



Major challenges and significant opportunities on sports culture in Indian context – A theoretical assimilation

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Abstract:

Even though it has never received the attention it deserves, physical education and sports play an important role in the educational system. Even though it has been a component of the curriculum since the very beginning of education, neither academicians nor students nor educational administrators have ever taken it seriously. Only in physical education are you allowed to converse while playing or performing. The average public's conception of physical education is one of large circles, nonstop play, and no labor. A statement from Abraham Lincoln reads, "Sportsman is the finest Ambassador of the Nation." As a result, the Director or Teacher of Physical Education can serve as our institution's or universities finest ambassador. To build the entire discipline in physical education and sports, one must overcome challenges and fight to enhance the structure and infrastructure status in the area, which is evident in the present compared to former years and the present. In India, sports have a long history that dates back to the Vedic era. Sports at the period were employed for defense and for the development of the body. With the well-known proverb "a healthy mind resides in a healthy body," we may understand the significance of games in our lives. In the past, India was one of the most advanced nations. It gave the world various games and sports and also welcomes the updated or enhanced versions of them from abroad. India has a rich history of many sporting activities, which can be discovered in the Mohenjo-Daro and Harappa archaeological digs, the Vedic literature and other epics, as well as the literature works of various cultures. Sport is "A subset of leisure and employment activities that combines both physical exercise and competitiveness," according to Simon Jenkins. Sport is an activity that requires both physical effort and skill in which a person or a group of people compete against one another. In order for sports to flourish and develop and for India and Indians to feel proud, we will try to grasp the current situation of Sports Culture in India as well as its difficulties and opportunities through this paper.

Keywords: Opportunities, Challenges, educational system, Sports Culture, physical exercise

Introduction:

Since sport is a fundamental component of the cosmos, we decided to make it Compass's central focus. Statistics on youth suggest that 61% of young people between the ages of 15 and 24 frequently participate in national sports, demonstrating the popularity of sport in this age group. Sports give young people the chance to interact with individuals who can help them get the information and attitudes necessary to fully engage in society, which is another reason why sports should be included in the curriculum. Sport and culture are both human rights that are connected to numerous other rights. And for these reasons, everyone's right to human dignity—including young people's—is frequently violated. The term "culture" has many diverse meanings, including popular culture, urban culture, women's culture, business culture, minority culture, and youth culture. We can also discuss someone who has been raised culturally as someone who is polite and has received formal education in the traditions of literature and art, or we can discuss cultural shocks, which are the feelings of confusion and annoyance one experiences when they come into contact with a culture they are unfamiliar with. None of these definitions of "culture" are typically used by the same government agencies or cultural services. The Latin root of the word "culture" implies "to care for, protect, develop, or cultivate." The phrase was first used to refer to "figurative plowing education" in the 16th century CE, and it wasn't until the middle of the 19th century that it started to be used to refer to the cultural ideas and ways of living of diverse societies. In this section, we use this concept of culture to describe inherited patterns of shared meanings and understanding. The way individuals dress is one example of a cultural characteristic that is more evident. Certain characteristics are typically inexperienced and almost natural. The image of an iceberg can be used as another metaphor for culture. The iceberg has a sizeable, invisible portion below the surface of the sea and a visible portion above. Similar to this, there are components of culture that can be identified and understood, and there are others that can only be inferred, thought of, or attained via dialogue and introspection. Like the iceberg's root, which is significantly greater than the top, so too is a sizable portion of the "invisible" civilization. To participate in it all comes with risk. By concentrating on what appears to us, we run the risk of losing something significant to other people, to the lens through which we view and analyze life and society is culture. The new, the new, the old, and the new are all passed down from one generation to the next. It is quite challenging to examine our culture objectively since we have absorbed so much of the culture that was present in our mother's milk. It just seems so natural and natural that our culture feels "right" with other civilizations in their various ways of thinking thus making it appear weird and possibly incorrect. Cultures are often described as adaptable structures created by humans to meet their requirements. Imagine for a moment that inhabitants of the warm Mediterranean coast are posing a range of difficulties to the cold geography of the Indian subcontinent, leading to the development of diverse cultural responses. The two cultures are highly different today while sharing a lot of similarities because to contemporary technology and globalization and accepting various conceptions of what it means to be Indian or who we believe we are. A lot depends on the culture we were born into, are exposed to, or choose to adopt. However, we are all unique. It is risky to attribute things like the first languages we learnt to speak, our favorite cuisines, and

whether or not we practice a certain religion to where we were born. As a notion, identity is complicated, with elements above and below the conscious line that shift over the course of time and space. Identification can refer to any sort of identity, including gender identity, nationality, culture, race, class, or family identity. Building a culture of human rights, in which everyone is entitled to equal rights and dignity, requires acknowledging that identity is complicated, diverse, and strong and about you but also recognizing and accepting the rights of others. Each of us is unique because of our identities. However, these distinctions do not remain consistent throughout our lifetimes and instead change on a regular basis. One of the crucial metrics and a crucial component of education in any nation at any period are physical education and sports. As a result, each nation should attempt to establish a framework for an action plan to promote and improve physical education and sports. Contrarily, sports are being gravely undervalued inside the educational system while seeing a remarkable surge in the media spotlight across the globe, especially in India. Physical education acts as a national resource, aids in the creation of an evaluation system for educational advancements, and advances the growth of physical education in a nation. To build the entire discipline in physical education and sports, one must overcome challenges and fight to enhance the structure and infrastructure status in the area, which is evident in the present compared to former years and the present. Making erroneous statements about cultural rights can lead us into the trap of referring to people as "placing them in the box" based on their culture, which would then encourage dogma and prejudice. It is very typical for representatives of multicultural societies to view all the decisions made by members of a minority group as being influenced by their culture, as opposed to viewing these actions as having no bearing at all but serving a "purpose." Cultural diversity results naturally from the union of universal human rights and human dignity. Freedom of opinion, religion, belief, expression, education, and other liberties are guaranteed under human rights. The cultural rights of minorities will not be used to legitimize human rights violations, whether they are committed by the minority themselves or by the majority, in the same way that the power of the majority will not be used to repress the rights of minorities. Respect for diversity can serve as a justification for discrimination and must be practiced within the parameters of human rights. Only when there is a balance between diversity and dignity is it conceivable. The most frequent issue with human rights in sports is discrimination and equality. Access to and affordability of sports facilities, membership in clubs and organizations that offer sports, access to facilities, and other factors are all factors that affect how effectively equity in access to sport is used. Despite the widely acknowledged importance of sports coordination, many young people lack access to sports in many different countries. Racism in sport can have an impact on all sports and can take different forms, including academic sports, institutional and international levels of competition, as well as in the media. It can occur locally, particularly, but not only, while dealing with or against players, teams, coaches, spectators, and referees. Everyone, including government representatives, nongovernmental groups, professional and amateur sports organizations, clubs, local sports federations, fan clubs, sports clubs, anti-racist organizations, and people, are responsible for combating racism. Since the reform and opening up, China has seen the emergence of domestic animation education institutes and social animation production organizations. The technical design and production of athletic motions in domestic cartoons has advanced to a very high level, and the level of three-dimensional animation design and production has advanced

quickly. Popular computer sports games and video game console sports games have beautiful dynamic designs in recent years. In order to engage in a unique sports simulation, players can select from a variety of sports or their favorite characters, which enhances the game's emphasis on sports knowledge and athletic prowess. In order to conduct a feasibility study for the creation of three-dimensional animation and the use of three-dimensional simulation in physical education and training, some researchers have created a software platform for the special module of human body simulation as well as a three-dimensional human motion simulation and video analysis system for sports training.

Present Status of Physical Education and Sports in New Era:

Its unique nature and significance to education remain a continuing cause of worry despite efforts by member states to promote and enhance physical education and sports with international collaboration. Given the social significance and extensive media coverage of sports, the results of Physical Education and Sports have been worrying (especially inside the educational system). Its effects can be seen in the public authority for physical education and sport's trend toward high-performance and media-friendly sports (at a national level, across the public and private system). An important illustration of the need for a clear division between the Ministries of Education and Youth Affairs and Sports. The Physical Education World Summit was held in Berlin to discuss the state of physical education and sports. This initiative was supported by reports outlining the increasingly precarious state of physical education and sports in many nations. A global comparative study that gathered information and literature from approximately 120 nations produced the following key conclusions.

- a) A shorter amount of time is spent on physical education in educational programs
- b) Budget cuts combined with insufficient staff, material, and financial resources
- c) The subject is in a low status situation.
- d) Many nations lack adequate training for teachers.
- e) Physical Education regulations currently in place are not fully followed.

State government policy:

The State Government will have the authority to make decisions about the general planning and coordination of the State's electricity supply as well as other policy-related issues. The State Government must issue all policy directives in accordance with the goals of this Act, and as a result, they must not conflict with or be detrimental to the Commission's abilities to carry out its duties, including but not limited to setting the tariff structures for the supply of electricity to various consumer classes.

- i. If there is a disagreement between the State Government and the Commission regarding whether or not a matter is a matter of policy or whether a direction issued by the State Government interferes with the Commission's ability to carry out its duties, the State Government shall refer the matter to a retired Supreme

Court judge in consultation with the Chief Justice of the Supreme Court, whose decision on the matter shall be final and binding.

- ii. While regulating and approving the tariff structure, the State Government shall have the authority to issue policy directives regarding the subsidies to be permitted for the supply of electricity to any class or classes of people or in respect of any area in addition to the subsidies permitted by the Commission, provided that the State Government shall contribute the amount to compensate such concerned body or unit affected by the grant of the subsidies by the State Government to the Commission. The Commission will establish the sums, the conditions under which they must be paid by the State Government, and the deadlines for doing so.
- iii. When considering any proposed legislation or regulations pertaining to a particular policy direction, the State Government shall contact the Commission and shall appropriately take the Commission's proposal into consideration.

Challenges faced by sportspersons:

It's difficult to be a sportsperson in Indian society, and it takes a lot of effort to succeed in sports. The way that people think is the cause of this. "Padhoge likhoge to banoge nawab, kheloge kudoge to banoge kharab," which roughly translates to "You will be a king if you read and write, and be pampered if you play games," is something that was said to us growing up. In India, this has been practiced for many generations. India's sports scene, aside from cricket, is in shambles. The country's players lack access to proper facilities from the sports administration to learn a particular sport. There aren't many schools that offer top-notch education. This lessens the nation's prospects of taking home an Olympic medal, which is unfortunate for the second-most populated nation in the world. A player must overcome numerous obstacles:

Poverty:

In India, poverty is a pervasive problem that makes it impossible for such a large population to produce talented athletes. Many Indian families find it extremely challenging to give their kids the means to pursue a career in sports. Whatever sport you participate in, you must be prepared to spend a significant sum of money. It costs a lot of money to compete on a national level with the necessary high-end equipment. Everything that needs to be done, including lodging, travel, meals, and other expenses, must be done by you if you travel to play in national competitions. As a result, a great deal of untapped potential is either ignored or not given the proper support to compete at the Olympic level.

Society:

The society will be the first to criticize someone for choosing sports as a career. When they find out that you want to pursue sports as a career, rumors will spread quickly. They will say things like, "You can't just pick sports and add a career; it won't help you feed yourself or raise your family." You must pursue education and work toward

achieving that. And if you achieve success, they will all say things like, "Look, I told you he'd succeed," or "I always knew he'd do good." They initially refused to help you, but as soon as you succeed, they will start acting like they have. A sportsperson is frequently dissuaded from competing at the highest levels.

Academics:

For me personally, the biggest challenge facing an Indian athlete is academics. He or she needs to balance sports and academics. Parents and teachers would both say that "playing a sport will get you nowhere in life, but to make a life you need to be good in academics" if a student's performance in the classroom declined. It seems as though they don't fully experience their childhood because of the rigid schedules they must adhere to. They are unable to fully enjoy their time in high school or college. It is unlikely that he or she would choose to forgo education in favor of a career in professional sports.

Health:

A sportsperson's health is the most crucial thing to look after. For instance, you must follow a diet if you are a sportsperson, but in India, the majority of athletes lack proper knowledge of diet. As a result, the body frequently lacks the nutrition it requires, which results in harm. All of your preparation for the competition will be in vain if you suffer a serious injury during practice. Additionally, some injuries pose a threat to life. If you participate in a lesser-known sport, the government and educational institutions will not support you.

The reasons for the underdevelopment of sports in India:

Corruption and inappropriate behavior on the part of sports officials: Corruption is similar to how Indian sports are governed. The majority of sports officials in India are being criticized for corruption, whether it be in the widely watched sports of hockey, weightlifting, or cricket. In addition, the controversy surrounding the 2010 Commonwealth Games and the long history of political involvement in sports organization management paint a picture of Indian sports officials.

- i. **Socioeconomic Inequality:** Sports in India are negatively impacted by social and economic inequality. Lack of encouragement for girls to participate in sports, lack of access to sports infrastructure due to poverty, overcrowding in stadiums and other stadiums only in cities, etc. have all impeded the growth of a positive sports culture in the nation. One of the most significant factors in India's neglect of sports is a lack of infrastructure. Sports participation and the caliber of athletes have been negatively impacted by the availability and accessibility of infrastructure, which is necessary for the training and administration of sports but is only available to some parts of the community.
- ii. **The lacunae policy:** The creation and execution of an efficient policy are essential to the growth of any sector. In sports, the same is true. Due to a lack of resources and technology on the part of the State and

local governments, the planning and execution of sports policy are currently done within the nation. Additionally, the lack of a distinct sports department at the union level illustrates how irrelevant the sport is.

- iii. **Minimum resource allocation:** India's budget is small in comparison to other developed and developing nations. A total of Rs 1943 crore is designated for games in the Union budget for 2017–18. Even though it was more than Rs 450 crore last year, it still pales in comparison to the estimated Rs 9000 crore that the UK spends annually on sports.

Creative Mind and Thoughts which bring out the Role of Physical Education and Sports in the Present Globalization:

The relationship between physical education and sports is preserved by physical education and sports. It is important to consider physical education and sports as an integral part of education in all schools and colleges in a country, with sports being required starting in elementary school and continuing through college, as was highlighted by the reciprocal guarantee. In fact, a quality education includes teaching students the fundamentals of life skills, such as how to...

- i. Problem-solving, creativity, and self-motivation
- ii. Use interactive tools (ii) (communication, physical and IT)
- iii. To associate with and live among various social groups. Physical education and sports can precisely help to develop all these board-based life skills. It follows that international organizations, state governments, and local authorities must actively promote physical education and sports. To advance the cause of physical education and sports, the educational community must coordinate and streamline these efforts. As part of the effort to improve the state of physical education and sports around the world, this will entail aiding in the restoration of the balance between them in the educational system.

There are certain benefits that are directly related to playing many games; I have listed 5 of them below:

- Achieving the ideal fit. You can learn what you like and are good at by participating in a variety of sports activities. Athletes with little experience might find this to be especially beneficial. Recurrent, minor wounds. Playing one game entails performing the same exercises repeatedly, placing stress on particular muscles and joints. A lot of physical activity puts a lot of strain on your body.
- More choices. Thinking about everything or nothing can result from playing one game. You might end up losing every game you ever played in life if you get bored, hurt, or have your circumstances change. You always have choices if you play multiple games. A few games have a season. Due to their reliance on favorable weather, outdoor sports are typically only played during the warmer months in most climates. It might be best to switch to an indoor game if it's cold outside. For instance, I was able to play sports all year long in England because I played badminton in the winter and tennis in the summer.

- A large social life. A certain type of person is frequently drawn to certain sports. For instance, the players you meet at your neighborhood table tennis club may be very different from those you meet at your local golf club. A large variety of people typically participate in many games.

Physical Education & Sports in Indian society:

Even though it has never received the attention it deserves, physical education and sports play an important role in the educational system. Even though it has been a part of the curriculum since the very beginning of education, neither academicians nor students nor educational administrators have ever taken it seriously. Only in physical education are you allowed to talk while playing or performing. The general public's conception of physical education is one of large circles, nonstop play, and no work. In one of his speeches, Abraham Lincoln reportedly said, "Sportsman is the best Ambassador of the Nation." As a result, the Director or Teacher of Physical Education can serve as our institution's or universities best ambassador.

Commitment of Time:

Since sports frequently require a lot of dedication, an athlete may find it difficult to find time for other pursuits. Exercise, training, team gatherings, competitions, meetings, and occasionally even travel may be necessary. While adults may not have much time for work and home responsibilities, children who participate in sports may find that they are late for class or are unable to spend time with their friends.

Bullying:

While participating in sports can impart many positive lessons on both children and adults, it can also breed immorality, such as bullying. Sometimes the coach will reprimand his team before looking down on them. Athletes or referees can pass it from one team to another or from one to another. Bullying may evolve into more violent behavior, like fighting, over time.

Myths about the Future:

Future-related superstitions frequently affect people of all ages, including kids, teens, and adults. A high school athlete, for instance, might neglect his studies in order to get training, believing that he will one day become a professional. If they are not professionals, they might lack the knowledge or training necessary to succeed outside of their field.

Bad Relationships:

Playing sports can strengthen bonds between people, but it can also lead to conflict. The competition in friend games can be intense. Sports enthusiasts, such as those who train for the Olympics, may not have as much time as they would like to unwind with their friends and loved ones.

Lack of self-confidence:

In particular for kids and teenagers, sports can have a negative impact. An athlete may believe they are unworthy or that their poor performance degrades others if they do not score a touchdown or win the game.

Heavy Pressure:

Winning is a big part of sports, regardless of an individual's age or skill level. While competition can strengthen positive traits, it can also have unfavorable effects. In the event that they lose the match, athletes might feel inferior. That has an impact on one's self-esteem as well as the pressure to engage in harmful behaviors like drug abuse.

Conclusion:

The sports industry in India is very advanced. Sports have evolved into a business model with numerous commercial interests. Sports issues are gradually becoming more and more relevant as a result of market expansion and the requirement for clear and thorough legal documentation. Contractors now need to be able to articulate team expectations and commitments, protect the interests of athletes and their public image, and address regulatory, legal, and other risks. India has reached the point where it requires a law that addresses sports law. India's failure in every international sporting event is a sign of the subpar infrastructure and intergenerational corruption. The same sports code must be promoted in order to meet the expanding demands of the shifting national and international environments. The different viewpoints on sports participation, funding, policies, and planning will be highlighted and compared in the conclusion. Significant differences in each area will be discussed, and a clear overview of the 23 key comparative findings will be given. By focusing on the various sports programs and how sport is funded, the fundamental application of sport policy, and how it is reflected in sports participation, the goal is to highlight the diversity of approaches to sport development. We should adhere to the three "D"s of discipline, dedication, and determination in our professional lives. The real wealth of the country is its youth. Youth involvement is essential for the success of any program. Therefore, to ensure the development of physical fitness and learn skills in sports and games that have transferable value, an individual should regularly engage in games, sports, and different exercise programs. This will enable him to lead a happy, enjoyable, and healthy life as a member of society. On the other hand, society should give its people enough opportunities to participate in activities of their choosing and thereby improve or maintain their level of physical fitness. Excellence in sports cannot advance unless the "General Standard of Health" improves. In order to ensure "enhancement of performance in competitive sports," physical education and sports programs should focus on "Health Related" and "Performance Related" areas. Thus, physical education involves encouraging the systematic, all-around development of the human body using scientific methodology and maintaining exceptional physical fitness to accomplish one's desired life goals. Therefore, any physical education organization should begin by instilling a positive attitude and sense of self-worth in physical educators themselves. This will help them believe that physical education should not only exist outside of schools and colleges but also extend into classrooms and become the central point of the educational system.

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