

Innovation The Research Concept

Development of India As The Great Sporting Nation

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Abstract

India is a sporting nation and has been a hub for sports for many decades. Sports has always been seen as the activity of leisure due to which most of the children do not take up sports as the full-time profession. As playing a sport is a great way for children to take a break from academics and release the pressure of the academics. There has been various endeavours by the government in order to promote sports and encourage sports within children. Sport can majorly contribute to agendas such as educational achievement, public health, community cohesion and of course sporting performance at the highest level.

Keywords: Sports, Sports Performance, Physical Education.

Introduction

India is home to diverse cultures and different populations where people take interest in different sports. It has a tradition of playing sports and physical fitness. Cricket is the most popular sport in the country. In many games, India had garnered much acclaim in games like Hockey, Kabaddi, Kushti, etc. The country has won eight Olympic gold medals in field hockey. Kabaddi and Kushti are indigenous sport which is popular in the rural spaces of the country. India has won all the Kabaddi World Cups till today. For the development of sports, there had been many endeavours that took place in the last four decades. In recognition of the importance of sports, a separate department was set up in 1982, before the commencement of the 9th Asian Games. Subsequently, the first-ever National Sports Policy was announced in 1984. The Ministry of Human Resource Development was set up in 1985, to integrate efforts for the development of human potential in the areas of Education, Women and Child Development, Arts and culture, Youth Affairs and Sports through its constituent departments. The Sports Authority of India (SAI) was established in 1984 as a registered society in pursuance of a Government of India resolution. Its central objectives include the effective and optimum utilisation of various sports facilities and all matters about sports promotion and sports management. Recently, the Indian Government announced the Khelo India Games for promoting the Sports of the Students.

Objective of the Study

This primary objective of this paper is to encourage children to take up sports as a profession and that their parents shouldn't stop them from doing so. There should be good facilities with good coaches and infrastructure in the school so that children could grow in a particular sports and taken their games to incredible heights. The mass media should also encourage sports as it is one of the most influential medium in today's world. There should be world class facilities for them to compete in competitions from across the globe. Individual sports Leagues should there for every game in order to give every game the limelight that major games receives.

Main Text of the Study

Sports are considered to be part of the recreation in schools where children take up sports to spend his/his leisurely. The most important factor for the sports to grow is in the Schools where children could pursue a game from the grassroots level and their games could be heightened from his/her childhood which enables the individual to build confidence and create an environment in the Schools for others to take up the sports not just as a recreational activity but instead as something which they could pursue their entire life. Sports help children to build up their self-confidence as well as a character which helps them in their life. They boost the self-esteem within the children which they need at a very young age. Studies have shown that exercise increases blood flow to the brain and helps the body build more connections between nerves, leading to increased concentration, enhanced memory, stimulate creativity and better-developed problem-solving skills.

India, in the last few years, has made steady progress in the field of sports. Although there needs to be a tremendous level of potential that is needed to achieve success at the global level. We should encourage and inspire young talents and provide them with infrastructure and coaches of the highest quality.



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There should be increment in sports facilities in the rural space with adequate infrastructure and monetary funds. Rural spaces should also be the priority in order to increase and build more sportsperson. For India to be known as a great sporting nation, then we need to inculcate a strong spirit of participation in sports that enables athletes to demonstrate their true potential. Then only our country could realise its dream of becoming a superpower in the field of sports.

The potential in the youth of our country is unparalleled, the only thing they need is someone to channelise them to the right direction with great facilities as well as with the right instructors. Sports education should be provided to the athletes from the grassroots i.e. from the school level to see the children performing better and creating India a great sporting nation. There should be sports-based programs in the schools and colleges to encourage children and adults to take up sports as their full-time habit.

In the past decade and a half, India's Mass media had touched a new level with the coming of social networking sites and android phones which gave an instant push to the games that were lagging in the Indian culture. People were more interested in other sports than cricket because they could experience and watch other games easily with the coming of the internet and smartphones creating huge spectatorship for other games as well. Children and their parents were encouraged to participate in the games from a very early age because now they have heroes from other games as well. It wasn't just a cricket playing nation but many games came along and got recognition because there was more sportsperson whom people could admire and look up to. People had their new ideals without forgetting the old ones. Indian athletes were winning more accolades at the global level creating admiration amongst the people and their fan following increased immensely. One of the reasons other than that might be because of the league system in our country.

The first sports league that became a massive success in the country was IPL (Indian Premier League) starting in 2008 which was on the pretext of the leagues played in the Western countries. Cricketers from around the globe came in and participated to make it a huge success but what it also did was that Indian cricketers who were not part of the Senior Cricket team of India also came into the limelight and gained enormous recognition and spotlight from across the globe. It created and crafted players at the grassroots level where they were under better supervision as well as infrastructure right from the beginning of their careers. Taking the example of IPL many other sports leagues started in India like Pro Kabaddi launching in 2014, ISL (Indian Super League) for representing Football started in 2013, Pro Wrestling League launched in 2015, Premier Badminton League inaugurating in 2016, Hockey India League founded in 2013 and like these, there were many leagues which started in the last decade on the pretext of IPL giving a boom of encouragement to the players from the grassroots level and creating a whole league of players by enhancing their skills

and making them world-class players by providing them really good facilities and faculties.

Conclusion

India has created its name on the world stage in many games but it still needs many facilities and accolades to make its name in the top sports playing nations. It should inculcate sports not just as recreational activities in schools but also encourage children to take up sports as their career but giving them infrastructure, coaches as well as monetary funds. Sports should also be encouraged as a carrier in the rural spaces of our country where children and adults want to pursue sports but they aren't able to because there aren't any adequate facilities for them to prepare themselves for sports. There needs to be good infrastructure in the rural spaces with coaches of a good level who would guide the players to do wonders in their respective fields.

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