

Making of Rajkumari Sports Coaching Scheme: First National Sports Coaching Scheme (1953-54)

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Abstract

With the coming of the British, sports and games acquired new meaning and attention. Sports had always existed in Indian society, but had never been considered as a part of education system. Though British were sports loving people, yet in the early years of British rule they didn't pay much attention to the development of the sports and physical education in the school syllabuses. Their main purpose of education policy was to train persons for their administrative services only. Over period sports became part of the school curriculum but no coaches were assigned for Indians. After Independence the Government of India took special interest in sports coaching scheme. Rajkumari Sports Coaching Scheme was the first Coaching Scheme.

Introduction: Sports and Games being a part of physical well-being are as old as the human race itself and were practiced even before the existence of modern civilization.¹ Sports are important for the development of well-balanced personalities and for social welfare. Sports have their physical, mental, emotional, social and civic benefits.²

The present study discusses in detail the first coaching scheme and its impact on the development of sports. It was for the first time in the history of Indian Sports and Games that the coaching schemes were considered necessary to upgrade the level of Indian Sports. The Government approved the implementation of the Sports coaching scheme on the suggestion of

¹ John E. Nixon & Ann A. Jewett, *An Introduction to The Physical Education*, (8th ed.), W.B. Saunders Company, London, April 1974, p-142.

² Jesse Feiring Williams, "Education through the Physical", *The Journal Of Higher Education*, Vol-I, No-5, Taylor & Francis Ltd., May 1930, pp-279-282. See also; online: <http://www.Jstor.org/stable/1973984>).

Health Minister, Rajkumari Amrit Kaur. Later, this proposal was revised and came to be known as 'Rajkumari Sports Coaching Scheme'. This became one of the significant schemes in the Indian Sports and was known as the first National Coaching Scheme.³ In 1955, the Rajkumari Sports Coaching Scheme was introduced by the Government of India. Under the scheme, the Ministry of Health and Ministry of Education approved the Rajkumari Sports Scheme to sanction a grant of one lakh. Earlier, in 1953, the National Sports Club of India was given 75 thousand by the Ministry of Finance on the demand of Ministry of Health. The reason for seeking a grant from the Ministry of Finance by the Ministry of Health was that it had started to understand its main responsibility towards physical education and recreational activities.⁴

I

Rajkumari Amrit Kaur was born on February 2, 1889 in Lucknow in the ruling house of Kapurthala State in north-central India. She belonged to a noble family and was the sole female offspring of Raja Harnam Singh and Harnam Kaur of Kapurthala. Raja Harnam Singh was a very devout and clean hearted person.⁵ Princess Amrit Kaur was educated in Britain and had been Head girl and the captain of Hockey and Cricket teams at the Sherborne School in Dorset, England. Her higher studies was completed in Oxford, London. After her return to India in 1919, Rajkumari started developing interest in the sovereignty and also became more conscious about the freedom struggle. She was extremely motivated by Mahatma Gandhi and became one of the most dedicated adherents of him. She was an admirable communal reformist. Rajkumari became vigorous member of Indian National Congress. She actively participated in the activities and movements undertaken by Mahatma Gandhi for the betterment of the people. During Quit India Movement, she led many processions and was imprisoned by

³ Dr. P. Adinarayana Reddy, *Evaluation Of National Coaching Scheme Of Sports Authority Of India : A Study On Sports Promotion In The Southern Region*, A Report Submitted to Planning Commission, New Delhi, Institute For Development Research and Alternatives, Sarvodaya Women Welfare Society, Tirupati, p-1.

⁴ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, p-2.

⁵ *Native Newspapers*, Published on Punjab, Received up to 19 April 1902, p-250. Raja Harnam Singh, a son of Sikh Maharaja of Kapurthala State in north central India, was a convert to Christianity and his only daughter Princess Amrit Kaur and her brothers were reared as Christians (Roman Catholic). "Rajkumari Amrit Kaur, 75 Dies; India's First Minister of Health; Gandhi's Secretary 17 Years, a Princess, Led Campaign to Eradicate Malaria", *The New York Times*, February 7, 1964, p-31 (Online : <https://www.nytimes.com>)

the British Government. She became Minister of Health from 1947 to 1957 after independence.⁶

Rajkumari was deeply concerned about the welfare of children, women and sports. She worked hard towards the betterment of children education, liberty of women and health of countrymen. For this purpose, she joined the All India Women Conference in 1927. She also served as the President of the Red Cross Society in India. She also attended the UNESCO (United Nations Educational, Scientific and Cultural Organization) conference in London (in 1945) and Paris (in 1946) before independence. After independence, she became first Health Minister of India and was initiated to improve the health of countrymen. She was a good player of Tennis. She also established the All India Institute of Medical Sciences (AIIMS) in 1956.⁷

II

In 1947, after independence, the Government of India assumed the sports and games as an essential part of physical education and social culture. In 1948, it set up a Committee named Tara Chand Committee which made worthwhile recommendations for the growth of Physical Education and Recreational activities in India.⁸ In fact, in 1950s, Sports had gained worldwide fame and every country was trying to show its paramount performance in sports. India too started to pay special attention towards sports. The first step to accomplish this objective was taken by the first Prime Minister of India Jawaharlal Nehru at the Asian Games being held in New Delhi in 1951. While addressing the people at the Asian Games, Jawaharlal Nehru had pointed out the special focus on sports and games. He had said “Athletic contests are good for developing friendly rivalry among the youth of our nation, there is, however, another aspect to these international gatherings of Athletes. They bring together the friendship in the youth of many countries and thus help to some extent in promoting international friendship and corporation. It must be remembered that these Games and contests should be carried out in an

⁶ “Rajkumari Amrit Kaur, 75 Dies; India’s First Minister of Health; Gandhi’s Secretary 17 Years, a Princess, Led Campaign to Eradicate Malaria”, *The New York Times*, February 7, 1964, p-31(Online : <https://www.nytimes.com>)

⁷ Illa Vij, “Rajkumari Amrit Kaur: Extracts from Gandhi ji and Women”, *The Tribune*, Saturday, March 18, 2000. (Online : <https://www.tribuneindia.com>)

⁸ Harish Kumar, Rajendra Kumar, S.S. Suri, “Role of Government in promotion of Sports in India-A Review Report”, *Asian Resonance*, Vol-IV, Issue-IV, October 2015, pp-150-153. (Online:www.socialresearchfoundation.com)

atmosphere of utmost friendliness. Each one must try his best but each one, whether winner or loser, must play his part gratefully and must enter into the spirit of the Games.”⁹

To improve the performance of Indian players at the international level there was need of coaches. The first attempt for sports scheme was made in March 1954 by the Ministry of Health. Under the scheme, the Ministry of Health raised the question of giving grant of Rs 2 lakh to the National Sports Club of India for coaching scheme. The initiative was taken by the President of the Ministry of Health, Rajkumari Amrit Kaur. That was why, the scheme was known as Rajkumari Sports Coaching Scheme.¹⁰

Earlier, in 1953, the National Sports Club of India was getting a grant of Rs. 75,000 from the Ministry of Finance on the request of the Ministry of Health. In 1954, the Ministry of Health was facing lot of difficulties while getting a grant of Rs 1 lakh for National Sports Club of India for the Rajkumari Coaching Scheme. Its demand for Rs one lakh was accepted with great difficulty. Health Ministry in March 1954 directly approached Health ministry for grant of two lakhs. Education ministry accepted it but laid down condition of Adhoc Committee for the club and Health minister as chairman.¹¹

On March 31, 1954 Rajkumari Amrit Kaur requested to Maulana Azad, the Minister of Education that “the financial year has come to a close and I still have no reply from you regarding the Coaching Scheme. I have already request to you earlier also. I wonder, if you are convinced from my reports of the success of this small venture of mine, if you will be good enough to sanction me even half of what I asked i.e. 1 lakh for this year; I will try to raise the other lakh so that I can show you really good results by the end of financial year 1954-55. I plead with you once again those 2 lakhs out of 25 lakhs that have been given to you for Youth Welfare is not too much of a demand from one colleague to another.”¹²

⁹ “1st Asian Games 1951”, *Ministry of Youth Affair and Sports*, India (Online: <https://yas.nic.in>)

¹⁰ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, p-3.

¹¹ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, pp-7-8.

¹² *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, para-3, p-52.

In her request she also recommended a gift of Rs. 50,000/- for the National Young Women Christian Association. She said that she was confident that the Finance Minister would not mind to giving this grant because this grant could be sponsored by the Education Ministry, which was fully responsible for Social Services.¹³

In reply to Rajkumari's request, on 6 April 1954, Maulana Azad said that Health Ministry should appreciate that the Ministry of Education is taking the responsibility for encouraging facilities for training in games and sports. And that is why Education Ministry wants to establish a small Adhoc Board for the National Sports Board. And his experience says that a National Sports Board ought to be set up as early as possible. Therefore, he had requested the Health Ministry to accept the Chairmanship of this Adhoc Board. He also pointed out that he had recently requested Shri T.T. Krishnamachari (Finance Minister of India from 1957-89) to act as a Chairman of a Committee which he had accepted. The Secretariat would be appointed by Ministry themselves and he considered Ashfaq Husain to be the most qualified for it, as he had a long time been connected with the Indian Olympic Association since long time.¹⁴

Minister of Health as President of the National Sports Club of India approached Ministry for a grant of Rs 2 lakhs. Maulana Abul Kalam Azad, as Minister of Education, was willing to consider the request, but he desired to set up a Committee to ensure that the grant would be well spent. Rajkumari requested to Maulana Azad in April 24, 1954 that she could not accept the suggestion of a committee appointed by Education Ministry. She had said that NSCI is a very fine body and has donated a wonderful gift to India in the shape of the two stadiums at Bombay and Delhi. It was her intension as President of this club to try to make some use of the stadiums through a coaching scheme and with a small amount of money like Rs 75,000/- they have already done something which was worthwhile and which had given a very great deal of public approval as well as gratitude for the sports organizations.

Rajkumari believed that she already had a good committee for the promotion of sports and she didn't want to replace the committee members. She also said that the members of her

¹³ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, pp-52-53.

¹⁴ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, para-7, pp-58-59.

Committee were also very qualified- General Maharaj Rajendrasinhji, V. Shankar, Krishna Prasada, Irani and DeMello were the main members. But Education Ministry wanted to get V. Shankar, Krishna Prasada and Irani out the Committee. V. Shankar had gone to Bombay, but he was still keenly interested in the Committee. She agreed to add Ashwini Kumar in the Committee at the behest of the Education Ministry. On the other side were Krishna Prasada was also a well-known sportsman with administrative experience, who had represented India in the Davis Cup. Irani had for years taken keen interest in sports and had been a great help to her as Treasurer. She said that she would certainly not agree to replace either of them. She said that a representative of the Finance Ministry will also be included in the Committee and Deshmukh agreed to add Ratnam on Rajkumari's request.¹⁵

Education Ministry was also objecting to Government scheme to introduce a new club. On other hand Rajkumari gave an assurance to Mr. Humayan Kabir, Joint Education Adviser, that this Committee need not identify itself with the National Sports Club of India even though there should be no harm in doing so, if Ministry objected to it. It was because she was using the stadium and because she was using the incomparable services of Mr. De Mello who had contributed enormously to sports in India and was working honorably for this scheme that she had decided to work in close cooperation with those members of the Executive of the NSCI, who had already done so much for promotion of sports in India and it never entered her head that why were the Education Ministry raising any objection on committee. In her another request she asked the Ministry for one lakh if Ministry could not give her Rs 2 lakhs. In her opinion, if Ministry continued to give donations directly to sports organizations it would never be able to have that healthy control over them which was necessary if they were to be reformed. According to her every sports organization was without money and she found that the members of the committee of these sports organizations with the exception of one or two were not happy at the way things were going.¹⁶

¹⁵ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, para-3, pp-36-38.

¹⁶ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, pp-57-58.

While confirming the sanction of Rs one lakh with a promise of another lakh later in the year to the National Sports Club of India, the Ministry of Health in their note dated the 17 July, 1954 had attempted to justify their action on the grounds that were:-

- I) The formation of an Adhoc Committee under the Chairmanship of the Health Ministry suggested by the Education Minister was not acceptable to the former.
- II) The Education Ministry's interpretation on the formation of an Adhoc Committee as a necessary and rigid condition for giving grants seems to be a little exaggeration. This was only a proposal to be finally decided mutually by the Education Ministry and Health Ministry.
- III) Nothing was heard from the Ministry of Education until the 28th March, 1954 in reply to the Health Minister's letter dated the 25th March, 1954. The period of three days between the 25 March, to 28 March, 1954 was obviously too short to come to any final decision on the various issues of the question. However a reply was sent by the Education Minister for the Health Minister on 6th April, 1954 and the latter had acknowledged the receipt of it in her (Rajkumari) letter dated the 24 April, 1954. The fact was that Health Ministry's letter dated the 25th March, 1954 was received by the Health Ministry up to the time when the grant-in-aid was sanctioned was not true.¹⁷
- IV) The fact that the request for a loan of 12 lakhs, due to consideration, was transferred to the Ministry of Health for disposal was not an argument to justify the action taken by the Ministry of Health in regard to the grant.¹⁸

In that situation, it seemed a very difficult task for the Ministry of Health to take a grant from the Ministry of Education to the National Sports Club of India.

The Ministry of Health was asked to seek the approval of the Prime Minister in getting a grant for National Sports Club of India by Ministry of Education. Because in these conditions, the action taken by Ministry of Health for a grant, seemed rather irregular and therefore, it was

¹⁷ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, para 2, p-9.

¹⁸ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, para 4, p-9.

suggested to Health Ministry that a decision may be arrived at as to the proper unit of Government to deal with this question to avoid duplication and overlapping. As the Prime Minister was not in India, the whole issue again had to be sent to the Education Ministry.

Thus, with the help of Education Ministry, the Ministry of Health made a provision of supplementary funds from their Ministry to the extent of Rs 2 lakhs for the National Sports Club of India. They also made a provision of Rs 3 lakhs in their regular budget for 1955-56 to assist the National Sports Club of India and the Rajkumari Coaching Scheme. The Ministry of Health sanctioned a grant of Rs 1 lakh to National Sports Club of India for Rajkumari Coaching Scheme for 1954-55 with a promise of an additional grant of Rs 1 lakh. In addition Ministry also sanctioned a loan of Rs 6 lakh to the club.¹⁹

III

The main objective of the scheme was to improve the performance of Indian athletes at International level. There was no good coach-education programme available to provide any kind of coaching to the players or athletes. The chief objectives of the National Coaching Scheme were:

- Promotion of different Sports disciplines in the country.
- Providing expert coaches in different disciplines.
- To provide help and direction for the development of entrepreneurship among Indian people.
- Coordinating sports activities in the State & Central Governments.²⁰

The Rajkumari Sports Coaching Scheme (1954-55) was one of the vital schemes of the country which was aimed at identifying the talent of the sports persons, nurture them adequately and expose them to the world level. The whole function of the scheme was dependent on the coach.²¹ Therefore, for coaching of different teams and for good performance of the players,

¹⁹ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, pp-15-17.

²⁰ P.A. Reddy, *Sports Promotion in India*, Discovery Publishing House, New Delhi, 2005, pp-2-3.

²¹ Dr. P. Adinarayana Reddy, *Evaluation Of National Coaching Scheme Of Sports Authority of India : A Study On Sports Promotion In The Southern Region*, A Report Submitted to

different coaches were appointed. Some of these coaches were famous Indian players like Major Dyan Chand, Shute Bannerjee, Ranbir Singh, etc. Some of the foreign coaches were also appointed on the contract basis like J.S. Rousseau. J.S. Rousseau was an athletic coach and under his training, the performances of athletics teams increased. This scheme was for major Sports activities- Athletics, Hockey, Table Tennis, Cricket etc.²²

ATHLETICS:

Athletics was the first sport which was included under this scheme. J.S. Rousseau was appointed as coach in 1954 on contract basis. Out of the 13 Asian records established (*Pakistan Times*, dated 15.2.1954) Indian Police athletes were fetched four of them besides securing a number of 2nd and 3rd places. In the category of 400 metres hurdles and 4x400 metres relay, athletes trained at Delhi under the above scheme established many records. The record established by Jagdev Singh of Punjab Police in 400 metres hurdles was perhaps the greatest of them all. Running under a recorded time of 52.7 secs, Jagdev Singh performance was placed better than A. Julin of U.S.S.R., who recorded time of 52.8 secs (World Sports, Sept. 1952) to claim fourth place in the World Olympic of 1952 at Helsinki. The second record worthy of mention was the 4x400 metres relay record, in which a time of 4 minutes 20 secs had won 1st place in International-Meets. The 19 year old Darshan Singh (Punjab Police), a trainee of the above Scheme, had also established a new record of 40'-11 ½" Hop, step and Jump.

The athletes trained by Mr. J. S. Rousseau, Coach of the Rajkumari Sports Coaching Scheme, had been responsible for bettering eight Asian records. Coach Rousseau believed that if only a handful of nominated Indian athletes could break four Asian records then with a better combination, selection and training of athletes there should be no doubt that every Asian record could be lowered.²³

Planning Commission, New Delhi, Institute For Development Research and Alternatives, Sarvodaya Women Welfare Society, Tirupati, p-1.

²² *Impact Of National Coaching Scheme Of Sports Authority Of India: A Study On Sports Promotion In Eastern Region*, Institute For Development Of Backward Regions, A Report Submitted to Planning Commission, New Delhi, December 2002, p-3.

²³ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, pp-34-36.

OUTSTANDING PERFORMANCE OF ATHLETES IN VARIOUS MEETS AFTER TRAINING UNDER THE RAJKUMARI SPORTS COACHING SCHEME

Sr.No.	Name of Athletes	Institution represented	Events	Record at the time of reporting for training	Record after training	Remarks
1.	Parduman Singh	Western Command	Shot Put	47 ft.	47 ft.	New All India record at the Delhi Athletic Meet.
2.	Parduman Singh	Westrn Command	Discuss	130 ft.	140 ft. 5 ½	New Delhi record at the Delhi Athletic Meet. Perhaps this Throw would have been another national record if a wondering cyclist had not interfered with the descending flight of the metal.
3.	Jagdev Singh	Punjab Police	400 Metres	53 secs.	49.3 secs.	New All India record at the Police Meet.
4.	Jagdev Singh	Punjab Police	400 Metres Hurdles	54.5 secs.	54.5 secs.	-do-
5.	Jagmohan Singh	Punjab Police	Decathlon	5010 pts.	5010 pts.	New All India record at the Police Meet.
6.	Jugraj Singh	Punjab Police	110 Metres Hurdles		15.5 secs.	New All India Police record
7.	Jugraj Singh	Punjab Police	400 Metres Hurdles		56.1 secs.	Better than previous All India Police record.
8.	Randhir Singh	Punjab Police	110 Metres Hurdles		15.6 secs.	-do-
9.	Darshan Singh	Punjab Police	Hop, Step & Jump	45 ft. 4 in.	47 ft. 6 secs.	New Punjab State record at Ludhiana Meet. His jump of 46' 11 ½" at the Police Meet is All India Police Meet.
10.	Bakshish Singh	Punjab Police	Hammar Throw	120 ft.	147 ft. 7 7/8	New All India Police record at the All India Police Meet.
11.	Kripal Singh	Punjab Police	4x100 Metres Relay	-	43.5 secs.	-do-

12.	Darshan Singh	Punjab Police	4x100 Metres Relay	-	43.5 secs	-do-
13.	Harjit Singh	Punjab Police	4x100 Metres Relay	-	43.5 secs	-do-
14.	Ram Swarup	Punjab Police	4x100 Metres Relay	-	43.5 secs	-do-
15.	Sohan Singh	Punjab Police	4x100 Metres Relay	-	3 m 24.2 secs.	-do-
16.	Jugraj Singh	Punjab Police	4x100 Metres Relay	-	3 m 24.2 secs.	-do-
17.	Jagdev Singh	Punjab Police	4x100 Metres Relay	-	3 m 24.2 secs.	-do-
18.	Harjit Singh	Punjab Police	4x100 Metres Relay	-	3 m 24.2 secs.	-do-
19.	Sohan Singh	Punjab Police	800 Metres	2 m 2 secs.	1 m 59.5 secs.	-do-
20.	Bakshish Singh	Punjab Police	Discuss Throw	128 ft.	132 ft. 6 in.	-do-
21.	Harjit Singh	Punjab Police	400 Metres	51.3 secs.	49.3 secs.	-do-
22.	Cpl. B.S. Talwar	I.A.F.	800 Metres	2 m 3.5 secs.	2 m.	New Delhi record at the Delhi State Championships.
23.	G.S.D. Nair	I.A.F.	Broad Jump	21 ft. 10 in.	22 ft. ½ in.	-do-
24.	Cpl. W. Tully	I.A.F.	Pole Vault	10 ft. 6 in.	11 ft. ½ in.	-do-
25.	Henry Rebeloo	I.A.F.	Hop, Step & Jump	45 ft. 10 in.	46 ft. 4 in.	-do-
26.	Karnail Singh	Western Command	100 Metres	11.3 secs.	10.7 secs	-do-

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HOCKEY:

²⁴ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, pp-37-38.*

Under this scheme, Dhyan Chand was appointed the coach of Hockey. The area of Madras, Bangalore and Delhi from November 1953 to March 1954 was covered under his coaching. In the South, he coached the Army and personnel of Government offices. In Delhi, he had the pick of Hockey players and also the Schools and Colleges. In the first few weeks of November 1953, he was mainly focusing on the fundamentals of the game, namely; gripping the stick, scooping, pushing and hitting the ball etc. As most of the players undergoing training were old players, he did not feel much difficulty in overcoming the first stage.

The next few weeks, he concentrated on techniques of stick-work, arrangement of field and position play etc. Emphasis was also laid on footwork and judging the ball. During this period, he had also devoted individual attention to the trainees and corrected some very common faults. Besides practical training, he was busy in delivering speech and lectures at the end of each day. These lectures were of immense guidance to the players but he was regretted that the number of pupils to take advantage of his coaching was very small. It was very difficult to assess, in such a short time, the benefits derived of his coaching, but in general the trainees had displayed a definite improvement in their game and he was able to raise the standard of their performance in the coming years.

CRICKET:

The third major sport under this scheme was Cricket. Shute Bannerjee was appointed as its first coach for the period of three months; January to March 1954. The decision of the Rajkumari Coaching Scheme and Board of Control for Cricket in India to commence on coaching to find out 'first bowler' proved right. The selection, too, of Dehra Dun in the North for such coaching was also correct as this was the zone from where future fast bowlers showed up in later year.

Fifteen young men were trained each month from the Northern Zone of Cricket, viz. Delhi & District, South Punjab, East Punjab, Rajputana, U.P., Services Sports Control Board and the Universities. He was of the opinion that Government aided Scheme if continued would reap a rich harvest in the course of 2 to 3 years.²⁵

²⁵ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, pp-50-51.

TABLE TENNIS:

Table Tennis during these years stirred the imagination of youngsters, but their playing standards did not always keep pace with their unbounded enthusiasm. This was entirely due to lack of proper means and facilities for coaching. The outstanding successes of Sayead Sultana confirmed the belief that there was talent that could be used for world championship if given proper training and coaching at the right time.

Brain Kennedy, Britain's ranked no. 4 Table Tennis player was brought down to coach youngsters. He stayed in this country for three months and coached over 180 players in Delhi, Madras and Bombay. The highlights of Kennedy's coaching technique were his individual attention to pupils, each according to their particular needs and capacities. As a result of his training, India was in a position to send a coach with confidence to any club or school where the services of qualified coaches were required. As regards the trainees, the juniors had abundantly profited and improved, while the seniors obtained excellent practice and improved their foot-work and quickness.

Delhi provided the best playing conditions. With four tables, perfect lighting and proper arena, the National Stadium provided the best atmosphere required for sport. Against over 100 applicants, 24 seniors and 30 juniors were taken up for training.

The coaching was conducted in Madras in the improvised structure in the National Fine Arts Club, Tata Nagar where three tables were provided. Twenty-four seniors and twenty-two juniors were trained including the ranked no.1 player of India

The pilot coaching scheme has therefore been most successful and proved to be the most significant venture of the year- the only scheme ever prepared to develop talent. This couldn't be achieved by private bodies, however important and potent the organizations might be- unless there is Government aid and control.²⁶

TENNIS:

Tennis was also included under this scheme. Ranbir Singh was appointed coach of this sport. In March 15, 1954, he gave a report to NSCI on the Tennis coaching. He wrote that "the total

²⁶ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, pp-42-44.

number of trainees so far coached is about 40 and the total number of lessons given up to-date is 486. By the 31th March, 1954, the 576 coaches had been trained. He believed that more boys and girls were expected to join the school in the coming days.”²⁷

Conclusion:

In conclusion it can be said that Sports advancement scheme run by the Government of India after Independence and sports performance expanded quickly. India set the honourable position among the dynamic sports nations. In September 1953, Rajkumari Sports Coaching Scheme was stated. It helped in the advancement of games and sports. It prepared Indian players for National and Inter-national challenge. An enormous number of trainee’s had been trained under the National Coaching Scheme. The scheme laid incredible emphasis on the improvement of the games exhibitions, sportsmen and youth and sports undertakings. The scheme accommodated setting up of Regional Coaching Centre’s, helped National teams, conducted coaching camps, supplementary classes and implemented different games programmes. To accomplish these goals, the Scheme provided for the recruitment and assignment of coaches to different State Sports Boards. Later, Netaji Subhash National Institute of Sports, Patiala (NSNIS), were also the result of this Coaching scheme. It was set up by the Government of India in 1961 with the target of encouraging the improvement of sports in a logical way and training of coaches. Over period Rajkumari Sports coaching scheme also revised its programme to meet the requirements of the developing nature of the sports in India first in 1962 and again in 1968. Further this Coaching scheme was merged with the establishment of Sports Authority in India (SAI) in 1984 and SAI was emerged as the largest centre of sports in India.

However, there was a rarity of reliable information on the impact of the National Coaching Scheme of the Sports Authority of India in advancement of the Sports Culture in Country, so as to make an in-depth inquiry into the achievement of the scheme. Rajkumari coaching scheme helped to identifying the problems of coaches, deficiencies, constraints and bottlenecks from the point of view of revised the scheme wherever found accessory.

²⁷ *Rajkumari Sports Coaching Scheme Request For Grant In 1954-1955*, File No & D. No. 15_37/58, Branch: PE2, Ministry of Education, Year 1958, p-53.

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