



# EXCELLENT COACHINGS

CIVIL SERVICES, JUDICIAL SERVICES AND TEACHING SERVICES

## Sports

Sports and games have always been seen as an integral component in all-round development of human personality. Apart from being means of entertainment and physical fitness, sports plays crucial role in generation of spirit of healthy competition and bonding within the community. Achievements in sports have always been a source of national pride and prestige. With modern sports being highly competitive, the use of modern infrastructure, equipment and advanced scientific support has changed the scenario of sports at the international level. Keeping in line with the growing demands for advanced infrastructure, equipment and scientific support, Government of India has taken several initiatives and is providing the necessary assistance to sportspersons by way of training and exposure in international competitions backed up with scientific and equipment support.

### ***India at the Summer Olympics***

India's performance in Tokyo Olympic 2020 was excellent as compared to other years. India won one gold, two silver and four bronze. While Neeraj Chopra bagged gold in athletics, silver went to Saikhom Mirabai Chanu and Ravi Kumar Dahiya for weightlifting and wrestling, respectively, and bronze was won by the men's hockey team, P.V. Sindhu for badminton, Lovlina Borgohain for boxing and Bajrang Punia for wrestling.

### ***Paralympics***

A total of 17 athletes won a medal at the Tokyo Paralympics as India registered its best-ever haul at the mega event. India finished fourth with five gold medals, 8 silver, and 6 bronze. Avani Lekhara – gold for women's 10m air rifle shooting standing and bronze - women's 50m rifle 3 positions shooting; Sumit Antil - gold for men's javelin throw; Krishna Nagar - gold for - badminton men's singles; Manish Narwal - gold in - men's P4 mixed 50m pistol; Pramod Bhagat - gold in - badminton men's singles; Bhavinaben Patel - silver in - women's singles table tennis; Nishad Kumar - silver in - men's high jump; Devendra Jhajharia - silver for men's javelin throw; Yogesh Kathuniya - silver in - men's discus throw; Suhas L. Yathiraj - silver for - badminton men's singles; Mariyappan Thangavelu - silver in men's high jump; Singhraj Adhana - bronze in - men's 10m air pistol shooting ; and silver in - men's P4 mixed 50m pistol; Sundar Singh Gurjar - bronze in - men's javelin throw; Praveen Kumar - silver for - men's high jump ; Harvinder Singh - bronze - men's individual recurve - open archery, Manoj Sarkar - bronze in - badminton men's singles and Sharad Kumar - bronze in men's high jump.

## National Sports Policy

National Sports Policy, 2001, envisages mainly broadbasing and promotion of excellence in sports. The salient features of this Policy are: (i) broadbasing of sports and achievement of excellence; (ii) upgradation and development of infrastructure; (iii) support to national sports federations and other appropriate bodies; (iv) strengthening of scientific and coaching support to sports; (v) incentives to promote

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sports; (vi) enhanced participation of women, scheduled tribes and rural youth; (vii) involvement of corporate sector in sports promotion; and (viii) promotion of sports mindedness among the public at large.

## Sports Authority of India

The Sports Authority of India (SAI) was established in 1984 as a registered society primarily to ensure effective maintenance and optimum utilisation of the sports infrastructure that was built in Delhi during ASIAD, 1982. It is now the nodal agency in the country for broadbasing sports and for training of sportspersons to achieve excellence in national and international events. The Society for National Institute of Physical Education and Sports (SNIPES) was merged with SAI in 1987. Subsequently, Netaji Subhash National Institute of Sports (NSNIS), Patiala and its allied centres at Bengaluru, Kolkata and Gandhinagar, and Lakshmibai National College of Physical Education at Thiruvananthapuram came under SAI. It has now regional centres at Bengaluru, Gandhinagar, Kolkata, Sonapat, Bhopal, Imphal, Chandigarh and Lucknow. SAI also operates a High Altitude Training Center (HATC) at Shillaroo (HP). SAI operates various schemes at sub-junior, junior and senior levels, namely, National Sports Talent Contest (NSTC), Army Boys Sports Company (ABSC), SAI Training Centres (STC) and Special Area Games to achieve excellence at national and international levels. SAI has also set up centres of excellence for elite sportspersons at each of its regional centres and one at the National Institute of Sports, Patiala. With a view to promote sports on single discipline basis, National Sports Academies have been set up by SAI, in collaboration with the National Sports Federations to attract sports talent in the respective sports discipline in the age group of 14-25 years. The Scheme envisages modern training centres having state-of-the-art sports facilities, equipment, requisite sports science infrastructure as well as qualified personnel to meet the daily requirement of the trainees.

For optimum utilisation of its five stadia which were renovated at substantial cost for Commonwealth Games, 2010, Sports Authority of India introduced 'Come and Play Scheme' in 2011. The designated areas in the SAI stadia, viz., Jawaharlal Nehru Stadium; Dr. Karni Singh Shooting Ranges; Dr. SPM Swimming Pool Complex; Major Dhyan Chand Hockey Stadium and Indira Gandhi Indoor Stadium (Gymnastics, Wrestling and Cycling Velodrome) were thrown open in 2011 for both imparting professional training to establish sportspersons and also to beginners with the objective of encouraging participation in sports and for optimum utilisation of stadia.

After the successful launch of the scheme in Delhi, SAI launched the 'Come and Play Scheme' in all its centres spread across the country from 2011 with the objective of encouraging the local youth to use the sports facilities available at these centres and to impart coaching, primarily to the beginners, to encourage participation in sports.

## Lakshmibai National Institute of Physical

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## Education

The Institute was established initially as a college in 1957, the centenary year of the first war of Independence. The University is located at Gwalior, where Rani Lakshmibai of Jhansi had laid down her life for the country's freedom struggle. In recognition of the services rendered in the field of physical education and sports by the Institute, it was upgraded to a "Deemed University" in 1995. The Lakshmibai National Institute of Physical Education (LNIPE) is fully funded by the Government of India. The Institute offers the following full-time courses: (1) Bachelor of Physical Education (BPE) (4 year degree course); (2) Master of Physical Education (MPE) (2 year course); (3) M.Phil. in Physical Education (1 year course); and (4) Ph.D. in Physical Education. Apart from these, following certificate, diploma and postgraduate courses are also being conducted by the Institute: (a) adventure sports; (b) special sports; (c) youth affairs; (d) information technology; (e) sports coaching; (f) yoga and alternate therapies; (g) sports management; and (h) sports journalism. The Institute also conducts in-service training programmes in physical education for ex-army personnel, refresher/orientation course for physical education teachers in universities, colleges and schools. The Institute attracts students from abroad also. A North East Campus of LNIPE has also been established at Guwahati (Assam) and is functioning since 2010-11.

## National Sports University

In recognition of the talent and contribution of the sportspersons of the north-eastern states in general and Manipur in particular, the Government of India decided to set up a National Sports University in Manipur. The Manipur government has provided land measuring

325.90 acres in west Imphal District for setting up of this University. It is first of its kind, to promote sports education in the areas of sports sciences, sports technology, sports management and sports coaching besides functioning as the national training centre for select sports disciplines by adopting best international practices. The University imparts Bachelor's, Master's and Doctoral programmes in sports coaching, sports sciences and physical education in various disciplines. Specialised degree programmes in various sports education and coaching disciplines are envisaged in the future. From the academic session 2018-19, M.Sc. (Sports Coaching) and M.A. (Sports Psychology) have been introduced.

## Khelo India

The Ministry of Youth Affairs and Sports was implementing a centrally sponsored scheme called the Panchayat Yuva Krida aur Khel Abhiyan (PYKKA) from 2008-09 to 2013-14. The scheme aimed at creation of basic sports infrastructure at village and block/Panchayat levels through development and maintenance of playgrounds and mass participation in sports through conduct of annual sports competitions. Separately, an Urban Sports Infrastructure Scheme (USIS) was also introduced in 2010-11 and continued up to 2015-16. The PYKKA scheme provided for mid-term review. Accordingly, the scheme was reviewed and revamped as the Rajiv Gandhi

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Khel Abhiyan (RGKA), implemented during 2014-15 to 2015-16, which envisaged construction of block level sports complexes, comprising both indoor and outdoor playing facilities through convergence with other schemes of the government; and conducting of competitions for block level and upwards. A new umbrella Scheme "Khelo India" was launched during 2016-17 after merger of existing scheme Rajiv Gandhi Khel Abhiyan (RGKA), Urban Sports Infrastructure Scheme (USIS) and National Sports Talent Search System Programme (NSTSSP).

The revamped Khelo India has been evolved after a lot of deliberations with all stakeholders, including departments of sports of states and UTs. The Scheme is being implemented as a central sector scheme. The revamped Khelo India has twelve components, which aim at achieving the twin objectives of the National Sports Policy 2001- broadbasing of sports and achieving excellence in sports, which in turn will infuse sports culture in the country and enable it to derive benefits that sports offers, namely, holistic development of children and youth; community development; gender equity; healthy nation; national pride; and economic opportunities related to sport development.

Its 12 verticals are: play field development; community coaching development; state level Khelo India centres; annual sports competitions; talent search and development; utilisation and creation/upgradation of sports infrastructure; support to national/regional/state sports academies; physical fitness of school- going children; sports for women; promotion of sports among persons with disabilities; sports for peace and development; and promotion of rural and indigenous/tribal games.

## Promotion of Excellence in Sports

### ***Scheme of Assistance to National Sports Federations***

Under this Scheme, the Government of India provides assistance to National Sports Federations (NSFs) for conducting national championships and international tournaments, participation in international tournaments abroad, organising coaching camps, procuring sports equipment, engagement of foreign coaches, etc.

### ***Scheme of Human Resources Development in Sports***

The Scheme of Human Resource Development in Sports, was launched in 2013-14 after a thorough revision of the "Scheme of Talent Search and Training". The main focus of the Scheme is to give emphasis on the academic and intellectual side of sports management by awarding fellowships to deserving candidates for specialised studies at Masters' and Doctoral level. The scheme also extends financial assistance for training/seminars/conferences/workshops and short-term courses for coaches, technical and support staff at national and international levels.

## National Sports Development Fund

The National Sports Development Fund (NSDF) was instituted with a view to

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mobilising resources from the government as well as non-governmental sources, including the private/corporate sector and non-resident Indians, for promotion of sports and games in the country. To make contributions to the fund attractive, 100 per cent exemption from income tax is available on all contributions. The funds available under NSDF are used for promotion of sports in general and specific sports disciplines and individual sportspersons for achieving excellence at the national and international level in particular; imparting special training and coaching in relevant sport disciplines to sportspersons, coaches and sports specialists; to construct and maintain infrastructure as may be required for promotion of excellence in sports; to supply equipment to governmental and non-governmental organisations and individuals with a view to promoting excellence in sports; to identify problems and take up research and development studies for providing support to excellence in sports, etc.

## Incentive Schemes for Sportspersons

### *Major Dhyan Chand Khel Ratna Award*

Launched in 1991-92 with the objective of honouring sportspersons to enhance their general status and to give them greater dignity and place of honour in society, the scheme was earlier called Rajiv Gandhi Khel Ratan Award. Under it, an amount of

₹ 7.5 lakh is given as award for the most spectacular and outstanding performance by a sportsperson over a period of four years immediately preceding the year in which award is to be given. Twelve sportspersons were awarded the prestigious award for 2021.

### *Arjuna Award*

The award was instituted in 1961. To be eligible for the award, a sportsperson should not only have good performance consistently for the previous four years at the international level with excellence for the year for which award is recommended, but should have also shown qualities of leadership, sportsmanship and a sense of discipline. The awardee is given a statuette, a certificate, ceremonial dress and a cash award of ₹ 5 lakh. For 2021 thirty-five sportspersons were selected for the award.

### *Dhyan Chand Award for Lifetime Achievement*

This award was instituted in 2002. It is given to honour those sportspersons who have contributed to sports by their performance and continue to contribute to promotion of sports even after their retirement from active sporting career. The awardee is given a statuette, a certificate, ceremonial dress and a cash award of ₹ 5 lakh. Five people got the honour for 2021.

### *Dronacharya Award*

This award was instituted in 1985 to honour eminent coaches who have successfully trained sportspersons or teams and enabled them to achieve  
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outstanding results in international competitions. The awardee is given a statuette of Guru Dronacharya, a certificate, ceremonial dress and a cash award of ₹ 5 lakh. Five people were chosen for the award for 2021 in Life-Time category and another five in the regular category.

## *Maulana Abul Kalam Azad Trophy*

This trophy was instituted in 1956-57. The top overall performing university in the inter-university tournaments is given the Maulana Abul Kalam Azad (MAKA) Trophy, which is a rolling trophy. A small replica of the MAKA Trophy is also awarded for retention by the university. Punjab University, Chandigarh got the trophy for 2021.

## *Rashtriya Khel Protsahan Puraskar*

With a view to recognising the contribution made to sports development by entities other than sportspersons and coaches, the government has instituted a new award called 'Rashtriya Khel Protsahan Puraskar' from 2009, which has four categories, namely, identification and nurturing of budding/young talent; encouragement to sports through corporate social responsibility; employment of sportspersons and sports welfare measures; and sports for development. The award consists of a citation and a trophy in each of the just mentioned categories. There is no cash award. Two institutes/organisations got the honours for 2021.

## *Special Awards to winners in International Sports Events and their Coaches*

This Scheme was introduced in 1986 to encourage and motivate outstanding sportspersons for higher achievements and to attract the younger generation to take up sports as a career. Under it, special awards are given to sportspersons and their coaches for winning medals in recognised international sports events held in a year at the following prize money:

### **(a) Category: Open Category Sports**

S.No.	Name of Event	Amount of Award Money (in Rupees)		
		Gold Medal	Silver Medal	Bronze Medal
1	Olympic Games (Summer & Winter)	75 lakh	50 lakh	30 lakh
2	Asian Games	30 lakh	20 lakh	10 lakh
3			20	10



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4	Commonwealth Games	30 lakh	lakh	lakh
		lakh	25 lakh	15 lakh
5	World Championships or World Cup (conducted in Four Year Cycle)/All England Championship of Badminton	40 lakh	lakh	lakh
			14 lakh	8 lakh
6	World Championships / World Cup (held once in two years)	20 lakh	lakh	lakh
		lakh	7 lakh	4 lakh
7	World Championships / World Cup (held annually)	10 lakh	lakh	lakh
		lakh	10 lakh	5 lakh
8	Asian Championships (held once in 4 years)	15 lakh	lakh	lakh
		lakh	5 lakh	2.5 lakh
9	Asian Championships (held once in 2 years)	7.5 lakh	lakh	lakh
		lakh	2.5 lakh	1.25 lakh
10	Asian Championships (held annually)	3.75 lakh	lakh	lakh
		lakh	10 lakh	5 lakh
11	Commonwealth Championships (held once in 4 years)	15 lakh	lakh	lakh
		lakh	5 lakh	2.5 lakh
12	Commonwealth Championships (held once in 2 years)	7.5 lakh	lakh	lakh
		lakh	2.5 lakh	1.25 lakh
13	Commonwealth Championships (held once a year)	3.75 lakh	lakh	lakh
		lakh	2.5 lakh	1.25 lakh
	World University Games	3.75 lakh	lakh	lakh

## (b) Category: Para-Sports

S.No.	Name of Event	Amount of Award Money (in Rupees)		
		Gold Medal	Silver Medal	Bronze Medal
1	Paralympic Games (Summer & Winter)	75 lakh	50 lakh	30 lakh
2	Para Asian Games	30 lakh	20 lakh	10 lakh

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3	Commonwealth Games (Para Athletes)	30 lakh	20 lakh	10 lakh
4	IPC World Cup/ Championship (held biennially)	20 lakh	14 lakh	8 lakh
5	IPC World Cup/ Championship (held biennially)	10 lakh	7 lakh	4 lakh

### (c) Category: Blind-Sports

S.No.	Name of Event	Amount of Award Money (in Rupees)		
		Gold Medal	Silver Medal	Bronze Medal
1	IBSA World Championship	10 lakh	7 lakh	4 lakh

### (d) Category: Sports for Deaf

S.No.	Name of Event	Amount of Award Money (in Rupees)		
		Gold Medal	Silver Medal	Bronze Medal
1	Deaflympics	15 lakh	10 lakh	5 lakh

### (e) Category: Special Olympics-Sports

S.No.	Name of Event	Amount of Award Money (in Rupees)		
		Gold Medal	Silver Medal	Bronze Medal
1	Special Olympics (Summer/Winter)	5 lakh	3 lakh	1 lakh

### (f) Category: Blind Cricket World Cup

S.No.	Name of Event	Amount of Award Money (in Rupees)		
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1	Blind Cricket World Cup (held in 4 years)	5 lakh
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Cash award is also given to coaches who have trained the medal winners for at least 180 days immediately preceding the tournament. Award money to a coach is 50 per cent of the award money given to the sportsperson coached. In case, there is more than one coach, the award money is distributed among them equally.

## Scheme of Pension to Meritorious Sportspersons

This Scheme was launched in 1994. As per the Scheme, those sportspersons, who are Indian citizens and have won gold, silver and bronze medals in Olympic Games, World Cup/World Championships, Asian Games, Commonwealth Games, Para-Olympics and Para-Asian Games, have attained the age of 30 years and have retired from active sports career are eligible for pension for life. Rates of pension have been doubled from April 2018. Enhanced rates of pension are as under:

S.No.	Category of Meritorious Sportspersons	(₹ /per month)
1	Medallists at the Olympic Games/Para Olympic Games	20,000
2	Gold medallists at the World Cup/World Championship* in Olympic and Asian Games disciplines	16,000
3	Silver and Bronze medallists at the World Cup in Olympic and Asian Games disciplines	14,000
4	Gold medallists of the Asian/Commonwealth Games/Para Asian Games	14,000
5	Silver and Bronze medallists of the Asian/Commonwealth Games/Para Asian Games	12,000

\* World Cup/World Championship held once in four years only shall be considered.

## Pandit Deendayal Upadhyay National Welfare Fund

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The name of National Welfare Fund for sportspersons was changed to Pandit Deendayal Upadhyay National Welfare Fund for sportspersons from 2017. This Fund was set up in 1982 with a view to assisting outstanding sportspersons of yesteryears, living in indigent circumstances who had won glory for the country in sports. Assistance is given in the form of lump-sum financial assistance to, sportspersons or their families in case of sustaining a fatal injury during training for, or participation in, an international competition; sportspersons sustaining injury other than a fatal injury; families of sportspersons living in indigent circumstances, for medical treatment of sportspersons; and for sports promoters (referees, coaches and umpires) living in indigent circumstances. The scheme was reviewed and revised in July 2009. It was again revised in 2016. Under the Scheme, amount of annual income for eligibility for financial assistance from the Fund has been raised from the existing ₹ 2 lakh to ₹ 4 lakh. Scope of the Scheme has also been expanded to include more sportspersons for being considered for financial assistance. Quantum of assistance from the Fund has also been substantially enhanced.

## Assistance for Anti-Doping Activities

Doping is the deliberate or inadvertent use of a substance or method banned by Medical Commission of International Olympic Committee/World Anti Doping Agency (WADA) by sportspersons. In pursuit of gold and glory, large number of sportspersons all over the world are tempted to use performance enhancing substances in an effort to gain a competitive edge over others. India is no exception to this malaise. Recognising the urgent need for embarking upon a concerted effort to check doping in collaboration with the global anti-doping community, the Government of India became one of the members of the Foundation Board of WADA, set up with the initiative of the International Olympic Committee.

## National Anti Doping Agency

National Anti Doping Agency (NADA), set up in 2009, is the national organisation responsible for promoting, coordinating, and monitoring the doping control programme in sports in the country. The Anti Doping rules of NADA are compliant with the Anti Doping Code of WADA.

## National Dope Testing Laboratory

The National Dope Testing Laboratory (NDTL) is an autonomous body under this Ministry. It is accredited by National Accreditation Board for Testing and Calibration Laboratories (NABL) for ISO:IEC 17025 (2003) and World Anti-Doping Agency (WADA) (September 2008) for testing of urine and blood samples of sportspersons. NDTL is one of the 33 WADA accredited laboratories in the world and one among seven in Asia. It has state-of-the-art facilities for both routine and research activities. NDTL was registered in 2008 under Registration of Society Act, 1860. Apart from human dope testing, NDTL has diversified in the area of horse dope testing and proficiency testing programme.

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