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A STUDY ON THE NUTRITION FACILITIES PROVIDED BY NAMDHARI'S SPORTS ACADEMY

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ABSTRACT

The nutrition facility provided by the Namdhari's sports academies typically includes personalized meal plans, dietary guidance, and access to nutritionists and dietitians who help athletes optimize their diets for performance and recovery. These facilities often focus on balanced nutrition, hydration strategies, and supplements as needed. The goal is to enhance athletes' physical well-being and optimize their training and competition results through proper nutrition. Specific offerings may vary by academy and sport.

Key-Words: - Sports, Nutrition, Namdhari, Coach, Players.

INTRODUCTION

Namdhari Sports Academy is a renowned sports institution located in India. Established in the late 1960s by Sri Satguru Jagjit Singh Ji, the academy aims to provide top-notch training and support for athletes in various sports disciplines. The academy is known for its commitment to excellence, fostering a holistic approach to sports development, and producing successful athletes who have gone on to achieve national and international recognition.

The academy offers comprehensive training programs that cater to athletes of all ages and skill levels. It provides coaching in disciplines such as athletics, hockey, basketball, badminton, football, shooting, and many more. With state-of-the-art infrastructure, expert coaches, and specialized training facilities, Namdhari Sports Academy provides a conducive environment for athletes to hone their skills and reach their full potential.

At Namdhari Sports Academy, the focus extends beyond just physical training. The institution believes in nurturing athletes' mental strength, character development, and overall well-being. Alongside rigorous training, emphasis is placed on instilling values like discipline, teamwork, dedication, and sportsmanship.

The academy has produced numerous national and international-level athletes who have represented India on various platforms with distinction. These athletes have won accolades and brought pride to the country, showcasing the high standard of nutrition and support provided by the academy.

Moreover, Namdhari Sports Academy actively supports the athletes' academic pursuits, ensuring a well-rounded education alongside sports training. The academy encourages athletes to balance their academic and sporting commitments, enabling them to excel in both domains.

In summary, Namdhari Sports Academy has established itself as a renowned institution for sports training, nurturing promising athletes, and providing them with the necessary skills and support to succeed at the national and international levels. Through its comprehensive training programs and emphasis on holistic development, the academy continues to play a pivotal role in shaping the future of Indian sports by producing exceptional athletes and instilling core values that go beyond the sporting arena.

STATEMENT OF THE PROBLEM

“A study on the nutrition facilities provided by namdhari’s sports academy”

OBJECTIVE OF THE STUDY

The objective of the study is to assess the nutrition facilities provided by namdhari’s sports academy.

HYPOTHESES OF THE STUDY

- It will be also hypothesized that the Namdhari Sports Academy (NSA) provides some kind of Nutrition Diet to the Sports Persons.

ANALYSIS AND INTERPRETATION OF DATA

The following section explains the Nutrition facilities provided by Namdhari Sports Academy.

Table 01

NSA provides Good Nutritious Diet to the Players

Opinions	Responses	Percentage	Mean	S.D.
Strongly Disagree	0	0	4.31	0.897
Disagree	9	4.5		
Neutral	32	16.0		
Agree	46	23.0		
Strongly Agree	113	56.5		
Total	200	100		

Source: Survey (SPSS-16.0)

Table 01 The table shows that majority of the respondents i.e. 113 (56.5%) out of 200 (100%) are ‘Strongly Agree’ with the statement followed by 46 (23.0%) are ‘Agree’ with the statement, 32 (16.0%) are ‘Neutral’ with the statement, 9 (4.5%) are ‘Disagree’ with the statement and none respondents is ‘Strongly Disagree’ with the statement. The overall average value is 4.31 and S.D. 0.897. Thus, the results clearly indicate that NSA provides good nutritious diet to the players. And the Standard Deviation indicated that how much the responses are different from the mean value for the group.

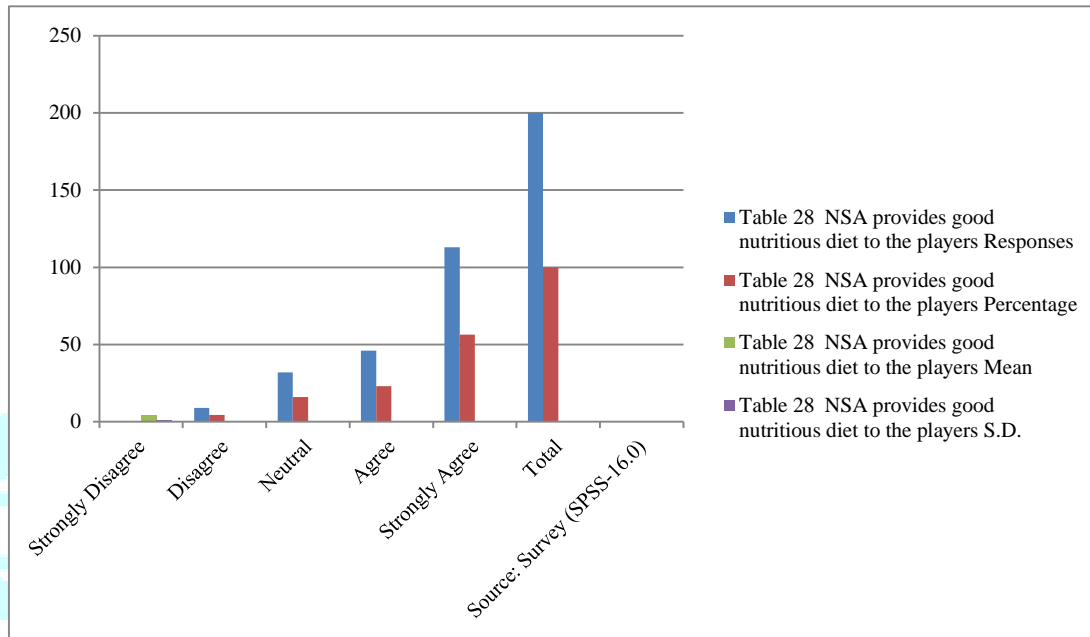


Figure 01: NSA provides good nutritious diet to the players

Table 02

NSA provides pure Vegetarian Diet to the Players

Opinions	Responses	Percentage	Mean	S.D.
Strongly Disagree	0	0	4.3	0.648
Disagree	0	0		
Neutral	21	10.5		
Agree	98	49.0		
Strongly Agree	81	40.5		
Total	200	100.0		

Source: Survey (SPSS-16.0)

Table 02 The table shows that majority of the respondents i.e. 98 (49.0%) out of 200 (100%) are 'Agree' with the statement followed by 81 (40.5%) are 'Strongly Agree' with the statement, 21 (10.5%) are 'Neutral' with the statement, and none respondent is 'Disagree' and 'Strongly Disagree' with the statement. The overall average value is 4.3 and S.D. 0.648. Thus, the results evidently show that NSA provides only pure vegetarian diet to the players. And the Standard Deviation indicated that how much the responses are different from the mean value for the group.

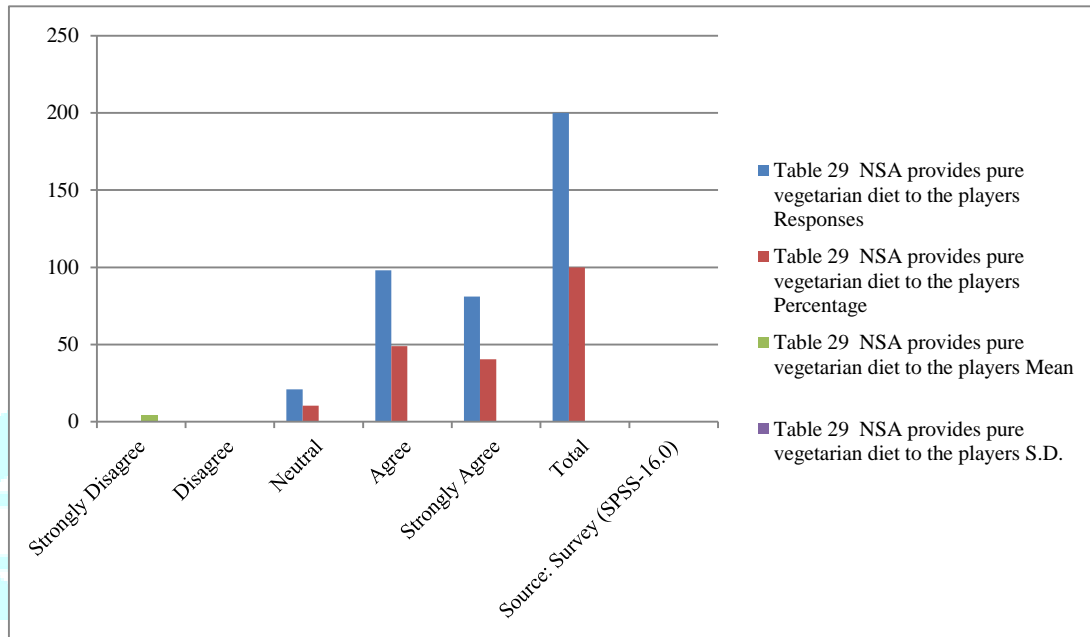


Figure 02: NSA provides pure vegetarian Diet to the Players

Conclusion

Nutritious diet is very important for a player because his/her performance based on his/her diet. To improve the performance of their team i.e. Namdhari XI, NSA provides good nutritious diet to their players. A vast number of the respondents i.e. 56.5 % and 23.0 % are 'Strongly Agree' and 'Agree' respectively. A few numbers of respondents i.e. 16.0 % are 'Neutral' and a less number of respondents i.e. 4.5 % are 'Disagree' in this regard. NSA not only provides good nutritious diet to their players, in fact they are strictly vegetarian. They are well known for their vegetarian food which includes a lot of ghee and almonds. This is the reason no one has given the negative response. Only 10.5 % respondents are neutral because they do not know about the food habits of NSA. A vast number of respondents i.e. 49.0 % and 40.5 % are 'Agree' and 'Strongly Agree' respectively in this regard. So on the basis of the result receive from respondent the we strongly admitted the Namdhari's Sports Academy provide very rich diet to their players that's why they got the medal from National and International Level Tournaments.

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