

Efficacy of Sports Academies in Social Development of Sportspersons in India

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ABSTRACT

This article observes the process of leading sportsmanship in India: A sports academy is as important for any player as a school for book knowledge; Children learn all the nuances of the game, not only about the development of physical ability, but also about mental development. Training and development enhances the quality of sportspersons and sports academies around the world and provides sports talent with a greater opportunity to master in their favorite sport. Sports training academies include disciplinary and rigorous sportsmanship and passion for sports by people trained in sports. It is said that a good coach plays a meaningful and important role in the development of sports in a young boy or girl by adopting professional and technical methods. Over the years, we have seen that sportspersons from our country have shown unprecedented sporting talent in some sports such as Archery, Athletics, Boxing, Fencing, Judo, Rowing, Shooting, Weightlifting, Wrestling have won medals and honours, not only in India but in sports competitions held all over the world. Players are not only the behind this success, but some academies / schools / institutes of India have also contributed positively towards the better performance of the young players. The country has produced meaningful and historical sports results in this era. There are some good Government and Non-government academies in various states of India today; the people who run these academies are either current players or retired players so they know the winning strategy.

The objective of Sports Academies are to create a structured performance pathway for talented sports personnel's and sometimes to coaches also to upgrade the technical knowhow in the arena of sport along with to conduct applied research with a view to ornamental coach and students performance to solve problems in **sports** and solutions by adopting different new applications and practices according preset standards of sports.

Sports Academies & Training Centre are being collaborated with the State Government and Central Government and Union Territory Administrations. The trainees are admitted into the scheme on residential and non-residential basis where they are funded by the government with a mission to:

Trained to talented young sportspersons.

Categorize those who are keen interested to look forward the careers in sport with proficiency sports.

Identify those who have shown their natural potential at initial level of sports competitions.

Provide in-house coaching, training and dietary consultation to sportspersons.

The Sports Authority of India (SAI) (भारतीय खेल प्राधिकरण) is the apex national sports body of India,

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established in 1984 by the Ministry of Youth Affairs and Sports of Government of India for the development of sport in India. The Head Office of Sports Authority of India having its National Head Office at Jawaharlal Nehru Stadium, Delhi.

Institutions under Sports Authority of India for Sportsman:

Sports Academic Institutions	:	02
Regional Centers of Sports Authority of India	:	10
Centre of Excellence	:	14
Sports Training Centers	:	56
Special Area Games	:	20

Sports Authority of India also manages Netaji Subhash High Altitude Training Games along with 5 **Stadiums in the National Capital Delhi** namely Jawaharlal Nehru Stadium, Indira Gandhi Arena, Dhyan Chand National Stadium, SPM Swinging Pool Complex and Dr. Karni Singh Shooting Range.

Apart from the Government Sports Academy, approximate 2450 sports academies in the country are trying to master the players of India in various sports, including Archery, Athletics, Boxing, Fencing, Judo, Rowing, Shooting, Weightlifting, Wrestling, Hockey & Football, Kabaddi etc. games.

It is indeed a matter of great surprise to quote that many sports whose birthplace country was India but very few Indians are known which sports were discovered by Indians. But after the victorious campaign of the British and Arabs, India's glorious history was destroyed and its own history was glorified and promoted. Therefore, the British declared themselves civilized and the entire world uncivilized. Even after Independence; we could not provide our Guardianship as protector these games in a broader sense and other countries have given their country's name to these sports and made the theme of International attraction for these games. This is to be noted that most of Olympic Games were invented by India. The small brief of such games are as under:

Chess: Chess is considered to be a brain game around the world the game was first invented by Ravana's wife Mandodari. According to mythological scriptures, this game was invented by Queen Mandodari of Lanka's King Ravana with the aim that her husband Ravana could not spend all his time in war. According to 'Amarkosh' its ancient name was 'Chaturangini' which means army with 4 limbs. This game was very popular in the Gupta period. Earlier the name of this game was Chaturanga but due to the influence of Persians in 6th century it came to be called Chess. When the game reached Europe through the Iranians, it came to be called **CHESS**.

Kabaddi: **Kabaddi** is a collective sport, played predominantly in India. The game is also known as Chedugudu in South India and Hu Tu Tu in the East. The origin of this game in India is believed to be from prehistoric times. The game was used to teach people the qualities of self-defense or hunting.

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Kabaddi was played by Lord Krishna and his companions during the Mahabharata period. This matter is mentioned in a copperplate. Framing Abhimanyu in Chakravayuh is an example of this game.

Kho-kho (kho-kho): Kho-kho is one of the earliest forms of plains games that can be traced to prehistoric India. It was discovered primarily to develop the skills of self-defense, attack and counter-attack.

Chaupar Dice: It is also called Chase, Pachisi and Chaucer. This is the type of texture of beds etc. in which the shape of Chaucer is made. Actually, this game is a gambling game. This game was played between the Kauravas and the Pandavas in the Mahabharata period and the Pandavas were defeated in it. In the Muslim period, this game was played in the houses of the government and ordinary people under the name of 'Pansa'. This game is still popular today.

Polo or Sagol Kangjet: This equestrian sport of modern polo was played in the Indian state of Manipur in 34 AD. It was called 'Sagol Kangjet'. Sagol (horse), Kang (ball) and Jet (stick like hockey). Later, the Muslim rulers played 'Bujkashi' sitting on a horse in the same way as the Chaugan (polo) and the Afghans, but the game of Bujkashi was very cruel. The game of Sagol Kangjet was learned by the British from the tea planters of eastern India, and later by making its rules etc., in the 19th century, it was propagated in the European countries by the name of Polo.

Archery: Archery was invented in India. There are innumerable evidences of this. It is also called bow and arrow in English. There is also an ancient Veda by the name of Dhanurveda in which this knowledge is explained in detail. It was a competition in Gurukul while teaching this discipline.

Wrestle: There is mention Bhima in the Mahabharata period of wrestling with his companions. Wrestling is an ancient sport, art and entertainment tool. It often occurs between two people in which the player tries to hold his opponent in a particular position. Wrestling exemplifies Dara Singh, Gama Pahalwan and Guru Hanuman. Wrestling competition is also called Dangal. Its players are called wrestlers and its ground is called the arena. Shaivite saints of India had been playing this game since ancient times, through which their body remained as athletic.

In today's competitive environment, a sports academy plays an important role for any player as a student who acquire deep knowledge of the subject specialist through in a school with the help of books in a school just same manner in the sports academy an authorized expert related to the game is trying to teach each & every nuance of that particular sport to a player; so that skill and physical ability as well brainy skill on the basis of international standards of a player can be developed according to player's area of interest pertaining to specified sport adopted by he or she.

We all felt that for the last few decades, the performance of Indian players in any of the international sports events, whether it is Olympic, Asian Games or Commonwealth, was very low in the race for Indian sports medals. But in the last decade, our players have shown their sporting talent and have won many gold, silver and bronze medals and raised our name to the world of sports. This radical change in the talent and skill of the players is due to the Sports Academy, where our players have been trained in sports based on hard work and modern technology and prepared according to

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international standards under the supervision of professional trainers with modern sports equipment was strengthened to our sports persons.

Today, in order to encouragement of sportspersons in our country, the players are being offered allowance during practice session with desired equipments, facilities and also medal winning players are offering a grand lump sum amount and job at high positions to create heroism feeling in players, so that more and more players may be given their valuable contribution towards sports. By adding such practices, Government is honestly effortful that country can be distinguished in sports by ensuring its respectable position on the world sports table.

Therefore, it can be said that the sports technology accessible by the sports academies have proved to be a milestone in success. Current physical educators, healthcare professionals, fitness professionals, sports coaches, and institution of higher education faculty preparing students for these occupations must begin to take the necessary steps to eliminate weight bias in line with the sports environment. It is suggested that an understanding should be developed with encouraging all members of the above communities towards the factors that make the strategy for weight gain for underweight and overweight individuals to lose weight.

CONCLUSION

An approach has to be developed by opting an appropriate counseling and cooperation as per Anthropometry; the dimension of body work of art is important in nutritional assessment and interference so that players can demonstrate their balanced weight and physical superiority according their opted sport, in addition available of reference data have to be measured while choose a suitable method for this purpose. Since a player has to possess sound physically and mentally health to play any sport with the intention of winning it, it is only then that he can be an excellent symbol of his sporting spirit with self-discipline. This would be better for the country and player himself.

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