



INDIA AT THE OLYMPICS

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Abstract: *Since the Modern Olympics has been started since 1996, India has not been able to make an impression at the Olympics. It has been early stage that India was dominant in the field of hockey. After the decline in hockey India has only been able to make its presence felt accept in the individual events.*

There are countries that are very small area wise, yet have good results at the Olympics. India on the contrary having a huge population and area is not able to give satisfying results. There needs to be some reasons that need to be known that will help in bettering the results. It may be in the administration, in grooming the sportsmen, incentives to the sportsmen, facilities, implementation of schemes etc. Knowing the reasons will surely help in improving our performance and make us feel proud.

Keywords: *Olympics: A sports festival held every four years in different venues, instigated by the Frenchman Baron de Coubertin in 1896.*

Introduction:

India's performance at the Olympics has never been satisfying till date. India of late has got the medals at the Olympics mostly in the individual games leaving apart the men's hockey team. There are many small countries than India, who have a better performance at the Olympics compared to India. That shows that we lack somewhere in our planning, training, policies etc. If planned in a proper manner, India stands a great chance in improving its medal tally. The present study is focussed on knowing what the present scenario is and what needs to be done to improve India's performance at the Olympics.

Methodology: Survey Method

Data:

Funding: For any event, funding plays a vital role in conducting and event and developing sportsmen. It is not only the availability of the funds but manner in which the funds are used makes a difference. How much money is invested and what are the results? That is important. Here are some information of some countries and their performance at the Olympics.

According to "The Week" dated August 28, 2016 reports say that the Central and State

Government together spend about 3 paise per capita, per day on sports and on the contrary the US spends Rs 22 and the UK 50 paise.

In India sports is largely dependent on the state and negligible investment from the private sector. As well as in the US, the sporting system heavily depends on the private funding.

In the US the United States Olympic Committee is responsible for running the countries Olympic programme which is a non profit corporation.

The sports ministry allotted Rs 360 crore for preparation for Olympics. The Target Olympics Podium Scheme launched at the start of 2015 was criticised for its structure and implementation of the scheme. A lot of money was distributed on athletes from key disciplines but lacked good monitoring system.

Training

Training plays an important role in getting the best out of an sportsman. Every country or coach have a different concept of training. If the training is not correct the desired results will not be achieved.

The former Sai director had to say that only a child who showed potential is given training, which leads

to a child competing in multiple events, over training and burn out.

Bindu Rani, secretary of the Indian athletic Academy said that the government is interested in athletes who reap immediate results and discard the rest. To find out what the rest of the leading countries did “The Week” dated August 28, 2016, team met officials from National Olympic committees in Rio. The officials from the UK and the US said the strong collegiate sports programme have been giving consistent winners.

The other countries also focused on the nutrition and technology of the sportsmen for eg. the Chinese contingent in Rio had forbidden the athletes to eat protein supplied by training centres as animal feed is of the laced with drugs and the residue stays in the meat. As a result the Chinese contingent had its own security officials and chefs. Compare that with Narsingh Yadav drama.

In terms of technology the US is ahead in wearing gadgets. The glasses used in cycling gives display of speed, power distance and heart rate though it’s not cleared for use in competitions. The wrist band sensor worn by Michael Phelps analyses the body for strain, recovery and sleep. It also suggests changes in schedule.

Games conducted at the Olympics and the School Games Federation of India:

To get good results at the international level it’s necessary to catch the sportsman when young. And to get medals at the Olympics it is important make sure the kids focus on games that are the Olympics. When they focus on others games which are not in the Olympics we can’t expect to improve our medal tally at the Olympics. Here is a comparison of the games conducted at the Olympics and at the School federation of India.

Games conducted by the School Games Federation of India

SR NO	GAME	SR NO	GAME
1	Archery	43	Water Polo
2	Athletics	44	Wu-Shu
3	Badminton	45	Yoga
4	Shooting	46	Ball Badminton
5	Tennis	47	Base Ball
6	Weightlifting	48	Carom
7	Wrestling	49	Fencing
8	Boxing	50	Handball
9	Hockey	51	Karate
10	Basketball	52	Kho-Kho
11	Chess Cycling	53	Netball
12	Football	54	Roll Ball
13	Gymnastic	55	Roller Hockey
14	Judo kabaddi	56	Rugby
15	Sepak Takraw	57	Shooting Ball
16	Squash	58	Skating
17	Swimming and Diving	59	Soft Ball
18	Table Tennis	60	Soft Tennis
19	Taekwondo	61	Tenni Koit
20	Volleyball	62	Tennis Ball Cricket
21	Tug of War	63	Super Seven Cricket
22	Beach Volleyball	64	Choi Kwang Do
23	Cricket	65	Korfbal
24	Cycle Polo	66	Circle Kabaddi
25	Power Lifting	67	Wood Ball
26	Futsal	68	Dodge Ball
27	Modern Pentathlon	69	Vovinam

28	Belt Wrestling	70	Field Archery
29	Tennis Cricket	71	MiniGolf
30	Floor Ball	72	Jeet Kune Do
31	Lagori	73	Kick Boxing
32	Drop Roball	74	Kudo
33	Football Tennis	75	Kurash
34	Gatka	76	Ashte Do Aakhada
35	Mallakhamb	77	Yongmudo
36	Rope Skipping	78	Table Soccer
37	Unifight	79	Tang Soo Do
38	Speed Ball	80	Tchouk Ball
39	Target Ball	81	Tennis Volleyball
40	Sqay Martial Arts	82	Thangta Martial Art
41	Hupkwondo	83	Thai Boxing
42	Throw ball		

All these School Games are participated at the:

- Taluka Level
- Division Level
- State Level
- National Level

Games conducted at the Olympic Games

SR NO	GAME	SR NO	GAME
1	Archery	21	Fencing
2	Athletics	22	Football
3	Badminton	23	Golf
4	Basketball	24	Gymnastics Artistic
5	Beach Volleyball	25	Gymnastics Rhythmic
6	Boxing	26	Handball
7	Canoe Slalom	27	Hockey
8	Canoe Sprint	28	Modern Pentathlon
9	Cycling BMX	29	Rowing
10	Cycling Mountain Bike	30	Rugby
11	Cyling Road	31	Sailing
12	Cycling Track	32	Shooting
13	Diving	33	Swimming
14	Equestrian/Dressage	34	Synchronised Swimming
15	Equestrian/ Eventing	35	Table Tennis
16	Equestrian/ Jumping	36	Taekwondo
17	Tennis	37	Water Polo
18	Trampoline	38	Weightlifting
19	Triathlon	39	Wrestling Freestyle
20	Volleyball	40	Wrestling Greco-Roman
41	Judo		

India's achievements at the Olympics after Independence

SR NO	MEDAL	NAME/TEAM	GAMES	SPORT	EVENT
1	Gold	National team	1948 London	Field Hockey	Men's competition
2	Gold	National team	1952 Helsinki	Field Hockey	Men's competition
3	Bronze	Khashaba Jadhav	1952 Helsinki	Wrestling	Men's freestyle bantamweight

4	Gold	National team	1956 Melbourne	Field Hockey	Men's competition
5	Silver	National team	1960 Rome	Field Hockey	Men's competition
6	Gold	National team	1964 Tokyo	Field Hockey	Men's competition
7	Bronze	National team	1968 Mexico	Field Hockey	Men's competition
8	Bronze	National team	1972 Munich	Field Hockey	Men's competition
9	Gold	National team	1980 Moscow	Field Hockey	Men's competition
10	Bronze	Leander Paes	1996 Atlanta	Tennis	Mens singles
11	Bronze	Karnam Malleswari	2000 Sydney	Weightlifting	Women's 69 kg
12	Silver	Rajyavardhan Rathore	2004 Athens	Shooting	Men's Double Trap
13	Gold	Abhinav Bindra	2008 Beijing	Shooting	Men's 10 Air Rifle
14	Bronze	Vijendra Singh	2008 Beijing	Boxing	Middleweight
15	Bronze	Sushil Kumar	2008 Beijing	Wrestling	Men's freestyle 66 kg
16	Silver	Vijay Kumar	2012 London	Shooting	Men's 25 Rapid Fire Pistol
17	Silver	Sushil Kumar	2012 London	Wrestling	Men's freestyle 66 kg
18	Bronze	Saina Nehwal	2012 London	Badminton	Women's Singles
19	Bronze	Mary Kom	2012 London	Boxing	Women's flyweight
20	Bronze	Gagan Narang	2012 London	Shooting	Men's 10 m Air Rifle
21	Bronze	Yogeshwar Dutt	2012 London	Wrestling	Men's freestyle 60 kg
22	Silver	P V Sindhu	2016 Rio De Janerio	Badminton	Women's Singles
23	Bronze	Sakshi Malik	2016 Rio De Janerio	Wrestling	Women's Freestyle 58 kg

Conclusions:

- Talent needs to be spotted at a young age, for that school students need to be guided and focused in the proper direction.
- Games that are at the Olympics only need to be in the School Games.
- Marks that are given to sports students for representation at various levels need to be given to only games that are in the Olympics.
- Due to the games that are not there at the Olympics Games, we are not able to get medals at the Olympics Games.
- Besides Hockey, India has got all medals in the individual events which can e interpreted in many ways.
- In school games there are 83 events in all and in the Olympics there are only 41 events.
- Strong inter-school and collegiate program needs to be implemented to get good results at the international level.
- The ratio of the sports teacher, the number of games and the number of students not acceptable.
- Funding needs to be done in a proper manner taking all the aspects into consideration.
- Training facilities needs to be of high standard.
- Sports infra structure need to be maintained and developed at all levels.
- Sports performance needs to be appreciated by giving sportsmen attractive incentives.
- Job opportunities need to be given to sports persons.
- Sports persons need to be governing the sports bodies and policies.

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