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KEY LIMITATIONS AND IMPROVEMENT FACTORS IN THE INDIAN SPORTS AT THE INTERNATIONAL GAMES AND OLYMPICS

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ABSTRACT

Thousands of competitors from across the globe compete in summer and winter sports contests at the contemporary Olympic Games, which are the premier international athletic events. More than 200 countries compete in the Olympic Games, which are regarded as the world's premier sporting event. Every four years, the Olympic Games alternate between the Summer and Winter editions, with the Winter Games taking place every other year. For us Indians and for our nation, India's Olympic performance sounds terrible. Approximately 1.2 billion people live in India, making it the world's second-largest country by population (or about 1/6 of the global population). It's the world's largest democracy. But why is India so far behind in the quest for Olympic Glory while having a population of over a billion people? Every self-respecting Indian is aware of India's underwhelming performance in the Olympics.

Keywords: *International Games and India, Indian Sportsmen and Performance, India in Olympics*

INTRODUCTION

India, a country of 1.3 billion people with a century of Olympic participation under its belt, has only won 28 medals. The USA, on the other side, has the most medals in its collection, with 2,522 to its name. This is obviously not the case of a country's population being exactly proportionate to the number of medals.

India has successfully sent a man into space, has been at the forefront of many scientific breakthroughs, and has compelled the rest of the world to recognise India's achievements in military and science & technology. If the Indian cricket team is regarded as one of the greatest in the world, why can't we apply the same level of commitment and ethics to other sports, including

the Olympic Games? The fact that we are the world's second-most populated and democratic nation really works against us in terms of bringing home a large number of Olympic gold.

Key Limitations in Sports

Cricket is given an excessive amount of attention.

As a nation, we're enamoured with just one sport: cricket. It's only at big events like the Olympics that non-olympic sports get some attention and support from the crowd. When football season ends, we have no idea who the best players in other sports are. They receive less attention, less sponsors, and fewer people hooting and cheering them on, and then we go about whining and insulting athletes when we don't win enough gold.

Infrastructure

Currently, we do not have enough infrastructure for athletes to train and practise, which would help them become more proficient and well-equipped to compete against world-class opponents. If our athletes had access to better facilities and could play all around the nation to remain in shape, that would have been ideal. The individuals in charge of sports federations are chosen because they are close friends of the governing party. However, despite their lack of knowledge of the activity or its requirements, they are selected to lead those who are dedicated to it. Even gold medallist Abhinav Bindra, from India, trained in Germany.

A scarcity of inspiration

Youth in India are discouraged from pursuing a profession in sports from an early age. Medical and engineering are major interests of our parents. And for girls, the situation is much more difficult due to the long list of disadvantages and obstacles they must overcome before their parents would allow them to play. In order to improve their job security, the majority of them had no choice but to stop playing sports. Similarly, India's preoccupation with cricket shows that we are great at chasing something that pays well.

Lack of resources and enough food

Athletes aren't given enough money to cover their basic expenses. Athletes don't have a steady stream of revenue, and the government offers little assistance during the early phases of their careers. It's been suggested that world-class athletes are more genetically and physically fit than the rest of us. Meanwhile, our athletes must depend on their own personal efforts to remain strong and healthy while receiving all the essential nutrients that are exclusive to athletes.

Ineffective management

Indian sports are plagued by administrative problems due to a lack of oversight. India's deficiency in this area may be attributed in part to the absence of former athletes on the administrative side of things. With each new budget, we have been able to improve the allocation of money to various areas of development while also growing our economy. However, despite the large number of young people interested in sports, only a small portion of government funding is dedicated to them. Enough with the IITs and IIMs; when are we going to see a sports-focused research institution?

Corruption in Politics

When it comes to sports, we as a country are rotten to the core. Corruption in sports favours wealthy candidates over less well-off ones, and this is why devoted and brilliant athletes from smaller cities are denied recognition. Politics has a significant impact on sports as well, which results in a dearth of genuine sports heroes in our country. Politicians make it a point to elevate only members of their own family, regardless of ability. Also, sports administration and management have simply become a new method of quickly filling pockets.

Improvements Required

Khelo Youth Games in India

Under-17 school kids and under-21 college students compete yearly in India's national interdisciplinary grassroots games known as Khelo India Youth Games, which take place in January or February. An annual scholarship of 5 lakh will be awarded to the top 1000 students for a period of eight years in order to help them prepare for international sports competitions. The Indian government has taken a bold step with this programme.

A group effort

Sports cannot be heavily subsidised in developing countries like India. There are many industrialists and businessmen in India who are willing to take on the duties of encouraging these gifted sportsmen and putting up the required facilities. Instead of rewarding them with millions of rupees, we should concentrate on providing them with basic facilities so that they may grow into better athletes.

There is an excessive amount of criticism

There has been a lot of dissatisfaction with Indian athletes' past performances. This has a negative impact on their self-esteem. It's important to remember that even if you disagree with their views, please refrain from criticising them. Despite the fact that you have no idea about their backgrounds, training, government backing, or financial resources, they nevertheless made it to the Olympics to compete against others who had these advantages.

Impartial

Gender inequality in sports means that although we may have plenty of Dhonis, we struggle to find Mary Kom and Sania Nehwal. A man and a woman are as diametrically opposed as sports and women. It is a social taboo for females to participate in athletics since they are seen as fragile and their abilities are questioned. This has to end immediately. Special measures should be put in place to promote female involvement in sports.

There should be openness to the system

There should be greater openness in the way players and board members are chosen. The leader of a sports regulating organisation should be a former athlete. Sportsmen will benefit from this as well, since it will open up new employment possibilities. Players should only be evaluated based on how well they perform, not on any other criteria.

As part of its Let's Play for Revitalising Sports in India initiative, the National Institution for Transforming India (NITI Aayog) has set a goal of winning 50 Olympic medals at the 2024 Summer Olympics.

Increasing efficiency

Sports in India have grown phenomenally in the last several years, thanks to mega-events like the Commonwealth Games 2010, Hockey World Cup, and Cricket World Cup, and medal wins abroad. India took home six medals in total at the 2012 Summer Olympics in London, including two silver and four bronze. Sushil Kumar, Abhinav Bindra, Mary Kom, Saina Nehwal, and Sania Mirza's accomplishments have already put India on the map of world sports as superstars. Seeing women in the driver's seat with some significant achievements fills us with pride.

Indians today firmly believe in sports' ability to influence people. Indian sports are undergoing a transformation. No longer does cricket provide all of India's citizens with a sense of pride. They're now able to participate in many kinds of sports. The recent success of Indian athletes in international competitions has ushered in a new age of Indian sports. Some of India's old sports have seen a resurgence thanks to instructors who were previously world-class athletes themselves. Badminton has been revitalised thanks in large part to Gopichand and Padukone. Mahesh Bhupathi's camps in India are a wonderful way to get kids to get outside and have some fun.

The job of regulating and marketing Indian sports has passed to a variety of Indian sports organisations, who want to push the sport to new heights. The Indian Olympic Association and the Sports Authority of India, two sports governing bodies, are striving to raise the bar in Indian sports by implementing different talent development initiatives. There are many sports academies and institutions dedicated to the development of Indian athletes and sportspeople. In addition, a number of corporations are stepping in to help financially strapped games. Sports promotion businesses in India's 1.3 billion-person country get an annual prize.

Our nation is brimming with potential; all our children and youngsters need today is guidance and inspiration. India will win more medals in the future if the government focuses on helping struggling athletes by giving appropriate training to develop their skills and also by providing financial assistance, infrastructure and facilities. Furthermore, it's past time for us to shift our focus from cricket to other sports and begin praising them as well! Sports in India have gone a long way and seem to be going in the right path. Instead of focusing only on international competitions, we should promote domestic sports like the Indian Premier League and the Premier Badminton League, as well as football and kabaddi leagues. Even the Olympic games might benefit from such competitions.

A lone Indian athlete, Norman Pritchard, won two silver medals in athletics in the 1900 Olympic Games and became the first Asian country to earn an Olympic medal.

After sending a team to the very first Olympic Summer Games in 1920, the United States has continued to do so ever since. Since the 1964 Winter Olympics, India has also sent athletes to the summer games.

At the Summer Olympics, Indian competitors brought home 35 medals. A era of dominance occurred between 1928 and 1980, when the Indian Men's Field Hockey Team won eleven gold in twelve Olympics. From 1928 through 1956, the team won eight gold medals in all, including six in a row.

Post-independence

India scores the third goal in the 1948 Olympic final against Britain. Indian sports federations started sending delegations of more than 50 competitors in a variety of sports to the Summer Olympics in 1948, thanks to the IOA's expanded reach. A chef-de-mission led the group. India's field hockey team defeated Great Britain in the Olympics final to take home the gold medal. As an independent country, India has never won a gold medal prior to winning this one.

A team led by Prime Minister Jawaharlal Nehru won the gold medal in 1952 in Helsinki.

Wrestler K. D. Jadhav earned India's first individual gold medal in the 1952 Summer Olympics in London. By beating Pakistan in the 1956 Summer Olympics final, the Indian field hockey team won their sixth consecutive gold medal. The Indian team's run of six consecutive Olympic gold medals was a record at the time. Only the United States men's and women's basketball teams have broken this record since.

The Canadian hockey team finished second at the 1960 Summer Olympics after losing in the final. At the 1964 Summer Olympics, the squad regained their composure by winning the gold medal. However, in the next two Olympics, she only managed to take home bronze medals.

For the first time since the 1924 Summer Olympics, India left empty-handed in 1976.

At the 1980 Summer Olympics, the Indian hockey team set a new milestone by winning a record-tying 8th gold medal.

In the next three Summer Olympics, India had to go home empty-handed. Tennis player Leander Paes earned a bronze medal in the men's singles event at the 1996 Summer Olympics in Atlanta, breaking a 16-year medal drought and becoming the first solo medal winner since 1952. .



Figure 1 : Sushil Kumar the first Indian athlete to win multiple individual Olympic medals since independence

K. Malleswari, the reigning Women's 69 kg World Championship gold winner, finished third in the weightlifting competition at the 2000 Sydney Olympics. It was the first time an Indian woman had ever won an Olympic medal.

Rajyavardhan Singh Rathore won silver in the Men's double trap shooting event at the 2004 Summer Olympics in Athens.

Abhinav Bindra became the first Indian to win an individual gold medal at the Olympic Games when he won the Men's 10 metre air rifle event in the 2008 Beijing Olympics.

Vijender Singh won a bronze medal in the Middleweight division, becoming the first Indian boxer to win a medal in the sport. The three medals won by India in that year's Olympics were the most up to that point. After then, the record was beaten to become the third greatest ever.

The 83-member Indian delegation to the London Olympics in 2012 established a new record and brought home six medals, a new high for the nation.

Wrestler Sushil Kumar became the first Indian after independence to win two Olympic medals in wrestling (bronze in 2008 and silver in 2012). Women's singles bronze medalist Saina Nehwal gave India its first badminton Olympic medal. With her bronze medal in the Women's flyweight category, boxer Mary Kom became the first Indian woman to earn a boxing medal. This was India's best showing until 2020, when it was surpassed. Men's 10 m air rifle champion Gagan Narang finished third. Vijay Kumar won silver in the men's 25-meter rapid fire pistol competition, giving him three medals in total.



Figure 2 : Olympics Bronze medalist Mary Kom

A total of 118 competitors participated in the 2016 Summer Olympics, which was a record amount. In the Women's freestyle 58 kg division, Sakshi Malik earned her maiden Olympic gold as India's first female wrestler. It was a historic day for shuttler P. V Sindhu, who won a silver medal in the Olympics at the age of 25 and became the first Indian woman to do so.

CONCLUSION

India sent a record number of 124 competitors to the Summer Olympics in 2020, which will be held in 2021. Saikhom Mirabai Chanu won a silver medal in the women's 49 kg weightlifting competition on the first day of the Olympics, making her the first Indian woman to do so. Sindhu went on to win the bronze medal match by a 3-0 score against China's He Bingjiao, becoming the first Indian woman to win two Olympic medals. Chopra became the second Indian to win a track & field individual gold with his victory in the Javelin throw (29). India took up

the bronze medal in men's field hockey. After winning a gold medal in Moscow in 1972, this was the first medal I'd earned in 41 years. Ravi Kumar Dahiya and Bajrang Punia both took home medals in the men's wrestling tournament. Women's boxing saw Olympic newcomer Lovlina Borgohain take home the bronze medal. She was the second woman to win an Olympic medal in her time in the history of the games. India's 7-medal haul is the most in the country's Olympic history.

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