

**A STUDY ON CONTRIBUTION OF NETAJI SUBHAS
NATIONAL INSTITUTE OF SPORTS (NSNIS)
TOWARDS IMPROVEMENT OF
PERFORMANCE SPORTS
IN INDIA**

**A SYNOPSIS OF THESIS SUBMITTED TO THE JADAVPUR
UNIVERSITY FOR THE DEGREE OF DOCTOR OF
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INTRODUCTION

Participation in play, games and sports is an innate tendency of human being. It is an important aspect in individual's life. Sports participation helps to improve health and fitness of individuals. It inculcates social qualities, moral values and positive personality traits. Sports are an important part of culture of a Nation. Sports have unique contribution to bring harmony among countries of the world. Nature of sports participation and performance in National and International competitions reflect country's status and fame.

In 1958, third Asian Games were held in Tokyo (Japan) where India gave a very poor performance especially in Hockey. We lost to Pakistan in the final match. The defeat in Hockey gave a major shock to the Govt. of India and all concerned with sports in our country. In view of the poor show given by the Indian teams, Govt. of India set up an Ad-hoc Enquiry Committee in 1958 to study the causes of low standards in sports in our country and to suggest ways and means to improve the deteriorating situation. The chairman of the committee was Maharaja Yadavindra Singh of Patiala. The committee recommended to establish a "Central Training Institute to provide First Class Coaches in different Sports and Games".

National Institute of Sports (NIS), Patiala was established by the Government of India on May 07, 1961 with the objective of developing sports in the country on the scientific lines and to train the coaches in the different sports disciplines. The institute was renamed as Netaji Subhas National Institute of Sports (NSNIS), Patiala on January 23, 1973. With the formation of Sports Authority of India (SAI) in 1984, the erstwhile Society for National Institutes of Physical Education and Sports (SNIPES) consisting of NSNIS, Patiala and two physical education colleges named Lakshmibai National College of Physical Education (LNCPE), located at Gwalior and Thiruvananthapuram respectively were merged with SAI in 1987. So, towards promotion and development of sports NSNIS Patiala which is also Asia's largest Sports Institution was considered as a high level institution in this country. This institution is popularly known as the 'Mecca' of the Indian sports. It has produced coaches of high caliber and significantly contributed in rendering their expertise and assistance in preparation of National teams for various International Competitions.

History of Establishment and Development of NSNIS, Patiala

During 1950, the sports scenario in our country was not very encouraging. Sports and games were generally a pass-time and a source of recreation only. Competitive sports were a

distant dream except for a few who pursued it seriously, like some athletes and hockey players. Educational Institutions which should be the nurseries for sports were less involved for development of sports. Many reasons for this- lack of urge in students for participation in competitive sports, lack of playground, insufficiency of fund and lack of proper coaching facilities in school to colleges and even universities.

The Ad-hoc Inquiry Committee made a number of recommendations for promotion of sports. The following were the major recommendations pertaining to sports coaching:

- Central plan for Coaching;
- Establishment of a Central Training Institute;
- Role of Physical Education Institutes and their Teachers in Coaching and
- Building up of a Cadre of Coaches;

On recommendations of All India Council of Sports, Government of India decided to set up the National Institute of Sports at Moti Bagh Estate, the former residence of Maharaja of Patiala.

Subsequently, Punjab Government purchased the Moti Bagh Palace from his Highness Yadavindra Singh, the Maharaja of Patiala, in the year 1985. The Estate became the property of Punjab Government. Thereafter, as per an agreement entered between the parties in the year 1968 the Punjab Government agreed to sell this estate to Government of India, Department of Sports and sale deed was finally registered on 3rd March, 1988 for an area of 1001 bighas. The Institute campus is about 4 km. from the Railway Station of Patiala and the Bus Stand is well connected to the National Highway No. 1 by road and railway. Chandigarh being the nearest Airport. The Moti Bagh estate had an extensive well laid out parks and an area of about 268 acres was handed over to the Institute as its campus. The main building of the Estate the Moti Bagh Palace stood imposingly in the center of the estate surrounded by a number of buildings, which served well as accommodation for offices, class-rooms, student hostels and residences for the staffs. It had an ample provision of accommodation and land for the present and future development and expansion. At present the faculty has teaching departments in the following Sports disciplines: Athletics, Basketball, Boxing, Cricket, Cycling, Fencing, Football, Gymnastics, Handball, Hockey, Judo, Table Tennis, Volleyball, Weightlifting, Wrestling and Wushu.

Establishment of NSNIS in India

An Ad-hoc Inquiry Committee was constituted by the Government of India in July, 1958 to study the standard of sports in the country. The committee recommended establishment of a Central Training Institute to provide first-class coaches in different sports and games. Consequently 'Kaul-Kapoor Committee' visited certain countries to study their sports institutions. On the advice of the All-India Council of Sports the present campus of the National Institute of Sports (NIS) was inaugurated at Patiala on 7th May, 1961.

Justification of selection of the Problem of the Study

Planning has three main phases – (i) setting of goal, (ii) development of methods to achieve the goal set and (iii) evaluation to assess how far the goal has been realized. On the basis of results of evaluation, the goal is to reset if necessary and required changes are brought about in methods and again the evaluation is carried. So, all these phases are linked in a circular fashion and carried out periodically for successful planning and its implementation. NSNIS was set up to achieve the goal of improving performance of India in the field of Competitive Sports. The institution has been functioning for about more than fifty years. So, it is the time to evaluate the total process to understand its success or failure, problems and prospects and necessary changes to be incorporated may be in goal setting or present method of functioning of this National Institute of India. Present study has been planned in light of this need. It is believed that the findings will indicate important information to the Institution, the Government of India and the people of India in general.

STATEMENT OF THE PROBLEM

With the purpose of analyzing and identifying the contribution of National Institute of Sports in improvement of performance sports in India, the functioning of the institute and its impact on the National Sports performance have been studied in great detail in the present investigation. Accordingly, the problem of the present investigation has been stated as “**A STUDY ON CONTRIBUTION OF NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS (NSNIS) TOWARDS IMPROVEMENT OF PERFORMANCE SPORTS IN INDIA**”.

OBJECTIVES OF THE STUDY

Considering the functions of the National Institute of Sports as identified in its Ordinance, proposed study was carried out with following objectives:

- i) To know the contribution of NSNIS, Patiala in performance Sports of the country of India;
- ii) To review the process of developing highly qualified coaches and to raise the technical competence of the existing coaches done by NSNIS;
- iii) To review its functioning as a center of information about the games and sport;
- iv) To study its functioning for imparting coaching to all National teams before their participation in International Competition;
- v) To review its role in publishing Books, Periodicals, Bulletins, Journals and up to date information on games and sport and
- vi) To study its role in conducting sports scientific research.

DELIMITATIONS OF THE STUDY

Present investigation was carried out with following delimitations -

- i) The data collection about NSNIS, Patiala was done using secondary sources;
- ii) For collecting information regarding different aspects of NSNIS, Patiala Interview method was used;
- iii) For collecting information about functional aspects of NSNIS, Patiala the questionnaire was used;
- iv) Present conditions of programmes, infrastructural facilities including hostels, residential accommodation, medical facilities, library facilities etc. were noted through observation;
- v) Collecting information about NSNIS, was delimited to the NSNIS, Patiala center only and
- vi) Among different functions of NSNIS, Patiala only the coaches' preparation, scientific research and training of National athletic were covered.

LIMITATIONS OF THE STUDY

Present investigation was conducted under limitations mentioned hereunder:

- i) Information about the Institute NSNIS used for finding results and drawing conclusions were dependent on the responses of the different group of subjects;
- ii) Due to non-availability of standard questionnaire, self-made questionnaire under the guidance of experts was used to collect information;
- iii) There was no control over will and emotional feeling of the respondents during their response to the questions and
- iv) Time and finance were also limiting factors.

HYPOTHESIS OF THE STUDY

The hypothesis upon which the present investigation had been formulated was as follows:

There would be positive contribution of NSNIS towards improvement of performance sports of India during last five decades of its functioning.

SIGNIFICANCE OF THE STUDY

It is believed that the results of the study will be highly significant in the History of performance sports of India in the following ways:

- i) The results of this study would help knowing the contribution of NSNIS, Patiala in performance sports of the country of India;
- ii) The findings would help to understand the role of NSNIS, Patiala in the process of developing highly qualified coaches and to raise the technical competence of the existing coaches done by NSNIS;
- iii) The results would help to review its functioning as a center of information about the games and sports;
- iv) From findings it would be possible to understand its functioning for imparting coaching to all national teams before their participation in International Competitions;

- v) The results would indicate to review its role in publishing books, periodicals, bulletins, journals and up to date information on games and sports;
- vi) It would be possible to understand the role of NSNIS, Patiala in conducting sports scientific research and
- vii) The information received will provide a feedback to the authority of institute, Government and the public of the country of India regarding role of NSNIS, Patiala.

REVIEW OF RELATED LITERATURE

Loveless (1953) conducted an investigation on “Duties of the State Directors of Health and Physical Education” and found that directors performed administrative and specific duties in the states of America. On the basis of his study concluded that directors of health and physical education performed various duties which were as under.

- i) Planning the programmed was a major concern of all directors;
- ii) Directors were responsible for planning and coordinating activities;
- iii) Directors had significant duties regarding their own staff and
- iv) Directors assigned duties to the staff members and worked with associates on specific projects.

Bhullar (1965) has shown revealing facts in her study “Evaluation of existing programme of physical education in Government High/ Higher Secondary School in Chandigarh”. She found that all these institutions in Chandigarh had no planned programme of physical education, all these school had six acres’ land for play grounds, but some of them presented a horrible picture and served as cattle ranches. The equipment was not adequate, time allocation for physical education period was discriminatory, specially no attention was paid to games and sports. They were not having any organized pattern for the conduct of intramurals and extramural competitions. Physio-Medical examination was done without any follow up.

Gans (1974) conducted an investigation on “Sequential steps in Planning Facilities for Health, Physical Education, Recreation and Athletics”. His study was focused on to develop and describe specific sequential steps for planning and constructing facilities for health,

physical education, recreation and athletics of United States. An analysis of his research revealed the following: -

- i) That there is a need existed for careful organization and development of sports programme, prior to planning the construction of facilities;
- ii) The desire to obtain facilities quickly tended to result in limitations of important considerations and procedures and
- iii) Insufficient care regarding selection of architect to be common the use of educational consultancy may be helpful when no qualified person exists on the campus.

Doland (1977) undertook an investigation to study the functions of Athletic Directors in selected institutions of Higher Education of Louisiana State University and its Agricultural and Mechanical Colleges. The purpose of his study was to determine the role and status of Athletic Director in selected institutions of higher education. Specifically, the study was concerned with personal and professional characteristics of Athletic Directors as well as their duties and responsibilities. From the result of his investigation he found that most important task of an Athletic Director was supervision of various sports programme and it was the duty of athletic director to make the programme successful.

Tancred (1980) conducted a study on “An Assessment of Management Policies and Procedures of Sports Centers in England.” He found that when policies and procedures were related to the management of personnel, organizations, finance, scheduling, etc., the managerial functions could be performed with more efficiency and effectively.

Jefferies (1984) traced an investigation about the youth sports in the Soviet Union. The main purpose of his study was to examine the organization and administration of youth sports in Soviet Union and to examine the phenomena of sports in Soviet cultural life. From his investigation he found that:

- i) Sports Committee of U.S.S.R. had responsible for implementation of all national sports policy;
- ii) Responsibilities of various subordinating governmental and public authorities in the organization of sports;
- iii) The Soviets Union retains their talented athletes as coaches;
- iv) Coaches are highly qualified;

- v) The Soviets had brought sports to the people;
- vi) Facilities are available locally and
- vii) Participation is free and talented athletes are afforded opportunities to develop their abilities to the highest level of performance.

Prasad and Sharma (1993) investigated on the Facilities, Organization and Administration of Physical Education and Sports in Himachal Pradesh University. He observed that majority of respondents were not satisfied with sports facilities, training facilities, coaching camps and incentives given to the players. On the basis of these results of the study, he also recommended that universities as well as state authorities should give sufficient financial powers to the Director, Principal and department should run without any pressure.

Lim, Rho, Kim, Chung, Kang and Park (1994) conducted a study to examine the financial investment factors in promoting mass sport in Korea and to determine their relative importance and investment priorities. This information would be guidance for sports administrators' decision making in establishing investment policy. In this study six investment factors with twenty-one sub factors were derived. The top investment priority was given to the sports facilities factors.

Daisy Rani (2002) conducted a study, "Development of physical education and sports in Haryana State" which observed that the standard of sports in Haryana state improved only after the appointment of coaches and increased budget for sports. Olympic Bhawan of International level develops infrastructure in Haryana. Sports quota has been fixed at all levels in both admissions of various course and jobs. It is only in Haryana where "Crorepati Scheme" for sports person has been started and other incentives facilities are also given to players for the development of sports.

Mwisukha, Njororai, W.W.S. and Vincent (2003) traced on contributions of sports towards national Development in Kenya and they found that there has been a positive relationship between sports and social economic, political and cultural development in Kenya. To keep up the spirit of Competitive and Recreational Sports as a vehicle for national development, all aspects that affect and influence the promotion of sport needs to be addressed. This includes the inevitable need for preservation and development of sports facilities, training of sports manpower and provision of the necessary financial support.

METHODOLOGY

In this chapter methods of collection of data and analysis of data have been included:

METHODS AND TOOLS

A case study is an in-depth analysis of different aspects of a person, organization and institution. Present research was a case study. The purpose was to analyze the contribution of NSNIS towards National performance in games and sports of India. Generally, in case studies, different methods like interview, observation and visitation etc. are used with tools like checklist, questionnaire etc. In present study the methods of interview, observation and visitation were used. For collecting information, questionnaire was also applied.

Before collecting data, the research scholar had to obtain formal permission from Executive Director, Academics of NSNIS. Permission was given by Executive Director, Academic to the Research Scholar.

CRITERION MEASURE

The Contribution of NSNIS in performance sports in India was studied for its following functions:

- i) Preparation of Coaches;
- ii) Training of National Athletes for International Competitions;
- iii) Scientific Research;
- iv) Diploma in Sports Medicine;
- v) Publication of Sports Literature and
- vi) Present facilities for training and playing different games and sports were also considered as the measuring criteria.

PROCEDURE FOLLOWED FOR COLLECTION OF INFORMATION

Following procedure were used to collect information for assessing attitude of different categories of people of NSNIS towards state and status of functioning of the institute.

- i) Information Records: a) Departmental and b) Central Office;

- ii) Interview;
- iii) Questionnaires and
- iv) Visitation of the infrastructural facilities of the institute;

Collection of data through Questionnaires

To obtain the comprehensive data, questionnaires were used for different groups of persons in this study. The questionnaire administered for the Administrators, Coaches and Players with separate queries and different questions. The research scholar explained clearly to all respondents about the purpose of the questionnaire and how the questionnaire had to be completed. The questionnaire was developed by the researcher on the guidance of experts, supervisor and on the basis of available literature. Total questionnaire was divided in five parts i.e. (i) Information regarding historical development of NSNIS, (ii) Information regarding infrastructural facilities of NSNIS, (iii) Information regarding coaching education of NSNIS, (iv) Information regarding achievement of performance sports in International level of NSNIS and (v) Information regarding faculty of Sports Science.

Validity of Questionnaire

Face validity of questionnaire was employed to judge the questionnaire. Opinion from three experts of Physical Education, Health and Sports Management were taken into consideration.

Visitation

The researcher visited the existing Infrastructural Facilities of different Games, Hostels, Class-rooms, Libraries, Museums, Publication Sections, Sports Science Departments and Administrative blocks etc. for number of times to get relevant data.

Interview

Interview was conducted by researcher with the Administrators, Sports Scientists, Coaches, Librarians, Publishers and Players.

Preparation for Interview

- i) Submitting the application seeking interview;
- ii) Preparation of questions for the purpose and
- iii) Recording the interview.

RESULTS, CONCLUSION AND RECOMMENDATION

THE RESULTS

Analysis of data regarding various aspects of functioning and contribution of National Institute of Sports for improvement of performance sports in India revealed following results.

Results regarding development of trained coaches for the country

National Institute of Sports conducted five different types of coaches' education programme. These were: (i) Ad-hoc Course in Sports training of six months' duration, (ii) One-year Diploma course in sports coaching, (iii) Two-years M.Sc. course in sports coaching, (iv) Six-weeks certificate course in sports coaching and (v) Refresher course for coaches.

- i) Total number of coaches educated in Ad-hoc course were four hundred thirty-five (435);
- ii) Number of coaches educated in One-year Diploma course were eighteen thousand seventy-five (18075) up to 2015-2016 academic session;
- iii) Number of foreign coaches trained in diploma course in various discipline were five hundred twelve (512);
- iv) Number of coaches educated in Two-years M.Sc. course in sports coaching were two hundred twenty-six (226);
- v) Number of coaches educated in Six-weeks certificate course in sports coaching were eighteen thousand ninety-one (18091) up to 2015-2016 academic session and
- vi) Number of coaches educated in Refresher course for sports coaches were two thousand seven hundred sixty-four (2764) up to 2009 academic session.

Results regarding organizing coaching camps for Training National Athletes

- i) Total number of coaching camps from 1971 to 1986 were nine hundred ninety-three (993);
- ii) Total number of coaching camps from 2007 to 2016 were four hundred (400);
- iii) In 2010 for Commonwealth and Asian Game preparation long duration coaching camps for three thousand three hundred forty-eight (3348) days were organized in which the number of athletes were four hundred thirty-four (434) and
- iv) In 2012 for London Olympics preparation a long term coaching camp for two thousand ninety-six (2096) days was organized in which the number of participating athletes were nine hundred (900);

Results regarding development of Sports Scientific Research

Considering the need of scientific research related to the improvement of national performance in sports, the institution took initiative for development of research laboratories for different disciplines. This included a) Sports Physiology research lab, b) Sports Psychology research lab, c) Sports Biomechanics research lab, d) Sports Anthropometry research lab, e) Sports Medicine research lab, f) Sports Biochemistry research lab and g) General Theory & Methods of Training research lab. These laboratories were made functional using experts to provide sports scientific backup for coaching of International athletes.

Diploma in Sports Medicine

To organize Diploma in sports medicine course has been a unique contribution of National Institute of Sports for developing experts in sports medicine in our country. This course was started in 1986-1987 academic session.

Publication of Sports Literature

National Institute of Sports took initiative to publish literature regarding different games and sports. There have been altogether 36 publications including literature on sporting events, reports, training manuals and commemorative volumes.

DISCUSSION ON RESULTS

Results of the present study clearly indicates that National Institute of Sports had significant contribution toward improvement of performance sports in India as well as surrounding countries. It contributed directly for this purpose by coaching national athletes for International Competitions. It also had significant contribution in preparing trained coaches for different games and sports and thus improving the process of identification and nurturing of sporting talents at different parts of the country. This had a great impact on improvement of the standard of performance sport of the country. It also developed standard facilities for different sports and games and thus helped in improving the standard of performance sports of the country. Results also indicated that National Institute of Sports had contribution for development of sports science including training of sports scientists and sport scientific research to create positive influence on preparation of national athletes for International Competitions.

TESTING OF HYPOTHESIS

Present study was based on the research hypothesis that there would be positive contribution of NSNIS towards improvement of performance sports of India during last five decades of its functioning.

The results of the study have confirmed the contribution of Netaji Subhas National Institute of Sports for improvement of performance sports in the country directly and indirectly. So, on the basis of results of the study the formulated hypothesis was accepted.

CONCLUSION

Within the limitations of the study the following conclusions were drawn on the basis of results obtained in the present investigation:

- i) Since its beginning the National Institute of Sports of India has produced a good number of scientifically trained coaches for different games and sports for identifying and nurturing sports talents at different parts of the country;
- ii) In addition to develop trained coaches for the country, the institute also has helped neighboring countries in this aspect;

- iii) The National Institute of Sports has organized various training and coaching camps very successfully for future athletes and selected National teams for International Competitions and thus helped to improve the standard of performance sports of the country;
- iv) The institute has done pioneering work to initiate and develop sports scientific research for both basic and applied purposes;
- v) The Institute has also taken a particularly important role to publish sports scientific literature by the experts. It also has published a renowned sports scientific journal on a regular basis and
- vi) The institute has also organized academic courses to develop sports scientific personnel for the country. Master course in some sports disciplines and Diploma in Sports Medicine course were included in this category.

RECOMMENDATION

On the basis of results obtained and conclusion drawn, the following recommendations were made for future studies and practical application.

Recommendation for Future Studies

- i) Similar studies can be planned to analyze the contribution and state of functioning of other sub-centers of NSNIS;
- ii) Case Study of similar nature can be planned to analyze the state of functioning of sports department of individual universities;
- iii) Future studies may be planned to analyze the state of functioning of different administrative bodies controlling performance sports in the country (National Sports Council, Olympic Association etc.) and
- iv) Future studies may be planned to analyze the contribution of different Non-Government Organizations, Clubs, Sports Academy in performance sports of the country.

Recommendation for Future Application

- i) NSNIS may be upgraded to higher level of institute so that the talented sports persons of the country can be nurtured for more years and

- ii) Adequate measures may be taken to improve the state of functioning of the institute up to the satisfaction of coaches, sports scientists and athletes.

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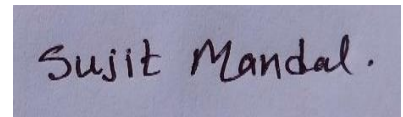
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