrates. There should be proper control on what you eat and what you drink.

**Many chemicals have side effects on your internal body and external body.** -Please note that your inner and outer body should be maintained clean all the time. This will keep your fitness intact.

**Sound mind and sound body are two things essential for us** .According to me, mind means the combination of different functions of brain like **sensation, recognition, sentiments, thinking, memory, dialogue, decision and implementation**. We should recognize different things. We should have good memory which is useful for all games. There should be control over the sentiments which come out of memory. Many times we come across such incident due to which the balance of your mind looses. You should

keep control over the same. Your thinking should be positive. Ensure that thoughts are appropriate or not. The dialogue is the reflection of your thoughts. You should express your thoughts. If you will not express then it affects your mind. Decision making attitude has greater importance. For increasing the same, I will suggest to solve puzzles, because while solving puzzles there is test of your decision making. After finalization of decision the process of implementation is also very important.

**Doping-** Players use to take many medicines for increasing the strength and stamina. **But I am totally against the same.** Good effect of such substances is of temporary period, in long term it has side effects such as it may fetch deceases like blood pressure, diabetics, fats, blockages in artery. It also affects balance of mind. Anabolic steroids have direct effect on nervous system of your body. When the player discontinues the practice, such medicines adversely affect players' health as they aren't able to fight the ill effects of such medicines. Nowadays more thrust is given to money. The person having good money is said to be thorough gentleman. The sportsman should be able to say proudly that he is a player as doctors and engineers tell others about them. This will increase the image of sportsmen. The parents should take initiative for inducting their child in sports career. There is need from sports organizers that they should appoint one councilor so as to guide sportsmen. Counseling is necessary since school level.

**Sports Medicine-** This science is not yet developed in our country. If a player is injured, he should get immediate medical assistance. Organizers must ensure that there is good facility of medical assistance available at the venue of sports event.

**Each player must think about why he is playing. Whether he is playing for his existence or whether he is playing for his individual development?** When players will be able to answer these questions they will be able to show good performance

#### **7.44 Dr. Rajeev Sharangpani, renowned sports medicine expert**

**Indian players have same physique like Chinese or Japanese but we are far away from the standard of sports which these players have. Why is it so?**

1. It is because of faulty administration of sports in our country. I don't find any extra difference between our players and Chinese/Japanese players. Our country has all types of people i.e. we have tall persons, well built persons, thin persons having good speed. In our country there is no proper selection for appropriate game. Many times a child having good capacity for Tennis goes to Badminton due to force by his parents.
2. We spend too much on one or two games. For selection of Hockey team of 15 players, we select 30 to 35 players and we spend lakhs of Rupees every year and in return we get nothing in Olympics. Instead of the same, we should spend some part of these resources for individual games like Athletics, Tennis, Archery, Shooting, Badminton etc. where we have good talent in country.
3. There is lack of scientific methods of training in our country. In most of games, at the basic level the training is done in wrong way. E.g.. the swimmer who competes for 50 mts event he is asked to practise for about 5000 mts every day. Similarly a Tennis player is advised for making 500 services daily. Due to this his strength reduces. There should be correct and balanced training/practice. Players should be given appropriate training methods which suit to his physical strength and capacity. If he is given excessive training as compared to his capacity, there will be bad impact on his muscle strength.
4. In our country there is no accountability for coaches who are ultimately responsible for the development of sports. After getting training if a player is not showing success at the national or international level, then coach of such player should accept the player's defeat and should give remedy to his problems. In our country many coaches feel that they are the top authority of that game and try to dictate their terms though they could be wrong. It affects the player's performance.

**What is your opinion about doping? Is it necessary for players?**

Doping is the biggest fraud in sports. Olympic Games should be drug free games. However companies which produce such products and those who own laboratory equipments of dope testing labs are involved in such frauds. They are not bothered about players and they only know to earn money through their products. It is a racket played by big companies. They pay them for using their products. Players are aware of effects but they take such medicines knowingly because they think that medals fetch fame and money to them. If they luckily escape through dope tests, then they will earn a lot of money. If they are tested positive, though they may be banned, they are heavily paid by such companies. Nowadays superior quality drugs are available in the markets which have no side effects and those drugs can be taken for strengthening and increasing stamina. Mainly coaches and players' consulting doctors should be aware of substances which are banned by the competent authority.

**What should be done for increasing the mental fitness?**

For increasing the mental fitness the overall development of sportsman is necessary. His overall development includes all factors like family back ground, physical fitness, spiritual factors, sexual, social, financial factors which have direct impact on his performance.

**Which diet is appropriate for sportsmen?**

Both vegetarian and non vegetarian both diets are suitable to players. Player should take such diet which he usually takes in normal life.

**Do you think that players get appropriate medical facilities for injuries?**

Basically coaches are not aware of injuries of players and how to cure them is out of their purview. Coaches must ensure that immediate attention is given to even minor injuries or pains. But it is usually seen that coaches ask players to continue practice and players also ignore minor pains and injuries which results into long term injuries.

#### **7.45 Dr. Deepak Falgune, Medical Officer, Pune University**

**About talent search-**While selecting players in early age under the scheme of ‘**Catch the young ones**’, the weightage should be given on selection as per the physical structure of the child. e.g. short child should be selected for Gymnastics while tall students should be given chance for playing team event such as Volleyball or Basketball.

#### **About Diet-**

The diet for sportsmen should include Proteins, Carbohydrates, Minerals and ions. Players should take appropriate diet in consultation with his doctor or with any sports medicine expert. For increasing Hemoglobin ionized food will be the best such as Black grapes, vegetables etc. Sportswomen need to take tablets of ions so as to increase their stamina and energy.

#### **Mental Fitness-**

For increasing mental toughness players should do Yoga regularly and also they should do Omkar and Pranayam regularly. Stress Management should be given due importance while training for any national or international event. Sports Counselor is necessary for increasing the mental fitness of players. He helps in motivation, rationalization and increasing coordination among players. He can help in the lose-lose situation into a win-win situation.

#### **Doping-**

Players should avoid doping. Players as well as their coaches should be given details about which medicines are banned and which are not. Such medicines have long term side effects on the health.

#### **Sportsmen’s career-**

Corporate sector should make use of sportsmen for marketing of their company’s products. Players have extraordinary utility value and the same should be recognized.

### **Exercises for different games-**

For Hockey player ideal exercises will be like running-stop-running while for increasing flexibility ideal exercises will be Suryanamaskar, Yogasana etc.

### **7.46 Dr.Vaes Paes, former Olympian and Sports medicine experts.**

#### **What do you feel about the present standard of sports in India?**

I will sadly say that our country is not Olympic sporting nation. Considering the population of the country, one or two medals cannot be termed as a satisfactory achievement. Olympic achievement is termed as the sign of the development of the sports. Look countries like USA, China, Russian Countries, even small African nations, how they are dominating different games. Unfortunately we have not reached up to their standard in sports. We are far away from them.

#### **Don't you think we have enough talent for sports? If so, from your opinion what steps are necessary to nurture this talent?**

Yes, we have sufficient talent in sports but unfortunately, it is not properly identified and developed. Suppose at the school level, in small town there are about 2000 players in various sports. Out of these kids only about 100 children remain in the sports that too for some period. It is because of improper education system in our country in which sports is given least importance. There are various stages of talent search or sports development. These can be enumerated as follows-a) 0 to 3 years- This is the age in which child starts his initial movement. In this age he should be taught swimming and tri cycle. b) 4 to 7 years-His liking about sports should be recognized. Up to 8 years, for him a sport is the main way of enjoyment. c) The child should be given the chance of playing one individual game and one team game. Up to 12 years, the speedy development of the child is very important. Our players lack in the speed technique of the game. d) After 12 years, player should concentrate on one game. Thereafter his formal training for the sports starts. During this age his physical, mental and emotional fitness should be developed.



Our players lack in physical and mental fitness. Also our players get excited because of win or get disturbed due to unexpected defeat. Our players must be able to keep control over our emotions.

**Don't you think that our players do not get medal because they are not at par in height or weight?**

Yes. I agree with that because I have observed many international players from other countries. After considering their overall physical standard, I have arrived to a conclusion that in height our players are 6 inch smaller 13 kilos less in muscle strength than other players. But this is overall observation and not the main reason. There are many other factors on which the success of player depends. Our players lack in discipline at the time of training. There should be proper coordination among speed, endurance and strength etc. Also players, coaches, organizers, the Government and parents all these factors should have proper coordination among themselves.

**You had been to Olympics for representing Indian Hockey team. What are your views about the present stage of Hockey?**

I am really depressed to see the present dilemma in Hockey which is our national game. I really feel ashamed about the way they are fighting with each other when our team is nowhere in Olympics. They should set aside their difference and should come together and to raise their game honestly for keeping the pride of our nation. I have seen that there are a lot of teams participating in the school level competitions but unfortunately this talent is not properly identified and developed.

**It is seen that in Tennis there is a gap of around 10 years among players like Vijay Amritraj, Ramesh Krishnan, Leander Paes and Mahesh Bhupati, Somdev Dev Varman. Why this gap is seen?**

Previously due to financial constraints, there were limited players and also number of tournaments were also few, there was not as much support to Tennis at that time. This had affected Tennis. So there was a gap of 7 to 8 years in the top level of Indian players

and there was absence of second line up of strong players. Now I am hopeful that since a lot of players are seen playing Tennis at the national as well as international level competitions, we will have strong second line up in this game.

Now All India Tennis Association has implemented many schemes for the development of this game at the grass root level through various state associations and results are very much positive. Many players from rural and semi urban areas are getting success at state level as well as national level competitions. The state associations are also sending good coaches to train such talented players and bringing them in the city areas for short term camps.

### **Coaches**

#### **7.47 Late Harishchandra Birajdar, international wrestler and coach-**

1. Nowadays our wrestlers are getting more exposure, but they do not grab opportunities. They should apply more determination and should make hard practice for winning a bout.
2. The Government is giving good support for wrestling that is why Sushilkumar was able to win a medal at Beijing Games. Now players have to perform their duties by winning the medal at Olympics.
3. There should be proper coordination among players, coaches, parents and organizers etc. This is must for proper development of sports.
4. Maharashtra has cream of wrestlers. I have traveled a lot and have observed that in this state there is good talent for wrestling. Our players should not remain satisfied with the local level bouts; they should try for more national and international level competitions so that they will be able to represent our country. It is very proud to become an Olympian.
5. Though in our country there are good coaches, but for getting the knowledge of advanced technique foreign coaches are essential as our players. Foreign coaches help to increase the fitness of our players.

6. There should be proper selection procedure while selecting Indian team. It should be long term process. About 100 wrestlers should be selected for training. They should be kept under training for long time i.e. for 6-7 months. Among them competitions should be organized and after analyzing the performance of these competitions again 20 players be selected which undergo advanced training.
8. Players should be given training in the state where their parents stay and there training should be nearer to their usual place. This will help them to increase their sincerity and concentration during the training schedule. This will also increase their mental fitness and they will not skip their practice schedule. One of our strong players was in national camp held in Haryana. In the camp he was alone from Maharashtra. Due to pressure from other players and their supporters, he could not do well in the trials for Commonwealth Games. Previously also players from Maharashtra have gone through such incidences.
8. Political interference should be avoided. It is true that without the help of political help, the sports will not develop. But this does not mean that unnecessary political interference should be encouraged.

**7.48 Dr.Bhishmaraj Bam, Senior Coach and sports organizer**

1. For a champion, power of thinking, power of experience and power of breathing are very important. Player should not think too much about past as well as future because when he thinks of future, his tension increases fearing about future. He should think of minimizing this fear. This is very important if he wants to do a long career. He should think of previous events only for analyzing his game. Power of experience will help in this respect. He should analyze what mistakes hurdled his success in the past and think of how such mistakes can be avoided. When we think about past, it is observed that you get across bad happenings. Think of positive things and try to forget bad things. Power of breathing is very much important for keeping your stamina for long time. Fast games require control on breathing.
2. Smiling exercise is very useful for relaxation. Smile increases our confidence. Ensure that while playing you should keep tension away. Because of tension

body gets exhausted earlier. If you keep little smile on your face every time you will be out of tension and body will not exhaust at the earliest.

3. Every day at least 5 to 10 minutes should be spared for Pranayam. Daily Yoga is useful for increasing stamina and mental as well as physical fitness.
4. Player should listen carefully to what coach tells. Then he should visualize what he said and instructions should be properly implemented into the game.
5. Player should write a diary of excellence in which he should write about his positive points. Do not stick with negative points. Make review of your game in this diary.
6. Discipline in planning of practice and actual practice session is necessary so as to increase concentration and confidence level.
7. No importance is given to Olympics in our country. Talented players have to come across many hurdles like no proper equipments, no proper training facilities, absence of good coaches, lack of tough competitions etc. Many times players especially shooters were not able to win a medal because of outdated equipments. The ammunition required for shooters is being taken by criminals who pay more money for such ammunition.
8. It is also observed that some players and some state associations do not have wish for the development of the game. If controlling body has no affection about the game, how players will get encouragement from their institutions?
9. The Government rules and regulations are so much complicated that players think that he need not take the Government's aid or no award from the Government. Also the Government's defective policy is responsible for poor performance in the field of sports. Most of policies remain on the paper. Many times the Government's policies do not reach to actual players. Many players do not have knowledge about various rules/facilities made by the Government for players. If we want success in sports then the Government's rules and facilities should reach to the grass root level in cities as well as in the rural area. In Russia there are more than 25 lakh players who are amateur shooters while in India there are only 1400 amateurs and 400 professional players in shooting. In many cities in Maharashtra state there is not complete and good track of 400 meters for athletes.

10. There is no scope for choosing sports as a career because parents think that their child will get more money if he completes a degree in medical or engineering field instead of sports. So they do not encourage their child for going to sports. Career in sports is not limited for sportsmen only.
11. Fitness level of our players is far behind than players of other countries. There should be systematic planning for increasing fitness level since the age of 8 to 10 years. i.e. The work should be done for fitness since school level.
12. Players should be sent to Olympics only when they are really qualified for these games. India should see the example of China. China didn't participate in these prestigious games unless they were sure of achieving medals in the game.
13. Players should keep the attitude to fight until last points.
14. Doping should be totally banned from sports. Sports should be free from usage of such type of medicines.
15. Since school level sports promotion is necessary. The schools who do not have their own ground should obtain the facility of ground on rental basis from local Governments and every child should get ground facilities at least one day in week.(Every day this facility is beyond the capacity of school which always have scarcity of funds for extra activities.)
16. In our country crores of rupees are spent on sports through various departments of the Government and through various associations like district, state and national federations. I think there is no scarcity of funds. Only problem is that the fund distribution is very defective and these funds are not spent properly. These funds do not reach to players and a lot of funds are spent on administration beyond the requirement and players do not get benefit of these funds.

**7.49 Dr. Arun Datar, founder of Surya Gym and international coach-**

1. The performance of our country in Olympic Games is far away from other countries. We lack in all aspects of game. For success five "S" are necessary. These are-a) Strength, b) Stamina, c) Speed, d) Skill, e) Sporting Spirit. For strength, stamina and speed require special training under specialized coach while skill and sporting spirit is built in.

2. **Weight training is necessary for all sportsmen.** Unfortunately this aspect is neglected in India. Every player makes weight training regularly as per requirement of his game under the guidance of his coach. This will increase his stamina as well as strength.
3. **Doping-** Most players take some substances for increasing their energy and strength. In USA a substance called Androshock has been invented which is said to be an alternative medicine for Doping and which does not come under banned substances. Players take banned medicines because with use of such medicines their energy and stamina increases by 15 to 20%. In India there is lack of knowledge about doping and players are caught in international events which are not case with other foreign players as they have sufficient knowledge about when to use these medicines and when not to use so that they will not be caught in any event. In our country Ayurvedik medicines like Ashwagandha increase the energy of players by 15-20% and it has no side effects which is very important.
4. **Selection-**The selection procedure is very defective. It should be done on merits instead of quota system. Many times it is observed that talented players are dropped from the team with no reason. Instead of these players, less talented players are given opportunities and it affects performance of team's other members. Nowadays in most of games there are political minded people having vested interest other than benefits of players. They use this field as the base for politics. The defective selection is also observed in respect of appointing coach. Most of the time coaches appointed for the team or players are not aware of details about these players. So there is lack of coordination between players and coach and ultimately it affects individual and team performance. Most of the time there is a lot of chaos at the time of selection trials. In many games like Hockey, Athletics players skip such trials and afterwards they pressurize federation for selecting them.
5. Rivalry among groups of federation's members is so much that quarrels among these members hamper players. There are two associations in most of games in Maharashtra. This definitely affects players most. At national level there are two teams representing one and same state. Federation does not allow both teams to

participate and ultimately players suffer most because their chances to find place in Indian team are wasted. **The sports controlling bodies should treat players as their children and try to develop them accordingly.**

6. In Hockey our team should be taught about new advanced technique so as to increase the skill of players. The mistake like dropping fully fit players like Dhanraj Pillay should be avoided by the federation.
7. **Genetically Indian players are below** the level of other international players.
8. Experts like Dr. Bhishmraj Bam should be appointed for national team and at the time of pre-Olympic Games training camps. He should be given responsibility of increasing the mental level and positive thinking of players. India should concentrate on light weights category in games like boxing, wrestling, judo and weightlifting as other foreigners participate in heavy and middle heavy weight categories.

#### **7.50 Prof. Nana Phatale, Senior Coach, Referee of weightlifting.**

1. Standard and popularity of sports has considerably reduced. In our reign i.e. before 30 years for inter college Athletics meet, tickets were being kept and still the whole stadium used to be full of sports lovers. Now the picture is exactly reverse. We used to give holiday to the college at the time of these events; however there are no other spectators than players and technical officials. In country like China sports talent hunt is done the early ages of the children. The liking of child is recognized and afterwards according to it he is inducted in sports. This should be done very seriously in India.
2. Fitness- We lack very much behind in fitness level of players. Players get exhausted in preparation camps then how will they perform in Olympics. Though weight training is very important from the point of players, it is surprising to note that Weight training is not a subject in colleges of physical education where the future sports coaches are created.
3. Lack of devotion also affects the performance of players. Players should have dedication towards their game.

4. The Government has started sports wing in army. Unfortunately it is observed that deserving and capable boys aren't selected in Army Sports Institute .Approach of selection Committee towards boys who come for selection is not appropriate. Many times these committees are dominated by officers from one or two states who don't entertain players from other states which results into lack of faith in selection process by other state's players.
5. If players are not assured of job, they prefer educational career rather than going for sports career. The Government as well as private sector should give priority to sportsmen in jobs.
6. Sports director are not from sports back ground. Though they are highly qualified IAS officer, many times they do not have primary knowledge of sports and so they are not able to give appropriate justice to their work. They only see that their tenure will be completed satisfactorily.
7. Most of people think that the Government should play major role in development. Merely the Government cannot do this alone. The Government has some limitations about funds. It is the need of the hour that the private sector also should take this work as a social responsibility.
8. Coaches should treat players as their children and should have parental approach to them so that players will have faith on coaches. In USSR many coaches take initiative for the preparation of food of their players to ensure that players will have good quality food. In our country many teams do not have proper or experienced coaches.
9. Diet-Still no significant importance is given for an appropriate diet of sportsmen. No deep study has been made about diet as per need of different sports." Seism, green mug and soya should be included in our diet. These stuffs increase energy. Food stuff like spiriluna (groundnut and jaggery) gives iron, glucose, energy to us. Fruits also increase energy. Supplements which we get through our food increase our energy.
10. In our country no respect is given to sports teacher. Now sports teacher has also to give lectures on another subject. He is being asked work not related to sports such as going for a field trip or study tour of school.



11. In foreign countries inter caste marriages are encouraged which results into young ones having strong genetics. In our country inter caste marriages are not encouraged.
12. Doping- Many coaches give some medicines to players. Players, their parents and respective association should have knowledge about these medicines to ensure that these are not banned substances. There are some Ayurvedic Medicines as well as foreign medicines which increase stamina, energy and which do not come under banned substances. Since childhood players should be given knowledge about such medicines and doping etc.
13. In our country many universities are not having special doctor for their sportsmen. So many times unfit sportsmen participate in tournaments for getting certificate which is useful for getting job. But they fetch big problems related to fitness in future.
14. Many schools and colleges are not having ground for their students so they are not able to make use of one hour compulsory reserved for sports.
15. Only cricket gets good support from the media. The media should give support to other games as the media has a power to make or change the opinion of the people.

**7.51 Massimo Constantini, former International Table Tennis player from Italy and Indian teams' coach**

**You have been working with Indian players for more than 7 months. How will you rate the standard of these players?**

The techniques and physical level of these players has increased. We have introduced them in the international circuits. With this experience, they have improved considerably. I have taken clinic of Indian coaches also. Their level of understanding has increased. There are six to seven players including Olympian Achanta Sharath who are having ranking in between 200 to 300 in world ranking.

**What are medal prospects in Rio Olympic Games?**

As regards to medal prospects in Olympic Games, it is too early to say about it but I feel that our players have fighting spirit.

**It is usually said that our players lack in mental fitness. What is your observation in this respect and how you are going to remove this problem?**

Yes. I agree with you. I have similar feeling and I am concentrating on this aspect. I am trying to remove the weakness of these players. They are having one session especially for this. We have got Yoga training to remove the mental lacunas and I am sure that during two three months their performance in this respect will be improved.

**It is also said that Indian players lack in the style of the game. What is your observation about it?**

When I used to play in the international competitions, at that time the style of European players was famous and admirable. Now style of Asian players especially Chinese, Koreans and Japanese players is considered as standard style. I personally feel that players should not make copy of any other players. They should play with their natural style so that they will feel comfortable with that style and they will play with more confidence. However they should try to learn the different styles used by Chinese and Korean players. Indian players are good in the mid position game.

**7.52 Mr.Paul Mutawai, Coach of Kenya's marathon team:**

In Kenya, we select players from school events. They are given international exposure at the age of around 10 years so that they get sufficient experience of international events in 4-5 years and they will be able to qualify for Olympics and even they should be able to win a medal within 5 years from starting of their career. Our view is that such players should compete with other players in Olympics confidently and should win at least a

bronze in their event at the age of 16 years. If they will do the same feat they will continue to give the same performance for 8 to 10 years constantly. Our players have so much stamina that they will continue their career up to the age of 35. Most of our runners come from rural area. These children use to come to school every day by covering a distance of around 6-8 kilometers either by walking or by running. As they have experience of running or of walking their stamina of running is good and they can compete in long distance events easily. They practise with concentration and with determination. They participate in many events either in African countries or in Europe where they get experience of other foreign players. We have to find private sponsors for them as they are financially backward.

About India's runners-Though India has a good talent for success in marathon and other athletic events, their performance is not satisfactory. They need more practice and hard work. They have tough runners but they aren't able to make killing efforts in final stage of events.

In our country players do not get sufficient financial support from the Government. So our players are given opportunities to participate in professional meets in Africa and Europe. Some industries also give assistance to the talented players. As our players are mostly from middle class families they are aware that if they will perform better at international level, they will get handsome money in future, so that this spirit leads them towards good performance at the international level including Olympic Games. In India I have seen that importance is given to few players for long time. I think equal importance should be given to upcoming players so that they will not get an inferior complex. I think that if there are more and more players, the competition will be high and in such case performance of players will be at the peak level than the performance they will give in case of monopoly.

### **7.53 Robert Kerr, Coach, England Swimming Team-**

#### **Why England's swimmers have won so many medals at Olympics?**

We have professional approach in every game. Our swimmers have success because of good training infrastructure, proper scientific training systems and good exposure for players at the international level, proper funding for players etc. Our players get success at the Olympic Games because they have strong will, determination for getting medals. They know that this success will fetch them money, goodwill and reputation in the society.

#### **About talent search-**

In our country talent search for swimming is done between 5 to 7 years. The selection is done purely on the basis of scientific research method i.e. on the basis of aptitude test of strength, physical structure, fitness, flexibility etc. The child is introduced to the water at the age of eight months. At the age between 8 to 14 months the child learns the floating. His fear about the water is removed from the age between 15 to 24 months. There after the child enjoys swimming and the base for talent search is created. The children are introduced to the competitive swimming at the age of 8 years.

#### **Structure of competitions-**

We have about 5 national level competitions. In every competition their performance is examined thoroughly which includes timings given by them, their style of swimming etc. The periodical review of each child is done and accordingly necessary instructions are imparted to him, his coach and parents. Also suggestions are given in respect of diet, medical doses if required.

#### **About foreign coaching-**

We do hire foreign coaches for giving training to players as well as domestic coaches so that the guidance about latest techniques, rules and regulations, fitness can be learnt by players as well as coaches. We also send our players to USA, Australia etc for getting them advanced training and also competitive practice.

### **Financial Support-**

In our country we have sports council which takes care of funding to players. The council gives financial support to players for training, competitions, diet. Also this council helps players to get good job after the end of sports career. Usually such players are given assignment of coaching after their retirement from competitive career so that their experience and knowledge can be utilized for next generation. Also we have 2-3 sports universities in each province where former international players are given assignment of coaching, administration.

### **Training system-**

Usually players who are in the national team have to make practice for 15 hours a day sometimes it is increased to 18 hours a day. During this training period it is ensured that players will not get exhausted. In games like Athletics and Swimming, each day's performance is reviewed. Their video is also done so that players themselves will get review of their performance. For Olympic level competitions probable players are selected four years before the tournament and they are imparted systematic training for 3 to 4 years.

### **7.54 Joaquim Carvalho, Former Coach of Indian Hockey Team**

**Though India was dominating the Hockey from 1928 to 1956 at International level including Olympics, nowadays that glory has come down. What do you think about India's inconsistent performance?**

Indian team has suffered defeats at London Olympics due to absence of good team work and lack of finishing skill at crucial stage. Our team has a lot of talented players and if the players will perform with their ability, they will bring glory to India. With the help of more exposure and experience at the international level, we will be able to win a medal in Rio Olympic Games.

**India is lacking in finishing technique of game, especially at penalty corner, it is usually observed that Indians aren't able to convert such good opportunities. Why?**

Yes, I do agree with you. This is a very peculiar drawback of our players since long. At national level camps thrust is given for that but unfortunately no positive results are seen. Hockey Federation has appointed experts coach from foreign country for removing this drawback. I am sure in next Olympics you will see better performance in this area.

**What is your opinion about selection procedure of our team?**

I will say that the team should be a good combination of experience as well as young and talented players. If the coach gets good players, he is able to show better results. The selection should be on the basis of talent and quality of players not on the quota system. Players selected for the national team should possess killing instinct, ability, class and experience of tournaments. There should be a pool of 25 to 30 players and there should be two teams selected so that it is possible to have an alternative feedback of players.

**What do you think about duration of camps?**

The national camp should be of short period i.e. two-three months. The longer duration of camps affects the physical as well as mental fitness of players. The longer duration camps may create home sickness to the players. In such camps, more thrust should be given on the fitness and technique of the game because we lack in finishing aspects. During such camps feedback about fitness of each player should be given to him so that he will be able to know about his own fitness. Clippings of international matches should be shown in such camps due to which players will be able to understand technique in which other foreign players are strong.

**What do you think about foreign exposure and foreign coaches?**

Our team needs foreign exposure. Especially, practice sessions with European and Australian players will increase the confidence of our players. These foreign players are expert in the technique of the game and they are always in touch with the new technique

of the game where we always lack behind. Short duration camps in the foreign countries also help a lot for increasing their physical strength.

**What should be done for talent search?**

Our nation has a lot of talent for this game. I always see that there are a lot of teams participating in the competitions organized at the school level. The talent search should be done at this level and players selected from this pool should be given good coaching as they are the future of our nation. These players should be given training about diet, fitness (mental and physical). For these players short duration camps should be organized at the zonal level so that they will be able to understand the team work in mix culture of players.

**Do you think that the film “Chak de India” will boost this game?**

Yes, I do agree because this film has focused on the game of Hockey and technique of game. The younger generation players will be able to learn how rigorous training and practice is needed for becoming champion of game. This film should be shown in each school periodically.

**What is your opinion about the media coverage for this game?**

The media is always supportive to this game. However I feel that the role of the media should be positive. They have a right to criticize about mistakes of players and coaches. But they should think that the negative media coverage will hamper the progress of the game. The younger people should not be diverted from playing this game.

**7.55 Gurubaksh Singh, Chief Coach of Indian Boxing team-**

**Prospects of medals in Olympics-**

Vijender Singh’s medal at Beijing Olympics had proved that India has capacity of achieving medals in Olympics. At Asian Boxing Indian boxers had given impressive performance. After gap of 15 years, we have got Gold medal through Suranjoy Singh. The success of Vijender and Suranjoy has created enthusiasm among other boxers.

Earlier our boxers used to think that boxing is the game of European and Cuban players but now they are confident about themselves and are thinking that this game is not the monopoly of any country. We have medal prospects in fly weight, light fly weight and bantam weight. Though in higher weight categories we have talented players, we do not have qualitative players to win the medals at Olympic Games because such players don't get proper support and proper grooming is not there.

**About standard of players in our country-**

There are a lot of players entering in this game. The quantity is increasing but the quality needs to be improved. Though at Asian level we have shown an impressive performance, yet the standard of the game still needs to be developed. This game is concentrated in only few states such as Haryana, Manipur, Punjab, Karnataka, Uttar Pradesh, Uttarakhand etc. Probably due to lack of international facilities, other states are not able to feed young talent for Indian team at the international level. We have to assess the reasons behind it and try to give more support to other states for increasing the standard of the game. Some comprehensive policy is required for development of this game.

**Exposure for players and foreign coaches-**

Vijender Singh got medal in Olympics because our players had given good foreign exposure before Olympics. They had gone to Cuba for invitational tournament as well as training session which proved good for our players. Apart from Vijender Singh other boxers though missed chances of medals, showed an impressive skill. If the foreign exposure is increased, our players will excel more in next Olympics.

**Measures for improvement of the game-**

Major cities in the country should have trained boxing coaches to give tips to the upcoming players. Areas or states where boxing is popular should also have training centers with ultra modern facilities. During national coaching camps, scientific back up to improve and polish the skills of the top boxers should be a regular feature. There should be more support staff like physiotherapist, masseur with the national team for senior as well as junior.



### **7.56 Pullela Gopichand-National Coach and All England Champion**

1. **What do you feel about performance of India in Olympics?**

Satisfactory.

2. **Do you think that many players who aren't capable of playing in Olympics go to these games as holiday touring?**

I can't answer. But as far as our game is concerned the selection is done only after you qualify for such games.

3. **Do you think that India should not participate in these games?**

No. We should participate in these competitions.

4. **Do you think that selection is done in appropriate manner?**

Yes, in Badminton the selection is done only as per qualifying standard.

5. **Do you think that efforts taken by the Government for such games are enough?**

No. The Government should formulate the policy for the development of sports at grass root level. The efforts are needed from the Government in such way that the children may be supported by their parents to make career in sports.

6. **Do you think that Indian players need foreign coaches?**

Yes. I think that for achieving the world winning level performance our players need the help of foreign coaches. Of course, in our country there are good coaches under whom so many players have shown the excellence at number of competitions like All England Championship, World Junior Championship etc. For achieving the excellence at Olympic level competitions our players require specialized training and this technique can be achieved with the help of guidance from foreign coaches.

**7. Do you think that training taken in foreign countries is useful?**

Yes.

**What should be the total period of training and conditioning camps?**

In academy players are being trained throughout the year, but all the time they are not training. Sometimes they go to various tournaments. In academy coaches ensure that players are not exhausted and they will not become home sick. This care is definitely taken by us.

**8. Do you think that our players are satisfied with success they get in local events?**

Yes. Our player should try to aim at the higher level. Our players try to concentrate on the national level tournaments only. Instead of the same they should focus on international competitions. The local meets can be treated as practice for international meets. Players should play with more interest.

**9. Do you think that facilities and concessions provided to players are satisfactory? -No.**

While considering our game, there is necessity of infrastructure of international standard. Without good infrastructure our players cannot perform well at the international meets.

**10. Do you think that sports other than Cricket get good publicity in India?**

No. For this the Government should formulate certain policy in such way that all channels will give an equal opportunity to all games.

**11. Do you think that in India children in sports get enough encouragement for choosing Sports as a career?**

No. Basically still in our country sports is not considered as a career. Players who want it as a career, they have to struggle very hard throughout the career. Our players need more motivation from their parents and other society. The sports

field should become more lucrative so that young people will take sports as a career. In foreign countries, players are given training in such a way that they will choose sports as a career. There are many professional clubs/ institutions that take care of players. So they don't have any financial problems.

12. **You have represented in Olympic Games. What is your observation about India's performance?**

After winning All England Championship there were a lot of expectations from me in Olympic Games. But unfortunately after All England meet I had undergone some injuries due to which I was not able to give enough concentration to my practice. This affected my performance in Olympics. I have observed that the two events Olympic Games and all England Tournament are totally different. Though most of players are common in these two meets, many players give more importance to Olympic Games. They make practice for such tournaments quite long i.e. three years and they have specialized training for such games. They get more exposure at the international level and they get more experience of foreign players than our players.

**7.57 Prakash Padukone, All England Badminton Champion and Coach**

1. **What do you feel about performance of India in Olympics?**

Our players perform well in World Championship at junior level but after that level they are not able to perform well in senior category. They should aim to reach to higher level. They should not remain satisfied with their success instead they should go beyond this success.

2. **Do you think that selection for these games is done in appropriate manner?**

In Badminton the selection is done only as per qualifying standard.

3. **Do you think that efforts taken by the Government for such games are enough?**

Yes, during the last 3-4 years the Government has taken a lot of efforts to support the sports sector. Due to support given by the Government a lot of international

tournaments were organized in India such as Commonwealth Youth Championship 2008 and Commonwealth Championship 2010.

**4. Do you think that Indian players need foreign coaches?**

Yes. I think that for achieving the world winning level performance our players need the help of foreign coaches. For the latest technique of the game foreign coach is needed for our players.

**5. Do you think that training camps organized in foreign countries are useful?**

Yes.

**6. What should be the duration of training and conditioning camps?** The period of camps differs from game to game. Some games require long duration camps while some games need only short duration camps. 4 to 6 weeks training camp is the ideal period of camps. While arranging the camp the organizer should ensure that players will not be exhausted, they will remain fresh after the conclusion of camps. The players should not become home sick during the camps.

**7. Do you think that our players are satisfied with success they get in local events?**

Yes. Our players perform well in World Championship at junior level but at senior level, they are not able to perform well in senior category. They should aim to reach to higher level. They should not remain satisfied with their success instead they should go beyond this success.

**8. What do you think about the role played by the Government?**

I think nowadays a lot of efforts are being made by the Government. As compared to our period, nowadays a lot of facilities have been given by the Government. The players are getting good scholarship; training facilities through Sports Authority of India, travel concession for going to sports meets, appointing foreign coaches especially for games like Shooting, Weight Lifting, Athletics, Archery, Boxing etc.

**9. Do you think that facilities and concessions provided to players are satisfactory?**

No. While considering our game, there is necessity of infrastructure of international standard. Without good infrastructure our players cannot perform well at the international meets.

**10. Do you think that sports other than Cricket get good publicity in India?**

No. Cricket is getting good sponsors and so they are able to get wider coverage. The Government should formulate certain policies for giving wider coverage to other sports.

**11. What do you think about the role of the sports federations?**

Administration and technical aspect are two different aspects of the game. The administration of federations and work related to appointment of and decision about coaches' remuneration etc should be given to professional people while players and ex-players who show willingness to do something for game should be assigned the technical work like coaching, selection, facilities etc related to the game. **The accountability aspect should be introduced in all federations so as to minimize the misappropriation of funds and there will not be dictatorship in any federations.** The top officials of federations should have open mind and they should accept the suggestions given by others whole heartedly. They should work unbiased in respect of selection of various committees and there should not be any interference in selection procedure. They should only ensure that talented players aren't ignored while selecting the team and proper justice is given to the talented players. There should be limits for holding any post in federations. Recently the sports ministry had made a rule that a person cannot hold a similar position for more than 12 years. This new policy is strongly opposed by many federations as most of these federations have persons who are enjoying the post for more than 12 years. There are some persons who are on the same post for more than 20 years. It is the role of federations to ensure that the player is not having any problems. If there will not be good result, then the federations' top officials should be changed.

12. In any international tournament the concerned authority i.e.. IOA or concern federation should send the team one week prior to the tournament to the venue so that players can get acclimatized easily and will perform better.

**13. What steps are needed for achieving the medal in Olympics?**

Long term planning is needed. While in other countries the selection for such Games commences three years prior to the game and they undergo various types of training such as mental training, competitive level training etc.

### **7.58 Mr.Vilas Kathure, former international wrestler and NIS coach**

Reasons about dismal performance of wrestlers at Olympics-

1. Players do not get assurance about job so they are not able to concentrate on the training. There is lack of devotion and dedication from players.
2. They don't have will to play for the nation instead they play for themselves.
3. There is lack of scientific technique among our wrestlers. There is lack of use of video technique by coaches.
4. Most of players are satisfied with short success and they go for more publicity.
5. Many players are interested in attending various felicitations instead of doing practice. Players should give more importance to practise, training and diet.
6. Other countries stick with their traditional approach towards the game. In our country we make confusion about whether to stick to practice on soil or to do practice on mats. This creates problems for players. Many countries like France, Russia, and Pakistan practise on soil.
7. We do not make real study of calories while finalizing diet of players. Many experts do not know that equal calories are received in groundnuts as compared to almonds.
8. The wrestlers need to receive good support from the media.
9. Wrestlers should get good status.
10. In heavy weight category our players lack in power and skill.
11. Now the qualifying standard has been changed. Asian champion or players who are among top ten in the world get entry in Olympics. Our players need to keep this in mind for getting a place in it.

### **7.59 Mr.Kamlesh Mehta, international player and national coach**

**What do you think about India's current performance at international level?**

The standard of Indian players has increased. Achantha Sharath is doing well at Asian level. But a lot of efforts are needed for increasing performance of players.

**What do you think about why we are not able to win a medal at Olympics?**

There are lots of factors due to which our players are not getting a medal in not only Table Tennis but also in other games.

1. Education and computers have adverse effect on the sports sector. Our parents want their children to go only for education. They do not encourage them for sports. They ask their children to focus on education instead of sports.
2. Though awareness about physical health has increased, required level of determination about fitness has decreased. The fitness level is very important aspect for any player. Players from China, Sweden, and Germany have purely professional approach to game that is why they are always in the medal lists. We lack such approach to the game. While eating, sleeping, driving all the time you should think about the game only. This extra mindset and meditation plays an important role in the international level meets.
3. In China, USA, Russia, Germany and many other countries, sports has been given top priority since school level. Talent search is done in the primary stages of schools and these children are put under training. These children have to concentrate on sports not on studies. This is significant difference between Indian and other countries' players. In USA parents are not allowed to interfere in their training schedule. Children are not allowed to skip training for reasons of any family programs.
4. We treat sports as time pass activity. Instead it is to be treated as profession. This will help in changing the attitude of the people.
5. In our country, at many places schools are not having any facilities while some have only indoor halls while some schools have only open grounds. Most of the time such indoor halls or grounds are used for commercial activities. e.g.. in Pune one ground is always used for exhibition purpose while many halls which are having badminton facilities are used for marriage and other activities other than sports.
6. People in our country do not digest victory or defeat playfully and easily which ultimately affect sports sector.
7. It is duty of sports associations to create awareness among the Government authorities about their responsibilities of sports development. The Government

should keep quota for players in job opportunities so that children can do career in sports for long time.

8. For increasing energy for study, any game should be played by every child.

### **What do you think about mental fitness?**

For any game mental fitness is required while game like Table Tennis require extraordinary mental fitness. Our focus point should be on winning the title. Without some mental pressure we are not able to perform better. It also requires extra ordinary meditation. We should have introspection attitude i.e. we should always try to make analysis of our own game. For each and every point you should try to fight against your opponent. Individual mentality is very important. Also you should try to make analysis of competitors' game as you can see game and technique of your opponents. Never think of bad patch. If you lose any match, you should not worry instead you should try to relax yourself which will help you in increasing your performance in future. At the time of bad patch also, you should think about your earlier best performance. You should have faith in God and yourself. Yoga has helped me a lot. During 1982 .

### **What should be the diet for sportsmen?**

1. Every player should have good habits of food. Take good quality food which will increase your energy. Indian food is always ideal for players. The food should include carbohydrates. Your food should include green gram, almond, and beans etc. At the time of tournaments players should try to avoid non vegetarian food and instead of the same vegetable food should be preferred.
2. You should avoid fast food like Pav Bhaji, Burgers, Chips, Pizza.
3. Also try to avoid cold drinks or at least you should try to reduce the same.

### **What should be ideal age for children to start Table Tennis?**

A child can be introduced to Table Tennis at the age of 6 years. This is the age when he can hold the racket perfectly. But before introducing to any game, he should be given different alternatives so as to know his likings. You should not force the child for any specific game.



## **CHAPTER 8 - ANALYTICAL STUDY OF OPINION EXPRESSED BY VARIOUS EXPERTS**

Regarding the study of reasons behind the poor performance of Indian players in Olympic Games, the questionnaire was prepared separately for sports related personalities and non sports persons. About 40 people from each category i.e. sportspersons and non sportspersons were given the questionnaire.

So also excluding above personalities, prominent personalities including players, coaches, organizers, the Government officials, sports journalists from sports sector and also political leaders were interviewed separately. On the basis of views expressed by them, the following points can be derived-

### **8.1. Lack of devotion, dedication, killing instinct-**

These are common reasons for the debacle in sports. Senior players and coaches like Ramesh Tawade, Milkha Singh have expressed that our players lack in devotion, dedication and killing instinct which is generally seen in foreign players. They also feel that there is lack of sincerity among players in respect to national level practice sessions. Many prominent players skip camps and want to play directly in the tournament. This ultimately affects the moral of other players in the team. Players do not have enough confidence required at the top level competitions. Players should be given information about use of medicines. Ayurvedic medicines should be given.

### **8.2. Mental fitness-**

Yoga experts like B K S Ayyangar, Pallavi Kavhane and Girish Lele felt that our players lack in mental fitness which ultimately affects the physical fitness also. Our players lack in willpower to face challenges at the top level competitions. Neurological strength is necessary for increasing mental fitness. Endurance power is less in our players. It can be increased through Yoga, Meditation and Dhyandharana. For increasing the mental fitness, the overall development of

sportsman is necessary which includes factors like family background, physical fitness, spiritual factors; sexual, social, financial factors should be considered.

### **8.3 Wrestlers' attitude-**

Most of senior wrestling coaches and organizers like Ramesh Damale, Satpalsingh Sekarawat, Darasingh, Kartarsingh, Kuldeepsingh Minhas etc think that our wrestlers lack in advanced technique of the game. They should be aware of the latest rules and regulations of international competitions. The traditional approach and lack of education hamper the performance of wrestlers. There should be proper system of training. The wrestlers should avoid confusion about whether to train on the soil or on the mat. Many wrestlers especially from Maharashtra remain satisfied with limited success. They are afraid of losing their reputation if they lose any fight at the national level competitions. e. g Winner of Maharashtra Kesari title usually avoid further bouts after winning this title because he thinks that in case he loses any bout after that his fame as Maharashtra Kesari will get affected.

### **8.4 Selection procedure-**

Most experts like Joachim Carvelho, Dr.Bhishmaraj Bam, and Dola Banerjee etc feel that the selection procedure is defective in our country. The selection should be done on the basis of performance and not on quota. There should not be any interference from the officials of association/federations in the selection procedure. Some former international players felt that at a time two teams should be selected so that in case of emergency requirement, the selection committee should have well experienced players related to that game only. In Maharashtra, it is observed that the selection committee of athletics includes Kabaddi players. At the university level, it is seen that the selection committee comprise persons who are not concerned with that game. In case of team event, no balance of young and experienced players is usually seen.

### **8.5 Training-**

Senior coaches and players observed that there is lack of basic facilities related to basic infrastructures, basic facilities like qualitative food, sanitary, hostels etc at the training centers. We should have international standard training facilities in every state with well equipped infrastructure. Even at Balewadi, Pune, it has been observed that in earlier stage players were living in congested rooms. After many complaints, now these facilities are improved. Many sports medicine experts like Dr. Rajeev Sharangpani, Dr. Deepak Phalgune felt that there is lack of scientific methods of training. Excessive training or practice reduces the stamina of players. E.g. new Tennis player is advised to make 500 services daily. This creates problem with his hand and also reduces his stamina instead of strengthening his skill. Coaches like Balasaheb Landge, Vilas Kathure felt that in training camps for wrestlers, thrust should be on flexibility and speed of players

### **8.6 Talent search and its development-**

It has been observed that no proper identification of talent is done. The age of selecting the talent differs from game to game. e.g. In case of Tennis, the children of 4 to 6 years should not be selected as the child of this age is not able to hold the tennis racket correctly. So also the children having age above 12 years should not be selected for Gymnastics. In our country the parents try to force their child to have the game of their choice. Instead they should encourage the choice of the child. Enthusiastic children should get information from parents and other seniors about technical changes in sports. Proper training is needed from the childhood.

### **8.7 Coaching Standard and foreign Coaches-**

Most of senior players like Saina Nehwal, Dola Banerjee, felt that the standard of coaching is not up to the mark. Coaching under foreign expertise is necessary for obtaining the advanced technique of the game. E.g. Abhinav Bindra, Vijendersingh and Sushilkumar all these Olympic Medal winners have benefited due to the coaching under foreign coaches or training in foreign country. Also our national coaches should be trained from time to time to update their knowledge.

Some players like P T Usha, Smita Shirole are of the opinion that there is no necessity of foreign coaches. In Athletics during the last 10 years, about 8 foreign coaches have been appointed for our Athletes, but India did not get any medal in Athletics. If our coaches are given financial emoluments with the standard of foreign coaches, our coaches will also produce good results.

#### **8.8 Lack of proper environment and sports schools-**

Russian players Nina Podeneshorava and Alvetina Naumove who were in Pune for Marathon were surprised to see that most of grounds are congested and a lot buildings surrounded by them. They felt that players should get good environment for practice which increases their mental attitude. They also feel that there should be two-three sports schools in each big city. In Russia they have schools for Chess, Tennis, Wrestling, and Athletics, Gymnastic etc in each city. That is why their players are excelling at the international level in these games. The sports promotion should start at the primary school. In every school there should be a sports counselor along with the sports teacher who will guide the parents about in which game their child can make a career.

#### **8.9 The Government's role-**

Most coaches and former international players think that as compared to previous years, the Government is doing far better. The only thing is that the bureaucracy in the procedure of sanctioning various funds and implementation of schemes should be removed. The procedure for the same should be made simple and fast. The Government should ensure that funds kept for sports are really spent for them only. While granting any facility to any industry, the Government should compel such industries to adopt one sportsman for long term. Players should be given preference in the Government's job or at least the Government should ensure that player will get good job after his sports career and irrespective of his poor performance at international events. Various sports schemes introduced by the Government do not reach to the actual sportsmen and general public. Such schemes should reach to the grass root level. Many times it is observed that

sportsmen are not aware about various procedures and process of documentation about getting rewards and facilities.

#### **8.10 Lack of professional approach-**

Mr. Jacque Rogge, the president of the International Olympic Committee pointed that though India has good organizing skills, Indian players as well as coaches lack in the professional approach towards the game. Mr. Rogge also felt that instead of spending funds on unnecessary functions related to sports, sports organizers should spend these funds on the development of sportsmen. He also felt that national level inter club tournaments will help in the sports development. The point of lack of professional approach among Indian players was also raised by American Basketball Coach J D Walsh, Australian Swimming Coach Robert Kerr, Former All England Badminton champion Prakash Padukone, P Gopichand.

#### **8.11 Accountability factor should be introduced in Sports-**

Most of senior players including Prakash Padukone, Kamlesh Mehta, P T Usha, and sports medicine experts like Dr. Rajeev Sharangpani etc felt that the accountability factor should be introduced for sports administrators as well as for players and coaches. Since the sponsorship amount given by the Government or by some companies indirectly comes from the pocket of general public, players, coaches and administrators of the respective game should be made answerable for their failure. The authorities of the sports associations should work as trustee and should have parental approach to the players. They should treat players as their children and facilitate their development.

#### **8.12 Five 'S' for success-**

Prof. Arun Datar, international level referee and well known coach feels that for the success in sports following five 'S' are very important i.e.

- a) Strength
- b) Stamina
- c) Speed
- d) Skill
- e) Sporting spirit.

## CHAPTER 9 - CONCLUSION AND SUGGESTIONS

The researcher wants to state that India has potential to win a rich haul of medals in Olympic Games. At London Olympic games held very recently, India bagged six medals i.e double than medals they got at Beijing Olympic Games. **At London Games in 2012, Vijaykumar Sharma won the silver medal in shooting while Sushilkumar won the silver medal in wrestling. Sushilkumar also created the *historic* feat of winning back-to-back Olympic medals. Also India got bronze medals through M. C. Mary Kom (Boxing), Gagan Narang (Shooting), Yogeshwar Dutta (Wrestling), Saina Nehwal (Badminton).** Though this is the best ever performance of India in these games, if we compare this with other smaller countries like Jamaica, Kenya, Qatar, India's performance is not upto the mark. If we consider, the facilities given to sportsperson, we can say that Indian players need to increase their standard.

For London Olympics, the performance of Indian players in Commonwealth Games 2010 and Asian Games 2010 was considered as the base for projection of Olympics. During Commonwealth Games 2010, India got 38 gold, 25 silver and 34 bronze medals. While in Asian Games held in 2010 at Guangzua India bagged 14 gold, 17 silver and 33 bronze medals overall 64 medals and sixth place in the medal tally. This performance of India is the best performance in these games especially in Athletics which is said to be a cream event for medal hunters. India won 7 gold, 6 silver and 5 bronze medals in Athletics itself which is also extraordinary performance in this event. Earlier India had won 13 gold, 19 silver and 25 bronze overall 57 medals at New Delhi Asian Games in 1982. While in Asian Games 2006 held at Doha, India had won 10 gold, 17 silver and 26 bronze total 53 medals with 10<sup>th</sup> place in overall medal tally.

If we consider the performance of Indian players in Beijing Olympics and London Olympics, we can say that there is positive trend. For the purpose of getting sizeable medals, Indian sports organizers need long term planning. India should concentrate on those games in which there are chances for winning medals. Instead of taking the base of performance in the Commonwealth Games, Indian sports organizers should take the base

of Olympic qualification 'A' category. At the time of London games, for Athletics most of athletes have qualified on the basis of qualification 'B' standard. These qualified players fail to perform well at these games. Even they could not do better than their individual best. In other games also, Olympic standard qualification procedure should be followed. At London Olympic Games, Ravikumar, the Gold Medalist of Commonwealth games from India could not finish among top fifteen players. Similarly Krishna Poonia and Seema Antil, who excelled at Commonwealth Games in 2010, could not fetch similar success in London Olympic Games. In fact, Antil could not qualify for finals in her event. Ram Singh Yadav topped among Indian players in Mumbai Marathon and had cleared the hurdle of Olympic 'B' standard qualification. He could not finish in first 70 players at London Olympic Games.

### **9.1 Game wise Analysis-**

#### **1. Wrestling-**

Our country had won a bronze medal in Wrestling earlier in Helsinki Olympics in 1952 through late Khashaba Jadhav. After this success, India had to wait for 56 years to achieve the same feat through Sushilkumar. He won the bronze medal at Beijing Olympic Games in 2008. He proved that this success wasn't fluke. After two years he won the Gold Medal at World Championship held in Moscow and made history in Indian wrestling field. He became the first Indian to win the Gold medal in this championship. He won the silver in London Olympics and became the first Indian to win medal in back to back Olympic Games. Yogeshwar Dutta won the bronze medal through repechage (loser's round) system in 60 kg. He won four matches out of five matches in just three hours. Though in the last match for the bronze, he was very tired; he showed no signs of the same and fought like a brave soldier. He showed killing instinct to win this match. Amitkumar and Narasingh Yadav had also qualified for these games but they were not impressive as compared to Sushilkumar and Yogeshwar. In women section, Geeta Phogat had qualified for wrestling but made poor show in her first appearance in these games.

As suggested by senior wrestlers and coaches like Satpalsingh, Late Darasingh a pool of talented and prominent 20 to 30 young wrestlers should be selected along with present team members. These players should be kept under training for London Games. They should be given enough foreign exposure and training under expertise including foreign coaches. Proper care should be taken about their diet, physical fitness and mental preparations. Also it should be ensured that these players will not take any banned substances. From time to time, their performance in respect of wrestling technique, physical fitness etc should be reviewed and they should be guided for improvement. Also study of their probable opponents should be done so that it will be easier for them to assess the technique of their opponents and thereby they will be able to make game plan of bouts.

2. **Shooting-** In this event we have already won a gold and silver medal. In 2004, Rajyavardhan Singh Rathore won the silver medal and made history to win a silver medal in an individual event for India. In 2008, Abhinav Bindra brought a laurel for our country by winning a gold medal. This is the first Gold medal for our country in an individual event. In shooting players can perform at higher level in international competitions, if they have full concentration on their practice.

It is always seen in our country that if players excel at top level of competitions with their own skill and not much help from the concerned associations, there is always clashes of ego among players and officials of these associations. For Commonwealth Games 2010, when selection trials were held, Rathore did not take part and criticized that the proper selection procedure is not followed. Ultimately he was not selected in the team. Such ego problems should be solved amicably by both parties, as such conflicts the team as a whole suffers. The top officials should consider the problems faced by such star players who have already excelled in Olympic Games and who have capacity to repeat the same feat in next Olympic Games. Unfortunately he was not considered for London Olympics as his performance in the national level was inconsistent and his place



has been given to Heena Sandhu who has been consistent throughout this year. Vijaykumar, Gagan Narang, Hari Om Singh, Sanjeev Rajput, Ranjan Sodhi, Abhinav Bindra , Shagun Chaudhari, Imran Khan, Manavjit Singh, Anuraj Singh, Rahi Sarnobat, these eleven Indian shooters had booked their ticket to London Olympic Games. Out of these eleven shooters, Gagan Narang and Vijaykumar bagged bronze and silver medal respectively.

Gagan Narang had 14 medals of Commonwealth Games to his credit. He has been awarded with Rajiv Gandhi Khel Ratna Award, the highest award of our nation in sports. After the failure in earlier two Olympic Games, Narang finally proved his merit and hard work by winning the bronze medal at London Olympics. He won the bronze in 10 mts Air Rifle in which Beijing Olympic Gold medal winner Abhinav could not qualify for final rounds. Tejaswini Sawant has created history in Indian Sports by creating a world record with Gold at World Championship. She is the first Indian woman shooter to create a world record in shooting. Though her achievement is not in Olympic event, she has a capacity to bag a medal in other shooting events. If we look at her success, we can say her success is sheer representation of hard work and willpower. Her career of shooting commenced in Kolhapur where there is no fully developed shooting range. But she managed to start the career of shooting there and later on she practised in Pune and got success with many medals and championship to her credit. Unfortunately she could not clear qualification hurdle. Rahi Sarnobat had won the bronze medal in 25 meters air pistol at World Championship held in USA and booked ticket for London Olympics. Her usual score of 585 points is medal winning score for Olympic Medals. Unfortunately she could not get place in the finals. Vijaykumar made an astonishing performance by winning the silver medal in his first appearance at Olympic Games. He narrowly missed the Gold medal in 25 mts. Rapid fire event and had to satisfy with the silver medal.

As quoted by Dr. Bhismaraj Bam, for a champion, power of thinking, power of experience and power of breathing these things are very important. Discipline in planning of practice is necessary for success in shooting.

Though our shooters have capacity to win medals at Olympics, they have produced only four medals in the history of Olympic Games. This is because, previously our shooters did not get weapons and ammunitions required by them easily. These weapons and ammunition have to be imported. Though NRAI, SAI etc used to submit demands to the Government well in advance, yet they faced problems about getting these weapons and ammunitions in time. (It is usually said that in our country terrorists get such weapons and ammunitions easily without any problems about documentations!) Also shooters require sizeable funds for purchasing ammunition, getting weapons and foreign events. For this, there should be proper planning for raising funds and for this NRAI, SAI, and the Government departments should have proper coordination. This will enable players to have funds in time. In August 2010, fifteen shooters from junior cadre have participated in the World Championship held in Germany. It was argued that some of junior players from Maharashtra did not get any finance from the state Government In this respect, the concerned sports department had clarified that NRAI (National Rifle Association of India) have not submitted the list of players to the Government and thus the department was not aware of players who had gone for the world championship. For avoiding such incidences there should be proper coordination among the concerned departments. Also the Government should simplify procedure for obtaining the ammunitions and weapons to players.

### 3. **Tennis-**

India has won the lonely medal in this event at Atlanta Olympics in 1996, when Leander Paes won the bronze medal. This is the only success that has been achieved by our country so far in Olympic Games. However going through the records of career of India's star players like Paes, Mahesh Bhupati and Sania Mirza, we can say that we have capacity to win more medals in Olympic Games.

Paes and Bhupati have won many Grand Slam titles in doubles. They were at the top of world ranking in doubles. In Davis Cup tournament this pair has a record of victory in 24 matches in a row. They have defeated many strong pairs of the world in this tournament. If they had given more thrust on winning medal in doubles, then probably our country would have bagged at least two more medals in Olympics. Recently they have decided not to play in double jointly and to play with other partners. Paes and Bhupati have also won titles in mixed doubles along with some star players like Martina Navratilova, Cara Black. If these players have practised and participated in earlier Olympics with Sania, then probably there would have been different story for India. In 2010, Rohan Bopanna has won doubles runners up at American Open Grand Slam Championship with Ahsam Ul Haque Qureshi. In 2012 Paes at the age of 38 years, has won the doubles title along with Radek Stepanek in Australian Open Championship.

Unfortunately, the chaos and egoistic approach by senior players, India missed the opportunity of winning medal in London Olympics. All India Tennis Association urged that either Mahesh Bhupati or Rohan Bopanna should play with Paes in doubles. After a lot of chaos and heated arguments, India finally put two pairs i.e Bhupati-Bopanna and Paes-Vishnu Vardhan in doubles. Paes also played in mixed doubles with Sania Mirza. Vardhan got an opportunity to play in singles. Unfortunately no one could produce a medal for India in these games.

Paes, Bhupati, Rohan and Somdev have also stunned many strong and seeded players in singles as well as in doubles at various ATP tournaments. When Paes has won the bronze medal at Atlanta Olympics, he had defeated many high ranked players of that time. He lost in semifinal against Andre Agassi, the world no.1 player of that time. In September 2010, Rohan having ranking 457 in the world defeated 27<sup>th</sup> ranked player Rikardo Melo of Brazil in the Davis Cup tie. In the same tie Somdev beat Thomas Belussi having ranking of 75<sup>th</sup> in the world. In this tie, India was down 0-2 on the first day. But through courage and willpower of all above players, India overcame the challenge of Brazil and won the tie by 3-2.

This is not the first incidence of zeal and courage. On earlier some occasions also, our Davis Cup team had shown similar courage for winning these matches. In fact, our team had been runner up in this prestigious tournament. At that time our team had entered the final by defeating many strong teams.

It is usually seen players like Rohan Bopanna play more in doubles for success in Davis Cup Championship. These players should give equal importance to Olympic Games. All India Tennis Association should try to avoid making controversies among players which may occur due to the selection problems.

Sania Mirza and Maria Sharapova are both called as super models in Tennis. But Sania has given more importance to modeling and less importance to practice and fitness. Because of the same she could not win any major title in women's singles and she has to face problems about fitness. During last 4-5 years, Sania has to keep out of competitive Tennis for 3-4 months every year. While Sharapova has given equal importance to modeling as well as Tennis career, so she has won many titles along with Grand Slam titles.

During the last ten years, in our country, the international events have been increased and also our players are getting good exposure of the foreign tournaments from sub junior level. They also get good sponsors for participating in foreign tournaments, foreign training, and physio etc. Now it is the responsibility on players to excel at Olympic Games.

#### 4. **Boxing-**

Vijender Singh gave India its first medal in boxing at Beijing Olympics. Vijender Singh got this success due to hard work and concentrated efforts made by him. He had earlier won many titles at the international events including Commonwealth Boxing Championship. He has ability to perform similar feat at London Games. Before Beijing Games, Indian Boxing team had gone to Cuba for training as well as for invitational tournament. This experience had been beneficial to these

players. For games like Boxing, more and more foreign exposure is needed. Vijender Singh (75 kg), Manoj Kumar (64 kg), L. Devendrasingh (49 kg), Vikas Krishnan (69 kg) and Jai Bhagwan (60 kg), Shiva Thapa (56 kg) and Sumit Sangwan (81 kg) had qualified for London Olympic Games. These boxers have excelled at Asian as well as at international level competition during last two years. Unfortunately Krishnan, Bhagwan and Manojkumar missed the medal due to partial umpiring in these games. Though India had lodged the complaint with the concerned authorities, the decision went against Indian players.

In women's section all eyes were on the performance of Mary Com, who had won the world championship for the fifth time in a row. For the first time Women's boxing has been inducted in Olympic Games at London Olympic Games 2012 as well as in Asian Games to be held in China this year. There were only three categories for Women's boxing in both these games. Mary participated in 51 kg instead of 48 kg which is her usual weight category in any international competitions. Prior to Olympic Games, she had won the Gold Medal in 51 kg category at Asian Championship by defeating Chinese currently world and Asian Champion. She won the bronze medal at London Olympics which was her real dream.

Mary is called as super mom. She had continued her International boxing career after giving the birth to the twin children. Every Indian should be proud of her. She had also won the world titles after giving births to children. She is really the icon for Indian women players who desire to make career in sports. Of course she had been equally supported by her husband who takes care of their children.

**If you have desire to play in highest level of tournament, your age does not come across as a hurdle in your way of success. This has been proved by Mary Com who has continued the career of boxing after giving birth to twin sons. In fact she has won world title after the birth of twin children and Olympic Bronze medal also.**

## 5. Athletics-

Athletics is usually called cream event where players can fetch a lot of medals. But India is not able to get a single medal in these events at Olympics. Only Milkhasingh and P T Usha narrowly missed the bronze medal in their events. Anju Bobby George bagged a bronze medal in Long Jump at World Championship but could not repeat her same feat in Olympics. In fact she was disqualified at Beijing Olympics 2008 when she made three fouls. If we consider the recent performances of our players at Commonwealth Games, Asian Games and Asian Track and Field meet, there were some hopes of medals from Krishna Poonia and Seema Antil (DiscusThrow), Mayukha Johny (Long Jump), Prija Shridharan (10000 meters running), Vikas Gauda (Discus Throw), Sudha Sing (3000 meters Steeplechase). Recently Ram Singh Yadav had also qualified for Marathon event in London Olympic Games.

Krishna Poonia made history for India when she bagged Gold medal at Commonwealth Games. She became the first athlete from India to fetch Gold medal in individual events in athletics at these games after Milkha Singh. Mikha Singh got Gold in 1958 Commonwealth Games. Though Poonia could repeat the same success at Asian Games due to injury, there were some hopes that she would get a medal at London, as she had almost recovered from her injury and she was practicing in USA throwing academy. The Commonwealth medal winner Seema Antil had taken training under Tony Siarali in USA. Mayukha Johny had impressed everyone when she won Gold in Long Jump at Asian Track and Field Meet. With this medal she is qualified for World Championship. She also got bronze medal in Triple Jump at Asian Track and Field Meet. Vikas Gowda, silver medal winner of this meet had prospect of medal at London, as he lives in USA and get training there throughout the year. Sudha Singh was also another medal prospect for India as she was the winner of Gold Medal at Asian Games and she got silver medal at Asian Track and Field Meet. Unfortunately it was the same old story of sorrows from these experienced athletes. Except Irfan Thodi, no one was able to show his/her best ever performance. Though Poonia and Gowda had

qualified for finals, they could not show impressive performance. In fact, their performance was unsatisfactory as compare to their individual best in the career. Irfan Thodi could not win any medal but he impressed others by finishing tenth in 20 km. walking.

During the last ten years, in our country, the international events like Asian All Star Athletic Meet, Asian Grand Prize Meet, and International Marathon have been increased. In fact during last more than 15 years, every year international marathon is being organized at Pune, New Delhi, Bangalore, Mumbai etc. Also our players are getting good exposure of the foreign tournaments from sub junior level. They are also getting good sponsors for participating in foreign tournaments, foreign training, and physio. Now it is the responsibility on players to excel at Olympic Games.

#### **6. Swimming-**

Though Virdhawal Khade and Sandeep Shejwal are said to be future prospects for India, considering the fierce competition at Olympic Level, these two players have limited scope of medal. These players are practising hard and are participating in various International Meets constantly. Virdhawal has strong body, height required for an Olympian Champion but he has to struggle for the success at Olympics. Both these players have already surpassed the first hurdle of qualification. Now for medal hunt, they have to make practice very hard. Unfortunately they could not make Olympic dreams again as Ullalmath Gagan was selected by FINA the International Swimming Federation as he had cleared qualification mark of 1500 meters freestyle. Instead of giving entry to Gagan, if Indian organizers had given an opportunity to the experienced player Khade, then probably he could have fetched a medal in these games. Indian federation should avoid dirty politics in the selection of players. A lot of funds have been spent for the training of Khade and Shejwal in the foreign countries and foreign exposure. These funds proved of no use, as both these players have been dropped from

Indian probable contingent for Olympics. Such incidences should be avoided in future.

#### 7. **Badminton-**

Saina Nehwal is considered to be a strong medal getter for India. In last Olympics, she narrowly missed medal. At that time, she did not have sufficient experience required for getting medal at these games. Now she has got enough experience of world level matches. She had won more than seven titles including Commonwealth Games title and three titles in three consecutive weeks at international level. She has capacity of getting medal at Olympics. She proved the same at London games. Though she got the medal by luck, she would have won the match against her Chinese opponent.

**“Saina Nehwal is not only an icon for upcoming Badminton players but also she has been the idol for upcoming young sports persons of our nation. Though she has been in the top five rankers in world, yet her feet are on the ground. This is her very exclusiveness among all players.”- Pullela Gopichand, former All England Badminton Champion.**

Jwala Gutta and Ashwini Ponappa won the bronze medal at World Championship held at London. They brought laurels of medal at this tournament after 28 years. In 1983 Prakash Padukone had won the bronze in this tournament. Before reaching the semifinal round, Jwala and Ashwini had created two upsets in this tournament. This pair was having good chances in Women Doubles. They had the title of Commonwealth Games in their kitty. They won two matches out of three matches in the league but could not enter in the knock out stage.

In this game, India has good future for achieving medals in Olympics. The upcoming talent should be tapped and such players should be given different



facilities like advanced coaching, foreign exposure, financial security about their future. Saina proved that in this game, one can make a professional career.

#### **8. Archery-**

In men's section, Jayanta Talukdar, Tarundeep Rai and Rahul Banerjee had cleared the hurdle of qualification of Olympic Games. Rahul Banerjee had won the gold medal in Re-curve Category at Commonwealth Games. In women's section the team of L.Bombayla Devi, Deepika Kumari and Chekrowlu Swuro had qualified for re-curve event. Unfortunately, our archers could not excel at London Olympic Games.

If Indian players get more and more exposure of international events and if they will get good infrastructure for training, then they will be able to win medals in future at Olympic Games.

#### **9. Weightlifting-**

Though this event is also medals aspiring event in Olympics and India had also won a bronze medal through Karnam Malleshwari, this event has been big concern for our country due to doping scandals in this event by Indian players. India had to pay the heavy penalty for getting the entries in Commonwealth Games. The national body of Weightlifting have undergone through two years ban as more than six players have been caught in doping scandal at International event. Ravikumar the Gold medalist at Commonwealth championship, made a poor show at London Olympic Games. The organizers had made two groups one group of top 20 ranked players in the world and remaining in the second group. Ravikumar finished 16<sup>th</sup> in the second group. In women section, N.Soniya Chanu lost in the preliminary round. Our players are able to excel in other international competitions. For Olympic success, our players need proper psychological training so that they will not feel mental pressure of Olympic Games.

## 10. Hockey-

Indian Men team had qualified for London Olympic Games. Eight times Gold Medal winner team had not qualified for Beijing Games in 2008. For first time in the history of these games, India had failed to qualify in those games. But this time, Indian team under the guidance of the foreign coach Mr. Michael Nobbs won Olympic Qualifying tournament held in 2012 at New Delhi. Indian team showed very impressive performance by winning all games. Throughout the qualification tournaments, India's performance about penalty corner conversion was very much impressive as compared to some previous tournament. The man behind this success was Sandeep Singh, the drag flicker who scored 16 goals in this tournament; the most of them were on penalty corner conversion. In Olympic Games, India faced challenges from world second ranked country Germany, third seed Netherlands, sixth ranked South Korea, seventh ranked New Zealand and 11<sup>th</sup> ranked Belgium in the primary league matches. As expected India lost all these matches and finished last in these games, the worst performance in these games, whenever it had qualified for these games.

Unfortunately Indian women team narrowly missed London Olympic Games, as they lost final round against formidable team of South Africa. In league matches Indian women team played with team spirit but in finals, they could not do well under the pressure of African players who have beaten them with comfortable margin in league match.

In India, it has been observed that during last few years, there is conflict between two groups over the control of Indian Hockey. The persons involved in it do not care about the shabby performance of India in London Olympics. They are not interested in the development of this game. They are only interested maintaining their positions in the federations. For the development of this game, there is need of grass root level development of the game. Also one game one organization, this rule should be introduced in Hockey as well as other games in India.

### **11. Judo-**

India was lucky to get an entry in these games. Garima Chaudhary had qualified for these games. However her appearance in these games was only for just 90 seconds, as she lost in the first round.

### **12. Rowing-**

It is usually seen that our rowers excel at Asian Games. Unfortunately they are not able to show the same performance at Olympic Games. In recently concluded London Olympic Games, Sawarnsingh had qualified for single skulls while Sandeepkumar and Manajitsingh had qualified for double skulls. However their performance was far away from other players. No one was able to make final round. Indian players should get superior quality boats for practice and their participation in the foreign tournaments should be increased. This will enable Indian players to get more experience of the foreign players.

## **9.2 Conclusion**

If we looked into the performance of our players in the recently concluded Olympic Games at London, we can say that our players are showing positive trend. In Beijing India got one gold and two bronze, while at London, India won two silver and four bronze medals i.e. it had doubled its performance as compared to previous performance in these games. Two Indian boxers were unfortunate to win bronze medals due to partial umpiring and Joydeep Karmakar narrowly missed the bronze in shooting event. During last four years, there is positive atmosphere for sports in our country and the sports culture is now being created in our country. Considering the performance during last two Olympic Games, in 2020 Olympic Games India can achieve the target of 20 to 25 medals in these Games. India can achieve this target provided:-

1. Parents should be enlightened about sports development so that they will be able to give encouragement to children. Proper training is given from the childhood.

2. The sports associations should work as charity, without selfishness and any political interference.
3. Players should be given preference in the Government job or at least the Government should ensure that the player will get good job after his sports career and irrespective of his failure at international events.
4. There should be good ground conditions, stadiums, appropriate diet, and medical facilities at the sports centres.
5. Selection should be done on merits for all teams at all level of sports.
6. There should be coordination among players, coaches, organizers, referees and parents.
7. Players as well as coaches should be answerable for failure.
8. Sports development should be done at grass root level.
9. Players should be given information about use of medicines. Ayurvedic medicines should be given.
10. Training should be given as per individual capacity. We should have international standard training facilities in every state with well equipped infrastructure.
11. The Government ensures that funds kept for sports are spent for them only.
12. Sports should be considered as our basic need by all.
13. For sports development, the proper environment should be created so that children will be encouraged by the parents and by school authorities for making career in sports

**Measures for increasing performance:-**

As regards to measures for increasing the performance of Indian players, the researcher thoroughly discussed these aspects with Dr. Rajeev Sharangpani. In his books of physical fitness “A sports syllabus for your child” (Written by Dr.Sharangpani and G S Hasabnis) and “Fitness training in Cricket”, he has pointed certain measures for increasing the fitness level of sportsmen. The researcher has also gone through different books relating to the physical fitness. As pointed in such books, for increasing the physical fitness the following points are very important.

## 1. Fitness:-

For keeping the fitness of players the role of coach is very important. He must have knowledge about each and every player who takes training under him. While finalizing the training programs sufficient time should be given for exercises related to the fitness so that players will be able to keep path of training accordingly. For increasing fitness following factors are very important.

Increasing Fitness:-1.Speed-i) Athletic sprints-The fitness of legs can be increased through the practice of various sprints. Due to sprints, players are able to increase their actions more swiftly.

### 2. Practices of outbursts:-

- i) Long distance ground running which includes the practice of long distance races like 5000 and 10000 meters running,
- ii) Cross country running-Cross country running includes running in dusty ways, running through forests. Many times in our country cross country competitions are taken on the road instead of running through the hilly or forests. Such races or practice should be avoided.
- iii) Endurance (Toughness) It is usually observed that foreign players are more tough than Indian players. For increasing the endurance players have to do the following things-
  1. Hill climbing- The hillside climbing helps in increasing the toughness of legs
  2. Skipping,
  3. Cycling,
  4. Swimming,
  5. Running in sand,
  6. Long range of running,

Fitness accessories-1.Rest, 2.Massage, 3.Relaxation, 4.Sleep, 5.Entertainment.

There are also following factors which determine general fitness of players-

1. After returning from the ground or from the sports hall, the player should wash his skin cleanly. Manual cleaning or scrubbing will help in keeping the skin in good conditions and it also helps in increasing his general appearance.
2. Nails should be cut periodically. Long nails may create some problems to the player in future. Hands should be cleaned with soap.
3. Feet should be washed thoroughly and they should be kept dry. Wet feet may create fungous to the feet.
4. Though some foreign players and some Indian Cricketers keep long hairs they look very shabby and it has an adverse impact on their performance. Initially Mahendrasingh Dhoni has kept long hairs. But he cut them when he realized that long hairs look shabby for him.
5. Private parts of our body should be cleaned after exercise of the game. If we don't clean the same, then chances of some allergy of fungal infection are on higher side.
6. Changing rooms or players' living room in stadium arena most of the time are unclean or having dirty smell. Some players have an attitude of living in unclean manner. Kit bags must be washed at regular intervals. Players must ensure that their clothes are clean and they are ironed. This improves their personality as well as mental fitness. A well dressed, clean player creates good impression on the opponent and also on his teammates.

For increasing mental fitness the following measures can be done-

1. Yoga,
2. Dhyan Dharana,
3. Pranayam,
4. Silence smoothening,
5. Keeping mind tension and stress free,
6. Increasing self confidence,
7. Increasing team sportsmanship spirit.

## 2. Diet:-

The performance of player depends upon his natural talent, skill, motivation, training methods, concentration and also diet he takes usually and at the time of actual tournament. If his diet doesn't include the required quantity of proteins, fats, vitamins, carbohydrates, minerals and water, it affects his performance adversely. Excessive or inadequate diet also affects the fitness of player. So exact diet required for him has significant importance and diet is an important part of his training. His coach has to study his fitness level and has to advise the player about diet suitable for him.

The details about various basic food required by the player-

1. **Carbohydrates-** These substances are required for energy which is utilized by the body for execution of movement and normal internal functions. There should be 70% carbohydrates in the diet of player. One gram Carbohydrates gives 4 calories. During the training period and also during the competitions, these carbohydrates are useful for players. The following substances contain carbohydrates-Rice, Potatoes, Sugar, Bread, Milk and Milk products etc
2. **Proteins-** For increasing the muscle strength, proteins are required. Pulses, cheese, fish, fowl, mutton etc contain proteins. During the training period when the strength decreases, proteins are necessary for players. Proteins are necessary for Wrestlers, Boxers, Weight Lifters, and Sprint Runners etc. These players should take 2gm proteins/per kg body weight. In other games, the input should be 1 gm proteins/ 1kg body weight. During the period of competitions, excessive proteins should be avoided as those may create difficulty in the digestion. Excessive use of proteins isn't useful for our body as our body doesn't store proteins.
3. **Fats-** These substances are required for energy source and muscle strength for body. The following food items contain fats- Butter, Clarified Butter, Oils, Nuts from which oil is extracted. Here one fact should be remembered that excess fats are harmful to our body. For Marathon and Long distance runners fats are useful. There should be 10% fats in the diet of sportsmen. (1gm fats=9 calories)

4. **Vitamins:** These substances are required only in minor quantities. The deficiency in vitamins impairs performance of player. Vitamins may be taken only if there is deficiency. Instead of taking tablets of vitamins it is better to have fresh fruits and vegetables in daily use of our food. Our Indian food includes like wheat, milk, egg etc vitamins.
5. **Minerals-**These substances include Salt, Calcium, and Iron. For increasing hemoglobin of the blood, iron is necessary which we can get from minerals. It is observed that women players have problems relating hemoglobin. So they should take minerals. The following substances include minerals i.e. iron- green leafy vegetables, red meat, lemon juice with salt and glucose. The Golden Girl “P T Usha” had herself accepted the fact that due to low hemoglobin, she missed the fraction of second due to which she could not get medal in Los Angeles Olympic Games of 1984.
6. **Calcium-** It is needed for strengthening of bones. It also helps in contraction/ expansion of muscles, hormones action, and blood freezing. Salt is necessary for muscles. After the end of exercises, quantity of Potassium (K+) in our body is reduced and for recovery of the same, following substances should be taken- Lemon, Orange, Coconut and other fruit juices, Electrol, Glucose etc because they include K+.
7. **Water-** Water is very much important for players as it helps in maintaining the body temperature. Long distance runners pore water on their heads so as to maintain the temperature of the body. If level of water in the body decreases then player may get fatigue and he may lose his life also. Water also helps in throwing of useless material in the body. If the water is not drunk, then there also chances of bleeding through urine. Water also needed for proper digestion of food. Player should drink water containing salt. Only water may affect stomach. Also ice cold water should not be taken in large quantity.

General guidelines in respect of food habits-

1. Refined food should be avoided as it has low fiber content.
2. Natural food like milk, honey, vegetables, fruits etc should be taken.



3. Spicy food should be avoided
4. Clean water should be taken. Impure water may affect the stomach functioning.
5. Players should avoid contaminated food.
6. Proper quantity of food should be consumed as less or excessive quantity of food affects our health. Smoking and alcohol consumption be avoided.

### **3. Training:**

While making the schedule of training, the following factors should be considered-

#### **A) Warming up-** Before entering into the event, every player has to do warm up.

The warming up helps in many ways.

1. With the gradual increase in the activity, cartilage swells up after absorbing synovial fluid which helps in movement of various joints.
  2. Due to warming up ligaments become more pliable.
  3. With the help of gradual activity, musculotendinous junction gets tuned for action of sport.
  4. After warming up muscles become less viscous. The connective tissues in muscles and blood vessels get more elastic due to which blood circulation in muscles increases.
  5. Warm up helps in ventilating various areas of lungs and it facilitates the exchange of oxygen and carbon-dioxide.
- Warming up exercises should be started from very light exercises relating to all types of joints. It should be followed by jogging, static and dynamic flexibility exercises.

#### **B) Strength-**

For physical fitness, strength plays an important role. The strength of a person depends on his type of body, duration and intensity of training and recovery period between two training sessions. Strength training is usually done with the help of following –

1. Free Weights,
2. Weight training machines,

3. Variable resistance machines with cams,
4. Isolating training machines,
5. Electrical stimulation of nerve points.

While doing exercises of strength, the following principles should be taken into account-

1. Proper stimulus,
2. Proper balance between agonist and antagonist muscles,
3. Proper recovery time should be given,
4. Stretching exercises after weight training are essential,
5. The maintenance level of training should be decided for each individual,
6. Proper balance between static and dynamic training.

Also while taking training for strength building the following instructions should be noted-

1. Training should be done under the guidance of qualified coach/trainer.
2. Training should be started with abdomen and back muscles.
3. Progress should be made gradually with weights.
4. You should not hold breath throughout range of movement.
5. Training should be done of full joint range.
6. Full concentration is necessary at the time of training.
7. Training shouldn't be done in lop sided manner.
8. Warm up is also necessary before strength training.
9. Proper rest is as important as training.

C) **Flexibility-**

Inflexible body gives rise to injuries relating to various ligaments and muscles. Flexibility is the foundation of training. Yoga is the best method of static flexibility training. Yogasanas do not require more space. Static exercises are necessary for improving balance of the body, static strength endurance, increasing limb flexibility and movements of shoulders and hip joints. After retirement from

the competitive sports, players should spare some time for their fitness and to the flexibility exercises.

While doing exercises of flexibility the following instructions should be noted-

1. Training should be done under guidance from qualified coach/ trainer,
2. Warm up is also necessary before strength training.
3. Proper rest is as important as training.
4. Progress should be made gradually;
5. You should not try to force the body for increasing the flexibility.

**D) Endurance-**

Coach must know that the body of every player differs from person to person and so requirement for endurance also differs accordingly. Endurance training is necessary because it utilizes oxygen taken in by body in a very efficient way. It prevents fatigue and exhaustion. Endurance can be developed by running, swimming, fast walking, skipping, cycling etc.

While taking training about endurance the following aspects must be taken into consideration-1.Proper identification of individual needs of the body. 2. Proper adjustment of training intensity, 3.Periodical evaluation through different tests, 4. Specific movements as required by the specific game in the process of training, 5.Proper warming up should precede endurance training, 6.Stretching exercises should be followed after endurance training, 7. There should be variety in exercises so that players will not get bored

**E) Speed-**

Speed is an integration of strength, coordination and flexibility. Speed in movements is necessary for almost all sports. Natural speed is the most important factor in the success of any activity. The improvement in speed can be done by developing strength in appropriate muscles, improving arm and legs synchronization, improving flexibility.

Running speed depends on-

1. Reaction time,
2. Acceleration phase,
3. Attaining maximum speed, and
4. Deceleration.

F) **Coordination/skill-**

Coordination training is necessary for improving skill. It is concerted action of muscles groups to achieve predetermined results. The general instructions about this training are- 1. This activity should be done immediately after warm up. 2. Limits should be laid down about repetitions. 3. It should be done if the player is tired. 4. Proper strength, flexibility and endurance have no other alternatives. 5. Maximum use of video recording and making analysis of our exercises. 6. Maximum display and study of superior techniques.

G) **Relaxation-**

It is usually said that relaxation is a preparatory phase for future battle. It recoups and reorganizes the body resources to fight. The body which has struggled throughout the day needs some rest and time for recovery. The tendons, muscles, bones need sufficient rest for healing. The relaxation is done through 1. Lighter exercises like swimming, long but slow walking, Table Tennis, Golf, Billiards etc. 2. Sauna gives dry heat and this heat relaxes our muscles. 3. Massage-It should be done under the guidance of proper trainer. 4. Shavasana-It is the best form of relaxation for the body as well as for the mind. 5. Music and reading are also treated as relaxation methods. Many players use to hear music at the time intervals within two matches. Some players like to read books as a tool for relaxation.

H) **Mental Training-**

For getting success in the sports physical as well as mental fitness is also needed. So the mental training plays an important role in the development of sports. It is a

systematic way to control restless mind so that mental energy isn't wasted and the mind is focused on sports. Restless mind can't perform well because the skill of a player is totally dependent on the state of his mind. For this one needs to understand the process thought and the power it wields over actual performance. For achieving great success the mind should be quiet. The player should try to hide his tensions as everyone expects him to get success in every match. The mental training will differ from person to person.

For the improvement of mental stability there are following ways-

1. The breathing exercise has favourable effects on the functioning of mind as well as body also. The player should start from one minute and can increase the period as per requirement but later than twenty minutes. Undue haste in increasing the duration is of no use.
2. Body Control- When a person sits, he does not sit stable but does some movement. This instability should be controlled. For achieving body control a person should sit or lie down in any position he desires and once position is selected he should remain perfectly still in that position.
3. Bio feedback Training- Biofeedback apparatus like GSR100 helps to achieve the mind control in short period. This machine helps in exploring those areas of the mind which give peace feeling. Due to this it is easier to improve the physical performance.
4. Video Display- Players should watch the techniques of high class players with full concentration and try to analysis the areas where he can improve.

#### **I) Philosophical Training-**

The increase in exposure through print as well as electronic media, player has to keep a detachable attitude towards success as well as failure. Player is hailed as reincarnation of some past players and with equal alacrity thrown into dust bins if he fails to live up to his reputation. The philosophical training is a continuous process to be exercised every single living moment. It cannot be acquired by reading or allotting a few minutes every day. For this training

“Anusandhan” is necessary. It includes keeping and holding a thought in mind constantly till it shapes our actions and reactions. This training develops the attitude of a person towards the work. In this process all attention is to be directed to playing in the present without a thought of past failure or future glory. Holding these thoughts in mind is absolutely a continuous process which is to be followed every single moment. This develops a positive attitude towards general life which is also reflected in the game.

J) **Killing Instinct-**

It is always said that Indian players lack in killing instinct. This attitude cannot be measured. If we observe players having killing instinct, we can find that these players are perfectly fit all the time like Kapil Dev, Premchand Dogra etc. They show immense skill and they have an amazing concentration. Top ranked players have always such skills. A very cool temperament is necessary for thinking properly and then the player can translate thoughts into actions. Some players do not have a never to say die attitude. Sometimes players themselves think that they have not killing instinct. This may be due to loss of form. They can regain their form through proper training. The players lose concentration due to some emotional disturbances and excessive stress of individual life. In such conditions player should be made to know his faults.

K) **Prevention of injuries-**

It is usually said that prevention is better than cure. The player should try to prevent injuries so as to prevent the loss of fame and fortune due to injuries. In most of games nowadays a lot of safety measures have been introduced so that the risk of injuries will be minimized. In games like Boxing, Judo, Taekwondo, Marshal Arts, Baseball, Rugby etc helmets have been mandatory. Similarly in Hockey faceguards, helmets are used. Centre guards are also used in many games. Players should use these safety measures at the time of practice also. This will enable them to make use of safety measures and also to reduce the risk of injuries. Many times it is observed that players try to hide their injuries and participate in

the game. Such tolerance may lead to major injuries which will affect their career. Sometimes their coaches also compel them for participation though player is not fit due to injuries or illness. This also increases risk of major injuries and ultimately it affects player's career.

Sometimes due to the following reasons the risk of injuries increases-

1. Defective technique of game-Players should make use of appropriate technique of the game taught by his coach. They shouldn't try to make copy of others without proper knowledge. They should apply the technique which suits to their body structure and physical strength. In our country Tarundeep Roy (Archery) and Ritendersing Sodhi (Cricket) had to suffer a lot in their sports career due to wrong techniques.
2. Lack of knowledge about minor but high risk injuries- Sometimes player ignores some minor injuries or they do not care about it which may lead to major injuries in future. Immediate remedy should be done for these injuries.
3. **Careless attitude of players and their opponents-** Sometimes players as well as their opponents have careless attitude about wearing of safety measures. In such case organizers and officials should not allow such players to take part in the event. Famous Cricketer Raman Lamba lost his life when he was standing just near the wicket and the ball played by the batsman hit him on his chest which created a serious injury. He ultimately lost his life. Also John Carlos Ferrero's Tennis career affected due to careless attitude from him towards injuries. In national level Football matches there are few examples of serious injuries to players due to which players lost their lives.
4. Defective infrastructure, poor ground conditions, defective flooring in the sports complex- This is common and peculiar feature of Indian sports. We observe such negligence in most parts of the country. Inter school Kho-Kho, Kabaddi, Football competitions are organized in the rainy season that too on grounds which are

nothing but muddy grounds. Many indoor games are held in hall where there is leakage from the roof and the floor of the hall has become slippery. When national games were held in Bangaluru, during the competitions one part of slab of gallery fell down and some spectators were injured. The stadium was renovated just before opening ceremony of games which was defectively and hurriedly completed by the concerned contractor.

5. Use of old and defective equipments/apparatus also leads to injuries especially in sports like Gymnastics, Shooting, Diving such cases are commonly observed.
6. Sometimes players adopt unnecessary force for getting top level success which may lead to hamstring injuries e.g. if a thrower gives unnecessary force, he may suffer the shoulder injury and it may affect his career also.
7. Players should avoid using strength in a biomechanical unacceptable position of joints.
8. Sometimes injury happens due to repetitive movements over a prolonged period of time. These movements should be compensated by proper complimentary exercises.
9. Many times due to lack of flexibility may lead to injuries of muscles such as tearing of muscles. Players should judge their flexibility and capacity and then only do the actions relating to flexibility.
10. If players enter into event without warming up, it may lead to injuries to them. Players should make proper warming up before the event.
11. Many times proper fitness test is not carried before the participation in any national or international tournament. Proper medical evaluation is necessary for all players. Also the coach should have knowledge of players' primary health.



12. In our country many religious activities hamper the continuity of the training schedule of players. Players try to skip away from the camp which ultimately affects their fitness level. Especially, in case of the team games, if any player remains away from the camp, it becomes difficult for the coach to adjust the coordination and to make planning of the team work and also to make judgments about his fitness level in comparison with others. Coaches should have knowledge of Bio Mechanism of the body.

**L) Rehabilitation of injuries-**

1. Though a lot of care has been taken, injury happens and the timely rehabilitation of the same is very necessary. Many times players think that if injury happens, they will be kept outside and they try to neglect or hide injuries. Players shouldn't keep this attitude in mind. Depending on severity of injury, burden of expenses required for the treatment, effect of injury on the career, family and social situations, the player gets depressed. Thus rehabilitation of injury is necessary for the treatment as well for increasing the moral of the player. Rehabilitation can be done through the following ways-1. Rest:- Rest to the injured part is assured by elastic bandages, plaster or splints. The rest depends upon gravity of injury. In sports, sometimes inadequate rest or unnecessary prolonged rest may affect the career of the player. There are some examples like Ashish Nehra who was injured and had to take rest for few weeks. He was been replaced by S. Shrishant who did well in Bowling and after the recovery, Nehra had to wait for some time to find a place in Indian Cricket Team again.
2. For injured part, the exercises of static strength are necessary. These exercises should be done only within painless range of joint movement and static strength used should be short of pain. Passive exercises may be used only if muscle cannot be contracted voluntarily, either because of pain or because of weakness. Stretching exercises can buy done only when stretch can be applied at all without any pain. Endurance exercises are useful for non injured part and should be continued as early as possible.

3. Many times injuries may occur due to wrong technique adopted by the player. During the Rehabilitation process, the coach should make analysis of player's injury with the help of video clips of the matches and should try to make improvement in the technique of player. This can be done during the process of recovery of injuries. Such training helps players to maintain the coordination pathways in the extremity of injury.
4. Mental Training- During the process of recovery, such training is done with the help of Biofeedback apparatus or through the awareness techniques. It helps in actual healing process and also prepares the player for remaining season. Most of the time, injured player fears about losing chances of further participation, so mental training is necessary for him.
5. During the process of recovery from injuries, injured player should be given proper diet. If he is injured and still doing exercises with the help of other parts of the body, in such cases he should be given diet like plenty of fresh fruits, vegetables, dairy products, high protein food, bean sprouts etc. If the player is not in a position to make training, in such case there are chances of calories burning. So proper observation of calories must be made and diet should be given accordingly. While giving the diet, care should be taken that the weight of the player will not increase rapidly.
6. After recovery from injuries, player should be given proper training. If he is recovered from the any ligament or bone injuries, then in initial stages, the training should be initiated with the lighter exercises so as to increase his confidence level. During this training close observations are necessary about the injured part of the body is giving the response to such training. There should not be hurry in the initial activities otherwise there are chances that the injury will occur again and again. i.e. Sania Mirza many times has suffered from the injuries of knees as she does not give sufficient period required for the recovery of injuries.

**M) Cooling down-**

Cooling down is equally as important as warming up. Warming up exercise is done at the highest level. After the training is over or the competition is over, immediate rest should be avoided. Lactic acid is formed due to the exertion and if this acid is remained in the body, it may create stiffness to the body. During the process of cooling down exercises i.e. stretching etc, this acid is used by the body and the stiffness to the body is avoided. Players should take rest only after cooling down procedure is over. During cooling down, importance should be given on relaxation of the body.

**Talent Search Method-**

**The age and selection of the game-**

**Below 5 years-**

In USA, Russia and Australia, the children having age below one year, are given training of the swimming i. e floating on the water. Due to this the children's movements become more swift, active and reflexive. During this age parents should keep close watch on movements of the children. This will enable them to know which game will be suitable for him. The back stroke and breast stroke can be introduced to them as these strokes help easier movement of the child and also their hungriness which ultimately increase their physical fitness. Also easier exercises of Gymnastics, exercises related to rings can be introduced to them. The children may be given different things of different sizes which will enable to strengthen their muscles. In the primary level and also in the kinder garden levels, children are asked to do the exercise of Suryanamskar, Yogasanas however during this activity close watch be kept to ensure that they are doing those exercises with correct action or otherwise any wrong action may create injuries to them.

**Age from 5 to 8 years-**

Exercises of Gymnastics like single bar, double bar, hill climbing, rope climbing, other team games can be introduced to the child. During this age the talent about ability and liking of child about any specific game is recognized. It is the responsibility of an expert coach or sports teacher to keep close watch on movements, strength, flexibility of the child so that it will become easier to get knowledge about liking and natural talent of the

child. The talent search should be on the basis of scientific methods. e.g. For a good swimmer, the child should have long legs and hands. Or for Basketball, the player should have good height. In the initial period the children should be allowed to play many games in order to give them enough options for selecting their games.

Age from 8 to 12 years- In some games like Wrestling, Marshal Arts, Judo, Taekwondo and many other team events, the talent search should be done during this age because during this age muscles and strength required for these games is developed in the children. Indian players have more scope in the individual games as compared to team events. Only in Hockey India had dominated Olympic Games for many years, however now our country is far away from top level Hockey being played at Olympic level. In this period proper skill required for sports is developed among the children.

During the age from 12 to 18 years it is duty of coaches to ensure that the all round development in respect of endurance, strength, flexibility, speed and coordination will be done. Proper planned and systematic workout for this development should be done. During the training period, player should ensure that physical and mental injuries will be avoided. Players should avoid spicy, junk foods like pizza, burger etc. Proper care should be taken while taking outside food. The rest for 6 to 7 hours is necessary. For increasing the concentration, players have to do Yoga, meditation etc. All such exercises should be done under the guidance of any expert.

### **9.3 Some Suggestions made by the sportspersons and non-sportspersons-**

1. Overall drastic changes are needed.
2. Parents should be enlightened about sports development so that they give encouragement to their children
3. The sports associations should work as charity, without selfishness and any political interference.
4. Enthusiastic children should get information from parents and other seniors about technical changes in sports.

5. Players should be given preference in the Government job or at least the Government should ensure that the player will get good job after his sports career and irrespective of his failure at international events.
6. There should be good ground conditions, stadiums, appropriate diet, and medical facilities at the sports centres.
7. Senior players should get representation on organizations.
8. Selection should be done on merits for all teams at all level of sports.
9. Mental toughness should be given due weightage in training.
10. There should be coordination among players, coaches, organizers, referees and parents.
11. Proper training is needed from the childhood.
12. Players as well as coaches should be answerable for failure.
13. Sports development should be done at grass root level.
14. Players should be given information about use of medicines. Ayurvedic medicines should be given.
15. Training should be given as per individual capacity. We should have international standard training facilities in every state.
16. Inter club tournament at national level should be introduced in major games.
17. The Government should ensure that funds kept for sports are spent for them only.
18. While granting any facility to any industry, the Government should compel such industries to adopt one sportsman for long term.
19. Sports should be considered as our basic need by all.
20. Coaches need update training under the guidance from foreign coaches about changes at international level
21. Strict action is necessary against players who will give wrong proof of age and who will hide their true age.
22. Cash rewards should be introduced for talented players.
23. Our players lack killing instinct and determination for getting medals.
24. Players do not have enough confidence required at the top level competitions.

25. For sports development, the proper environment should be created so that children will be encouraged by the parents and by school authorities for making career in sports.

**Ref - 1.** International Olympic Committee, edited by A.Dirix, H.G.Knuttgen and K.Tittel (April 2012)- **The Olympic Book of Sports and Medicine”**

2. Jason Henderson and published by Carlton Books ltd in 2011- **Athletics-Field Events-From beginner to champion.**

## CHAPTER 10 - FURTHER SCOPE OF STUDIES

The researcher had made the overall research about the reasons for unsatisfactory performance of Indian players in the Olympic Games. The researcher is in the field of sports journalism for more than 30 years. Being the sports journalist, he has done this exercise through his observations & personal experience during the coverage of national and international sports competitions held in India.

His observations are the overall suggestions. There is a lot of scope for further deep research in the various fields like

1. Fitness- a) Physical, b) Mental,
2. Selection Procedure,
3. Sports Infrastructure,
4. Role of sports association and federations,
5. Training system & standard of coaches
6. Talent hunt and their problems,
7. Role of schools and colleges,
8. Role of media in development of sports,
9. Sports as a career option and support from parents,
10. Reward System for sportsmen and games,
11. Facilities available for players,
12. Role of the Government in sports development,
13. Sports Medicine and sports science,
14. Competitions and their standard
15. Common injuries observed
16. Technological development.

If we consider the above points in details, we can find that there is a lot of scope for further research. It is often argued that Indian players lack in physical as well as mental fitness. Indian players lack in killing instinct required for Olympic medal. The further

research can be done about reasons for lack of this fitness and also what measures should be taken to improve the same.

Also the selection procedure for Olympic Games is always being criticized by the media. It is argued that the selection of Indian team is not properly. e.g in case of Athletics, there are two qualifying standards A and B laid down for Olympic Games. Usually Indian players are selected on the basis of B standard and finishes in the lower rank. There is good scope for research about the standard taken by Indian Athletics Federation for selection of Athletes.

During the last 20 years, in sports sector, India has been in one of few leading nations for creating world class sports infrastructure. Yet India is not able to produce world class Olympic medal winners. It is often seen that such infrastructures became a white elephant for the Government. These infrastructures are not maintained properly or used for other purposes such as political meetings or marriage ceremonies. Why such things are happening? This subject can be taken for deep research.

Barring two-three associations, the role of sports association and federations in India is not up to the mark. The players who have won the Olympic medals have also expressed their concerns over the working of these sports associations. Even these players do not give any credit of their success to these associations. The research is necessary about how the working of these associations will improve and how these associations will play major role in the development of sports.

Training system and standard of coaches, these two aspects are always discussed in India at length. It is always argued that the training system in India has certain limitations and standard of coaching is not up to the level of international standard. There is further scope for research about necessary of foreign coaches and an improvement in training system in India.

It is usually said that India has enough talent to win a lot of medals in the Olympic Games but the talent search is not done efficiently and if at all the talent hunt is done, this talent is not developed appropriately. There are a lot of problems in the development of talent hunt. Reason for the same is the topic for further research.

The role of school and colleges in the development of sports has got significant importance. However in India, still the role played by the school and colleges in the



talent search and development of sports is insufficient. There is a lot of scope to make thorough research in this subject. Still in India, sports is not treated as a career. This adversely affects the career of sportsmen. They have to give importance to the education career. There is also scope for review of existing rewards system and facilities given to the players in India. In India, sportsmen have to depend on the Government for different facilities and financial aid. Hence the role played by the Government is very important in India. However this role is always being discussed at length and critically. The further research about this role is very necessary.

It is always said that the standard of competitions in India is very low. In these competitions, appropriate talent search is not done. Most of these competitions are organized only as routine and official purpose. No sports development aspect is given importance in these events. There is further scope for research about reasons behind them.

**1. Athletics-** This game is considered as the cream event for achieving rich haul of medals. But unfortunately, India has not won any medal in the prestigious event of the earth i.e Olympic Games after two medals won by Norman Pritchard in 1900 (The Great Britain had claimed these medals as India was under their control). There is further scope of research is to be made about why our athletes are not able to do better show at Olympic Games? What type of physical as well as mental fitness is required for achieving medals? Whether the diet and training schedule followed by our athletes is appropriate or not? Which exercises should be given to our players for improving their standard? Whether selection procedure of Indian team is appropriate & whether selection is done on the basis of Olympic qualifying standard?

Also there is scope for making study about the coaching methods implemented by national coaches. Whether these methods are appropriate or not? For which events, the guidance from the foreign coach is needed, this aspect also need to be studied.

**2. Wrestling-** Though this game is said to be Indian traditional game, India has so far won only four medals. It is always said that though Indian wrestlers have potential to win medals in the Olympic Games, Indian wrestlers do not make serious efforts for the success at the international level. Why this happens will be subject for further research.

**3. Shooting-** During the last ten years, Indian shooters have excelled in World level competitions even they have created world records also. However only four medals have been won by the Indian shooters in the Olympic Games. The research should be done why Indian players are not able to win more medals in this event.

4. Indian players have capacity to win more medals in Badminton, Boxing, Tennis, Weight-lifting etc. Prakash Padumone and Pullela Gopichand have won All England Championship the most prestigious event in Badminton; however they are not able to win medals in Olympic Games. Only Saina Nehwal has won a medal in Olympic Games. Many players won world level competitions Likewise Indian boxers have won many medals at international level competitions. Only Vijendersing and Mary Com have medals in Olympics. There is need for research to be made about where Indian players lack in achieving medals and what steps are to be taken by the organizers of these sports. India has potential to win more medals in individual events at Olympic Games. Only thing is that no proper importance and priority is given to these games. Sports organizers should be thrust on the games where India has potential to win medals.

## ANNEXURE

### Questionnaire

#### **The format of questionnaire prepared for interviews of Sportsmen**

Name of interviewee-

Age:

Status in sports-

Name of sports:

Since when in sports:

Performance in sports:

#### Questions-

1. What do you think about performance of India in Olympics?
2. Do you think that many players who aren't capable of playing in Olympics go to these games as holiday touring? - Yes/No
3. Do you think that India should not participate in these games until they are confident about getting medals? Yes/No
4. Do you think that selection for these games is done in appropriate manner? Yes/No
5. Do you think that efforts taken by the Government for games are enough? Yes/No
6. Do you think that Indian players need foreign coaches? Yes/No  
Do you think that training camps organized in foreign countries are useful? Yes/No  
What should be the total period of training and conditioning camps?-
7. Do you think that our players remain satisfied with success they get in local events? Yes/No
8. Do you think that facilities and concessions provided to players are satisfactory? - Yes/No
9. Do you think that sports other than Cricket get good publicity in India? Yes/No
10. Do you think that in India children in sports get enough encouragement for choosing sports as a career?
11. In school and colleges one hour has been made compulsory for sports. Do you think that this one hour will really increase the performance of players? Yes/No

### The format of questionnaire prepared for interviews of non-sportsmen

Name of interviewee-

Age:

Occupation: Service/Business:

#### Questions-

1. Do you know about Olympic Games? = Yes/No  
What do you know-?
2. What do you feel about performance of Indian players in Olympic Games?  
Whether it is satisfactory?–  
Satisfactory/Dissatisfactory/Best =
3. Do you think it is worth that for developing countries like India should spend a large amount on sports ?= Yes/No
4. What do you think about involvement of political leaders in sports?
5. Do you think that though players have capacity to achieve success, they fail to perform their best skills at an important point of their events? Yes/No  
What is reason for the same? =
6. Which is the national game of India? What do you think about India's performance in that game?
7. Do you think that excessive importance and coverage is given to Cricket? Yes/No
8. In school and colleges one hour has been made compulsory for sports. Do you think that this one hour will really increase the performance of players? Yes/No
9. Do you think that in India children in sports get enough encouragement as per expectations from them for choosing Sports as a career?

### **Observations about donations given by Sports Ministry**

Under the scheme of assistance to National Sports Federation, the Government of India provides assistance to National Sports Federations for conducting national championships and international tournaments in India, participation in international tournaments abroad, organizing coaching camps, procurement of sports equipments, and engagement of foreign coaches and disbursement of salaries of the paid joint/assistant secretaries.

During the period from under this scheme the financial assistance was provided as under-

Year	Amount in lakhs
2004-05	3370.46
2005-06	3866.92
2006-07	3222.66
2007-08	4308.00 as on 1/1/2008

The sports ministry does not consider the standard and importance of the game either at national or international level. It does not consider what quality of that game is. Whether that game has some recognition or respect at the national or international level? Whether the game is Olympic standard or World level standard?

Here are some observations in this respect-

1. The sports department has sanctioned Rs. 42 lakhs to Atya Patya Federation of India during the period from 2004 to 2007-08. This game is very limited to some parts of the country and there are three kinds of this game and the popularity of this game is decreasing. Though this amount may be sanctioned with the aim of canvassing the game, but no one from Sports Ministry has made observations about whether this game has really picked up the weightage?
2. The sports department has sanctioned an amount of Rs.43.50 lakhs to Tennis-Koit Federation, Rs. 41 lakhs to Tennis Ball Cricket Federation. Rs.48.25 lakhs to Korfball Federation of India.Rs.28.82 lakhs to Throwball Federation of India, Rs.28.50 lakhs to Netball Federation, Rs.24 lakhs to Roller Skating Federation. These games really do not have any international or national standard. The only

thing is that all these federations have been backed up by the political leaders and they are formed in the interest of votes to be received from these federations for election of IOA.

3. Tug of War Federation has also received Rs. 47 lakhs during 2004 to 2008. This sport is also not recognized game. This federation was sanctioned an amount of Rs.12.50 lakhs in 2004 from the Sports Ministry while the game like Swimming which is an Olympic event received Rs.11.76 lakhs during the same year.
4. In the same year an amount of Rs.2.02 crores was given to Indian Polo Association. This game is being played only among military officials and it is not an Olympic event. During the same year Olympic medals prospective games like Gymnastics and Swimming received Rs. 36 lakhs and Rs.60 lakhs respectively.
5. During the same year an amount of Rs.5 lakhs each (total Rs. 62.50 lakhs to the entire team) has been given to each member of Indian Kabaddi team which won Gold Medal in Asian Games. Though Indian team won the Gold Medal, there were very limited opponents in the competitions. Similarly in 2012, Maharashtra state Government announced the prize of Rs. One Crore each for three Maharashtrian players of World Cup winning Indian ladies team. Though this was world cup event, only six countries participated in this meet and the standard of the game was very poor. This amount seems to be exorbitant considering the limited level of competitions at Asian and also World Level.
6. Though schools are said to be prime of source for sportsmen, yet no serious efforts are seen at the Government level. In the budget of 2006-07, there was no provision for grants for promotion of sports and games in schools, colleges and universities. Also it is usually observed that there is a lot of talent in rural areas. But provision for grants to rural schools for the development of playfield and purchase of sports equipments was only for Rs, 20 lakhs.
7. During the year 2004-05 an amount of Rs.225.35 lakhs have been given to Wrestling Federation, while in the year 2006-07 the federation got Rs,32.58 lakhs and in the year 2007-08 (up to 31.1.2008). Wrestling Federation got around Rs. 6.15 lakhs.

8. Though Archery is said to be a cream event for getting medals, Archery Association of India didn't get any amount during the year 2007-08 up to (31/1/2008)
9. It has been observed that though the Government had given a sizeable financial assistance, it had failed to make their publicity about the role played by it in the success of a player e.g. the Government had given the financial assistance to the tune of Rs.1.06 crores to the shooter Abhinav Bindra and Rs.1.24 crores to Rajyavardhan Singh Rathore during the period from 2001 to 2008. Abhinav got Gold in Olympic Games while Rathore got Silver in Olympics. At the time of publicity no importance was given on the role played by the Government in their success. In fact all the credit of their success was given to their individual efforts. No doubt the credit of success lies solely on them, yet the financial role played by the Government in their success cannot be ignored.

**Shortage of Staff at Sports Authority of India-**

Sports Authority of India is an apex body of the Government through which various schemes like training, funding etc. of sports development are implemented. Mr. Ajay Maken the sports minister of the central Government himself agreed during the question hour in the parliament that SAI is short of coaches/staff for the training and other activities related to sports and youth development. Various youth development activities are carried through Nehru Yuva Kendra Sanstha.

Mr. Maken told that though about 240 posts of coaches, 364 posts of other supportive staff in sports department have been sanctioned for various training institutes run by the SAI they are lying vacant as on 31/12/2011. The process of recruitment was initiated in 1996-97 however it was cancelled subsequently by the competent authority and later it was challenged in the Delhi High Court. The said matter was still in the court as on 31/12/2011. For the time being as an interim measure SAI was permitted to engage coaches on a contract basis as and when required.

Mr. M S Gill who was Union Sports Minister in 2009 also agreed that the sports sector is running short of coaches. He also stated that due to technical problems, lengthy

procedure and bureaucracy in Government departments; coaches are not recruited in time.

### **Foreign Coaches-**

It is always said that Indian players need the training under foreign expertise coach. During last 10 years various sports federations as well as the Government have also recognized the importance of foreign coaches for our players. Usually foreign coaches are useful for the purpose of advanced technique, physical and mental training, recovery.

During the period from 2002 to 2008, the Government has given financial assistance of 14.83 lakhs dollars for the appointment of 22 foreign coaches. The game wise position is as follows-The position as on 1/1/2012.

1. Athletics- Total nine coaches were appointed for short as well as long term. Yet not a single medal was achieved by any athlete in Olympic Games after the independence.
2. Shooting- Two coaches were appointed for this game. India got one Gold and one silver medal. Presently there are about five foreign coaches appointed for Indian shooters.
3. Judo and Table Tennis- For each game two coaches were financed by the Government, however the performance of players was far away from Olympic standard.
4. Badminton, Basketball, Boxing, Canoeing, Kayaking, Weightlifting, Squash, - For each game one foreign coach was appointed. Only in Boxing and Weightlifting, India got bronze medal at the Olympic level.

For London Olympics the Government has given an assistance of Rs. 13 crore to Indian shooters who have qualified for these games in 2011-12. This amount was given under National Sports Development Fund for coaching under foreign coaches, equipments, participation in foreign meets, ammunition etc.



### **Sports Scholarships Scheme-**

This scheme was launched in the year 1970-71 for assisting talented boys and girls for their outstanding performances. There are following three categories of scholarships-

1. State level scholarship- Rs.550/-p. m.
2. National level scholarship- Rs.700/-p. m.
3. University/College level Scholarship Rs.850/-p. m.

Besides above special scholarship is given to the women which is as follows-

1. Senior women champions- Rs.1500/-p. m.
2. Women doing diploma Rs.7500/- for diploma course
3. Women doing M.Phil./Ph.D. Rs.10000/-annum

During the year total amount of Rs.7.26 crores was kept for disbursement of scholarship to 9694 applicants.

### **The reward/scholarships/pension schemes for meritorious players-**

A) Special awards to winners in international sports events and their coaches-

Amount Rs. In lacs.

Sr.No.	Name of the game	Gold Medal / First Position	Silver Medal / Second Position	Third Medal / Third Position
01.	Olympic Games	50.00	30.00	20.00
02.	Official world cup / Asian and Commonwealth games	10.00	5.00	3.00
03.	Asian and Commonwealth Championships	3.00	2.00	1.50

Above scheme was launched in the year 1994. During the financial year 2007-08, an amount of Rs.13.37 crores was released till February 2008 and cash award was given to 504 players and coaches.

**B) Pension to meritorious players-**

1. Medalists at the Olympic Games	Rs. 10000/- per month
2. Gold Medalists at the World Cups/ World Championships of Olympics and Asian Games disciplines	Rs. 8000/-p. m
3. Silver/Bronze medalists at the World Cups/World Championships of Olympics and Asian Games disciplines	Rs. 7000/-p. m
4. Gold Medalists of the Asian/ Commonwealth Games	Rs. 7000/-p. m
5. Silver/Bronze Medalists of Asian/ Commonwealth Games	Rs.6000/-p. m
6. Gold Medalists of Para Olympics	Rs.5000/-p. m
7. Silver Medalists of Para Olympics	Rs.4000/-p. m
8. Bronze Medalists of Para Olympics	Rs.3000/- p. m

\*\*\*\* Presently about 500 players are getting such pension.

This scheme was launched in the year 1994 and later amended in 2008

Remarks against the interest of sportsmen relating to the funds donated by the Sports Department-(Report of the Central Auditor General for the year 2005, 2006, 2007)

1. Blocking of unspent grant-The sports ministry failed to recover the unspent grant from the first Afro Asian Games-2001 Organizing Committee despite the indefinite postponement of these games, resulting in blocking of Rs.5.82 crores for 22 months. It still retained Rs.1.06 crores even after 30 months of postponement of games. The Government didn't get any interest on these funds as these funds were transferred to games committee.

2. Penalty due to low power factor-Sports Authority of India (SAI) paid penalty of Rs.1.95 crores for the period from August 1997 to January 2001 for not maintaining the power factor at the prescribed level.
3. Non utilization of Equipment- Sports Authority of India(SAI) failed to utilize the equipment worth Rs.1.10 crores purchases (1988-2004)
4. Inadmissible expenditure- Sports Authority of India (SAI) incurred irregular expenditure of Rs.72.03 lakhs on vehicles and mobiles/phones provided to its chairpersons/vice-chairperson and their personal staff.
5. Avoidable Interest Payment- Sports Authority of India (SAI) could not pursue a case in court of law resulted in avoidable interest payment of Rs.12.75 lakhs.
6. Nehru Yuva Kendra Sanghatan- Unauthorized occupation of space belonging to the Sports Authority of India (SAI) and sublet it to private contractors free of rent for running a canteen. This irregular action resulted in creating a liability of Rs.24.24 lakhs towards the rent for this space as demanded by the Sports Authority of India (SAI) for the period from March 1998 to 2006.
7. Sports Authority of India (SAI) short recovered service tax from its clients for providing its stadiums for organizing functions during July 1997 to September 2004 and incurred expenditure of Rs.25.56 lakhs out of its own funds for depositing the tax, it had to pay the interest of Rs.38.09 lakh due to late payment of service tax. The total expenditure was Rs.63.65 lakhs.

### **Review of the Government's spending on sports**

The Youth Affairs and Sports Ministry has been allocated Rs 1,121 crores in the annual budget for 2011-12, which is nearly one-third of last year's Rs 3,315.67 crores. In the year 20010-11 the budget allocation was Rs 3315.67 crores while in 2009-10, it was Rs 3,670.13 crores. In 2011-12 budget allocation of Rs 688.67 crores for sports and games while Rs 311.39 crores has been earmarked for Youth Welfare Scheme.

1. Other programs, including Schemes for the Benefit of North Eastern Area and Sikkim, will get Rs 106 crores. The remaining 14.52 crores have been allocated under the head Secretariat-Social Services.
2. Under the sports and games head, Sports Authority of India will get the highest amount of Rs 287 crores while Rs 100 crores has been earmarked for Assistance to National Sports Federations -- as against Rs 112 crores in last year.
3. Rs 14.50 crores have been allocated for Anti-Doping Activities, which is just Rs 50 lakh more than last year's amount. National Dope Test Laboratory will get Rs 12 crores, Rs 50 lakh more than last year.
4. Laxmi National Institute of Physical Education in Gwalior has been allocated a separate Rd 24.63 crores while Rs six crores has been earmarked for Incentive to Sportspersons. The various schemes under Panchayat Yuva Krida and Khel Abhiyan (PYKKA) will get Rs 205 crores while Rs 35 crores has been earmarked for Urban Sports Infrastructure Scheme.
5. **There was no allocation for National Sports Development Fund this year as against Rs 15 crores and Rs 8.12 crores provided in 2009-10 and 2010-11 respectively.**
6. Among the various heads of Youth Welfare Schemes, the highest amount of Rs 123.40 crores has been earmarked for Nehru Yuva Kendra Sanghathan while the National Service Scheme will get Rs 87.87 crores. Rajiv Gandhi National Institute of Youth Development has been allocated Rs 10.80 crores.

**Medal-wise Performance of India in Olympic Games**

<b>Year</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total</b>
1896	-	-	-	-
1900	-	2*	-	2
1904	-	-	-	-
1908	-	-	-	-
1912	-	-	-	-
1920	-	-	-	-
1924	-	-	-	-
1928	1	-	-	1
1932	1	-	-	1
1936	1	-	-	1
1948	1	-	-	1
1952	1	-	1	2
1956	1	-	-	1
1960	-	1	-	1
1964	1	-	-	1
1968	-	-	1	1
1972	-	-	1	1
1976	-	-	-	-
1980	1	-	-	1
1984	-	-	-	-
1988	-	-	-	-
1992	-	-	-	-
1996	-	-	1	1
2000	-	-	1	1
2004	-	1	-	1
2008	1	-	2	3
2012	-	2	4	6
<b>Total</b>	<b>9</b>	<b>6</b>	<b>11</b>	<b>26</b>

- **The two medals are won by Norman Pritchard who represented in these games. As at that time India was under British control, these medals have been claimed by the British authorities.**

**List of medal winners' top ten nations and India's achievement**

<b>Name of Country</b>	<b>Total no. of tournaments played</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total no. medals achieved</b>	<b>Average medals per tournament</b>
<b>USA</b>	<b>26</b>	<b>976</b>	<b>759</b>	<b>667</b>	<b>2402</b>	<b>92</b>
<b>Russia</b>	<b>10</b>	<b>419</b>	<b>345</b>	<b>328</b>	<b>1092</b>	<b>109</b>
<b>England</b>	<b>27</b>	<b>236</b>	<b>272</b>	<b>272</b>	<b>780</b>	<b>29</b>
<b>France</b>	<b>27</b>	<b>202</b>	<b>223</b>	<b>245</b>	<b>670</b>	<b>25</b>
<b>Italy</b>	<b>26</b>	<b>198</b>	<b>167</b>	<b>185</b>	<b>550</b>	<b>21</b>
<b>China</b>	<b>9</b>	<b>201</b>	<b>144</b>	<b>129</b>	<b>474</b>	<b>53</b>
<b>Germany</b>	<b>15</b>	<b>174</b>	<b>182</b>	<b>217</b>	<b>573</b>	<b>38</b>
<b>Hungary</b>	<b>25</b>	<b>167</b>	<b>144</b>	<b>173</b>	<b>475</b>	<b>19</b>
<b>Sweden</b>	<b>26</b>	<b>143</b>	<b>164</b>	<b>176</b>	<b>483</b>	<b>19</b>
<b>Australia</b>	<b>26</b>	<b>142</b>	<b>153</b>	<b>188</b>	<b>473</b>	<b>19</b>
<b>India</b>	<b>23</b>	<b>9</b>	<b>6</b>	<b>11</b>	<b>26</b>	<b>1</b>

**India's ranking in medal tally where they got medals**

<b>Year</b>	<b>Place</b>	<b>Ranking</b>
<b>1900</b>	<b>Paris</b>	<b>17<sup>th</sup></b>
<b>1928</b>	<b>Amsterdam</b>	<b>24<sup>th</sup></b>
<b>1932</b>	<b>Los Angeles</b>	<b>19<sup>th</sup></b>
<b>1936</b>	<b>Berlin</b>	<b>20<sup>th</sup></b>
<b>1948</b>	<b>London</b>	<b>22<sup>nd</sup></b>
<b>1952</b>	<b>Helsinki</b>	<b>26<sup>th</sup></b>
<b>1956</b>	<b>Melbourne</b>	<b>24<sup>th</sup></b>
<b>1960</b>	<b>Rome</b>	<b>32<sup>nd</sup></b>
<b>1964</b>	<b>Tokyo</b>	<b>24<sup>th</sup></b>
<b>1968</b>	<b>Mexico City</b>	<b>42<sup>nd</sup></b>
<b>1972</b>	<b>Munich</b>	<b>43<sup>rd</sup></b>
<b>1980</b>	<b>Moscow</b>	<b>23<sup>rd</sup></b>
<b>1996</b>	<b>Atlanta</b>	<b>71<sup>st</sup></b>
<b>2000</b>	<b>Sydney</b>	<b>70<sup>th</sup></b>
<b>2004</b>	<b>Athens</b>	<b>65<sup>th</sup></b>
<b>2008</b>	<b>Beijing</b>	<b>50<sup>th</sup></b>
<b>2012</b>	<b>London</b>	<b>55<sup>th</sup></b>

**Medalists from India in Olympic Games**

<b>Games</b>	<b>Name</b>	<b>Sport</b>	<b>Event</b>	<b>Medal</b>
<b>Paris 1900</b>	<b>Norman Pritchard*</b>	<b>Athletics</b>	<b>Men's 200 mts running</b>	<b>Silver</b>
<b>Paris 1900</b>	<b>Norman Pritchard*</b>	<b>Athletics</b>	<b>Men's 200 mts hurdles</b>	<b>Silver</b>
<b>Amsterdam 1928</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Gold</b>
<b>Los Angeles 1932</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Gold</b>
<b>Berlin 1936</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Gold</b>
<b>London 1948</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Gold</b>
<b>Helsinki 1952</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Gold</b>
<b>Helsinki 1952</b>	<b>Khashaba Jadhav</b>	<b>Wrestling</b>	<b>Men Freestyle 58 kg</b>	<b>Bronze</b>
<b>Melbourne 1956</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Gold</b>
<b>Rome 1960</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Silver</b>
<b>Tokyo 1964</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Gold</b>
<b>Mexico City 1968</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Bronze</b>
<b>Munich 1972</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Bronze</b>
<b>Moscow 1980</b>	<b>National Hockey Team</b>	<b>Hockey</b>	<b>Men</b>	<b>Gold</b>
<b>Atlanta 1996</b>	<b>Leander Paes</b>	<b>Tennis</b>	<b>Men Singles</b>	<b>Bronze</b>
<b>Sydney 2000</b>	<b>Karnam Malleshwari</b>	<b>Weight lifting</b>	<b>Women- 69 kg</b>	<b>Bronze</b>
<b>Athens 2004</b>	<b>Rajvardhansing Rathod</b>	<b>Shooting</b>	<b>Men Double Trap</b>	<b>Silver</b>
<b>Beijing 2008</b>	<b>Abhinav Bindra</b>	<b>Shooting</b>	<b>Men 10 km</b>	<b>Gold</b>



			<b>air rifle</b>	
<b>Beijing 2008</b>	<b>Vijendersingh</b>	<b>Boxing</b>	<b>Men 75 kg</b>	<b>Bronze</b>
<b>Beijing 2008</b>	<b>Sushilkumar Solanki</b>	<b>Wrestling</b>	<b>Men Freestyle 66 kg</b>	<b>Bronze</b>
<b>London 2012</b>	<b>Sushilkumar Solanki</b>	<b>Wrestling</b>	<b>Men Freestyle</b>	<b>Silver</b>
<b>London 2012</b>	<b>Yogeshwar Dutta</b>	<b>Wrestling</b>	<b>Men Freestyle</b>	<b>Bronze</b>
<b>London 2012</b>	<b>Vijaykumar Sharma</b>	<b>Shooting</b>	<b>25 mts. Rapid fire</b>	<b>Silver</b>
<b>London 2012</b>	<b>Gagan Narang</b>	<b>Shooting</b>	<b>10 mts Air rifle</b>	<b>Bronze</b>
<b>London 2012</b>	<b>M C Mary Kom</b>	<b>Boxing</b>	<b>Women 51 kg</b>	<b>Bronze</b>
<b>London 2012</b>	<b>Saina Nehwal</b>	<b>Badminton</b>	<b>Women Singles</b>	<b>Bronze</b>

- **Norman Pritchard's medals are not treated as Indian medals since at that time India was under the control of England**

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[ioa@nde.vsnl.net.in](mailto:ioa@nde.vsnl.net.in) or [www.nocindia.nic.in](http://www.nocindia.nic.in) (Indian Olympic Association)

[mah\\_aafi@yahoo.com](mailto:mah_aafi@yahoo.com) (Maharashtra Amateur Athletics Association)

[marathonpune@yahoo.com](mailto:marathonpune@yahoo.com) (Pune International Marathon Trust)

[info@intbadfed.org](mailto:info@intbadfed.org) (International Badminton Federation)

[info@archery.org](mailto:info@archery.org) (International Archery Federation)

[issfmunich@compuserve.com](mailto:issfmunich@compuserve.com) (International Shooting Sports Federation)

[Itf@itftennis.com](http://Itf@itftennis.com) (International Tennis Federation)

[www.asia@aa.iaaf.org](http://www.asia@aa.iaaf.org) or [www.asianathletics.org](http://www.asianathletics.org) (Asian Amateur Athletics Association)

[www.badmintonindia.org](http://www.badmintonindia.org) (Badminton Association of India)

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