



NIS

An Overview



SPORTS AUTHORITY OF INDIA

Netaji Subhas National Institute of Sports
PATIALA, INDIA

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An Overview



An Adhoc Inquiry Committee constituted by the Government of India, in July 1958, to study the standard of sports in the Country recommended the 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; and thereafter, 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 7 May 1961.



Shri K.L. Shrimali, Union Education Minister, with His Highness Maharaja Yadendra Singh, President, All India Council of Sports, on the occasion of inauguration of National Institute of Sports, Patiala on 7 May, 1961.

In 1973, the Institute was dedicated to the memory of late freedom fighter Netaji Subhas Chandra Bose, and renamed as Netaji Subhas National Institute of Sports. The Institute was merged with the Sports Authority of India (SAI), in 1987.

NIS Patiala is, at present, the Academic Wing and the main academic centre of SAI. The Institute also has three academic sub-centres at the SAI Regional Centres, the SAI Netaji Subhas Southern Centre, Bangalore, and SAI Netaji Subhas Eastern Centre, Kolkata and LNCPE, Thiruvananthapuram. The Institute also conducts some regular and periodic sports education programmes at these centres and some other selected centres, from time to time.

Besides being the academic centre of the SAI, the Institute also performs the important task of training of elite sports persons, for international competitions. This is also facilitated by the SAI High Altitude Training Centre (HATC), Shilaroo, Himachal Pradesh, being managed by this Institute.

The Institute also contributes towards the training of upcoming and promising sportspersons, under the SAI Sports Promotion Schemes by managing the SAI Sports Training Centre, Patiala and SAI Centre of Excellence, Patiala, as satellite training centres. The Institute also implements the SAI 'Pay & Play' and 'Come & Play' Schemes for training of youngsters, whereby beginners, mostly school children are provided sports training, by charging nominal fee.

Being the premier sports institute in the Country, the Institute holds key to the development of sports in India. It has come a long way and is being popularly called the '*Mecca of Indian Sports*'; and sportspersons from all over the Country yearn to visit it.

The Location



- Institute, the main academic centre, is located in a relatively young city of PATIALA, the capital of erstwhile State of Patiala; a city of royal heritage and rich tradition of promotion of sports.
- Patiala is about 270 km. from the national capital, New Delhi ; about 70 km from the state capital Chandigarh; and 54 km. from Ambala, an important railway junction. Chandigarh, Ludhiana, Amritsar and Delhi are the nearest airports.
- The academic sub-centre Bangalore is the capital of state of Karnataka, about 2500 km down south from New Delhi, well connected by road, rail and airways.
- The academic sub-centre Kolkata, the capital of eastern state of West Bengal, is about 1500 km from New Delhi, the National Capital.
- The Institute also manages the SAI High Altitude Training Centre HATC located at Shilaroo, Himachal Pradesh, about 225kms from Patiala.

Environment

Popularly known as the '*city of gardens*', Patiala, the main academic centre, is known for its educational set up and its pollution free environment, ideal for sports activities.

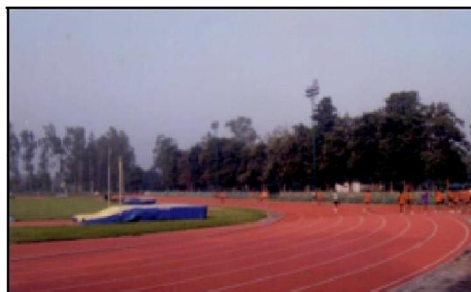
Weather

	Patiala	Bangalore	Kolkata	Shilaroo
Summer	April - June	April - June	Mar - June	April ó June
Rainfall	July ó Sept.	June ó Sept.	June ó Sept.	July ó Sept.
Winter	Nov ó March	Dec. ó Jan.	Dec. ó Feb.	Nov ó March
Temperature	Max : 45°C	Max : 36°C	Max : 41°C	Max - 25°C
	Min : 1°C	Min : 17°C	Min : 24°C	Min - -3°C



Outdoor Facilities

- Athletics Synthetic Track í íí 2
- Endurance Track ó Syntheticí 1
- Basketball Court.. í í í í í 4
- Cricket Groundí í í í í í ..í ... 1
- Football Field..í í í í í í ..í ... 2
- Handball Field.. í í í í í íí 2
- Hockey Synthetic Fieldí í íí 2
- Hockey Grassy Field..í í í í2
- Swimming Pool - Standardí1
- Tennis Courts - Synthetic....íí 3
- Cinder ...í í í ...3
- Velodromeí í í í í í í í ..í .. 1
- Volleyball Courtí í í í í í ..í ..4
- Sand Running Circuití í í í ...í 1
- Cross Country Circuití í í í ...í 1
- Golf Course ó 9 Holesí í í í1



Indoor Facilities

- Badminton Court.í4
- Basketball Courtí í3
- Boxing Ringí í í ..í ..2
- Billiards Roomí í í1
- Conditioning Hallí í3
- Gymnasiumí í í í í .í 3
- Handball Courtí í í1
- Judo Hallí í í í í í .í 2
- Saunaí í í í í í í .í .2
- Steamí í í í í í í .í .2
- Squash Courtí í í2
- Table Tennis Hallí í ...2
- Volleyball Hall..í í í .1
- Wrestling Hallí í í í 1
- Weightlifting Hallí ..í 1
- Strength Training Hall...1

Faculty of Coach Education



The Faculty has teaching departments in the following sports disciplines at different academic centres :

Main Academic Centre

SAI Netaji Subhas National Institute of Sports Patiala

Athletics, Basketball, Boxing, Cricket, Cycling, Fencing, Football, Gymnastics, Handball, Hockey, Judo, Table Tennis, Volleyball, Weightlifting, Wrestling and Wushu.



Academic Sub-Centre

SAI Netaji Subhas Southern Centre Bangalore

Athletics, Badminton, Hockey, Kabaddi, Kho-Kho, Softball, Swimming, Taekwondo, Tennis and Volleyball



Academic Sub-Centre

SAI Netaji Subhas Eastern Centre Kolkata

Archery, Athletics, Boxing and Football



LNCPE, Thiruvananthapuram

Rowing, Canoeing & Kayaking

Note : The sports disciplines can be changed as the demands of the situation.



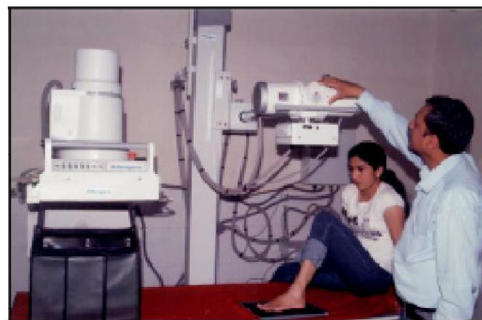
Set up in 1983, the Faculty of Sports Sciences, of the Institute has the following departments, equipped with proper laboratories:

1. Sports Physiology
2. Sports Psychology
3. Sports Biomechanics
4. Sports Biochemistry
5. Sports Anthropometry
6. Sports Medicine
7. General Theory & Methods of Training

The Faculty is recognized as a scientific-research institution by the department of Sciences and Technology ; and is authorized by the MCI for conducting P.G. Diploma in Sports Medicine.

The main functions of the Faculty are as follows:

- Teaching the students of the Sports Coach education programmes and teaching & management of the two year Postgraduate Diploma in Sports Medicine.
- Provision of scientific support to the National Coaching Camps and Centres of the Sports promotion schemes of SAI.
- Management of Research Fellowship Scheme of SAI
- Promotion of Scientific research in Sports & Sports Sciences
- Publication of a quarterly research Journal : The Journal of Sports & Sports Sciences

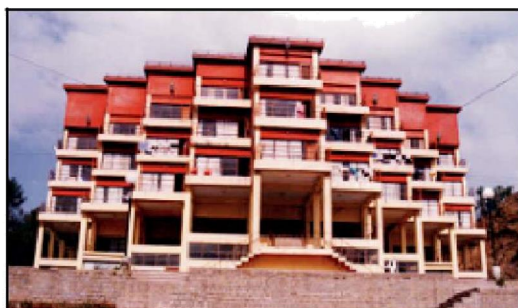


High Altitude Training Center, Shilaroo



The Institute also manages the only high altitude sports training center of the Country, for training of elite sportspersons.

Shilaroo, a village of Theog Tehsil of district Shimla, Himachal Pradesh, is situated at distance of 54 kms. from Shimla, on Shimla ó Narkanda ó Rampur National Highway No.22, at an altitude of about 8000 ft.



Existing Infrastructure

- Indoor Hall 50m x 30m x 12.5m
- Indoor Hall 40m x 20m x 8m
- Synthetic Hockey Field
- Boys' Hostel1
- Girls' Hostel1
- Medical Centre Block
- Staff Quarters (Type III, Type-II, and Type I)

During summer, the national coaching camps are organized at this Centre, for training of elite sportspersons.



Academics

Teaching

- Organization of sports education programmes for training of sports professionals e.g. coaches, doctors, scientists, for various sports related functions.
- Organization of refresher courses, seminars, conferences & workshops, etc. for updating and up-grading the knowledge of the scientists, coaches, sports officials, and sportspersons
- Coordination and organization of the IOC Solidarity Courses for the benefit of sports coaches & scientists.
- A source of information and counseling through experts and publication of sports literature.

Research

- Conducting and promoting research in sports and sports sciences.
- Dissemination of sports information.
- Publication of research quarterly, the 'Sports Research'

Coaching

Training of International Probables

- Provision of material, logistic and scientific support for the organization of the national coaching camps, for training of elite sportspersons, for international competitions, under National Coaching Scheme.
- Management of the SAI Training Centre and SAI Centre of Excellence, for training of sportspersons, under the sports promotion schemes of the SAI.
- Implementation of 'Pay & Play' and 'Come & Play' schemes of SAI for training of youngsters.

Scientific Support

- Provision of scientific support to the elite sportspersons attending the national coaching camps, and to the trainees of the SAI sports promotion schemes, by monitoring their physiological and psychological status, through scientific tests, and through counseling.



Diploma in Sports Coaching

Introduced way back in 1963, this one-year coach education programmes is the basic qualification, for professional competence, in the field of Sports Coaching ; in a specific sport. Graduates, in any discipline, having proficiency in a particular sport, are admitted to this programme.

The Diploma Course is conducted, in various disciplines, at the three SAI Centre of Patiala, Bangalore, and Kolkata. It includes 9½ month academic session followed by two month internship programme. The admission to this Course is conducted almost simultaneously, at these three centers.

The session starts in the month of July, every year.

M.Sc. in Sports Coaching

In order to provide opportunity for higher studies in sports coaching, and to develop research aptitude of the coaches, the Institute conducts a two-year Master Degree programme in Sports Coaching, in selected sports disciplines, for Diploma holders in Sports Coaching.

The M.Sc. Programme in coaching introduces the coach to higher levels of experience, knowledge and implementation of sports science to field coaching and opens a pathway for his development. This education programme is affiliated to Punjabi University, Patiala ; and is conducted at Patiala Centre only.

The session starts in the month of July, every year.





Certificate Course in Sports Coaching

The Institute conducts six-week Certificate Course in Sports Coaching, for training of level-I coaches, who are supposed to work with the Community Coaching Centres, local clubs and schools, at the grass-root level, for motivating and introducing the children to sports.

This elementary education programme is meant for in-service physical education teachers/class room teachers / departmental candidates, and others having flair for games and sports, with minimum

educational qualification of '10+2' and prescribed participation in games / sports concerned. The candidates between 20 to 40 years of age can join this Course.

This course is conducted at selected centers, throughout the Country, during the vacation period of May / June, each year. .





Skill Development Courses	Duration
“ Certificate Course in Sports Massage	4 weeks
“ Certificate Course in Physical Conditioning	4 weeks
“ Certificate Course in Gym Management	5 days
“ Certificate Course for Lifeguards-Pool Swimming	4 weeks
“ Certificate Course in Personal Fitness Training	3 weeks
“ Certificate Course in Sports Nutrition and Dietetics	5 weeks
“ Certificate Course in Sports Communication	3 weeks
“ Certificate Course in Project/Event Management	3 weeks
“ Certificate Course in Physiology of Sports Performance	3 weeks
“ Certificate Course in Prevention and Management of Sports Injuries	2 weeks
“ Certificate Course in Talent Identification in Sports	2 weeks
“ Certificate Course in Rehabilitation and Recovery	2 weeks
“ Certificate Course in Sports Psychology	2 weeks
“ Certificate Course in Sports Law	3 weeks
“ Certificate Course in Sports Sociology	2 weeks
“ Certificate Course in Sports Biomechanics of Human Performance	3 weeks
“ Certificate Course in Sports Training Methods	2 weeks
“ Certificate Course in Sports Anthropometry	2 weeks
“ Certificate Course in Research Methodology in Sports	2 weeks
“ Certificate Course in Measurement and Evaluation in Sports	2 weeks

Training of Elite Sportspersons



National Coaching Camps

Another major responsibility of Institute, the training of elite sportspersons, the probables for international competitions, through the National Coaching Camps. It is managed by the Coaching Cell of the Institute.

The Institute provides comfortable residential accommodation, sports infrastructure of international standard, hygienic and nutritious boarding facilities and a sporting environment at the two SAI centers, NIS Patiala and the SAI High Altitude Training Centre, Shilaroo (H.P.), for training of international probables / national teams, by the National Coaches, as per the Long-Term Development Plan prepared by the National Sports Federations concerned. The training programmes planned by the SAI TEAMS Division, in consultation with the respective national sports federations, is implemented and monitored by the Institute.

The Faculty of Sports Sciences, of the Institute, conducts scientific tests and evaluation of physical or physiological status of the sportspersons, and the scientific support / counseling is being provided accordingly.

The considerable contribution of the Institute, on this front, becomes evident from a cursory look at the Indian medal tallies, of various international competitions.





Pay & Play

The Scheme has been started by the SAI at its various centres, in order to ensure the optimum utilization of the available sports infrastructure ; and to earn some revenue. Individual sportspersons and organization could use this infrastructure, for training on their own and competition purposes, on nominal payment. There is no provision for coaching, under this Scheme.



Come & Play

This Scheme was launched at all SAI Centres, in the Country, on 1 October, 2011.

The Scheme aims at mass participation in sports; systematic coaching support ; talent spotting ; and utilization of the available sports infrastructure at SAI centres, across the Country.

Under this Scheme, training facility is available at NIS, in the sports disciplines of Athletics, Archery, Bxing, Basketball, Cycling, Fencing, Gymnastics, Hockey, Handball, Judo, Swimming, Lawn Tennis, Table Tennis and Wushu, for the 8 to 17 years boys and girls at first come first serve basis, at a nominal fee of Rs.45/- per month only.

Complementary membership is available to international sportspersons, state & national level medal winners of the past three years, and children of BPL families ; and concession for girls and children of Government schools.

Under the Scheme, players are provided systematic coaching ; playing arena ; non-consumable equipment; and maximum consumable equipment.

Age-specific competition are also organized, in January and June, every year, for spotting the talent, to be nurtured further through various SAI Schemes.



Sports Promotion Schemes of SAI

The Institute is also making a considerable contribution towards coaching, under the two prestigious sports promotion schemes of the Sports Authority of India.

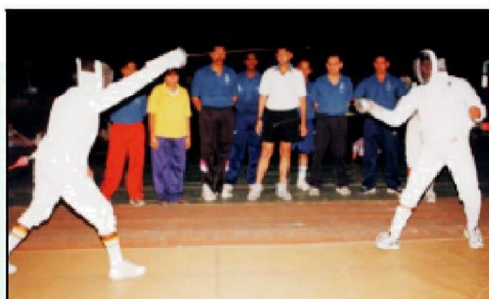
- SAICentre of Excellence, Patiala
- Sports Training Centre, Patiala

In order to build up proficiency of building sportspersons, for excellence of national / international level, under these schemes, the promising sports of selected disciplines are provided free coaching ; sports facilities ; equipment ; scientific

support; sports kit ; competition exposure ; and medical and insurance cover.

These satellite centers, of the Institute, are operating as sort of regular coaching camps, for the best available talent in the Country, in order to provide two or possibly three concurrent layers of highly skilled sportspersons.

These schemes have been successful in contributing considerably to the national teams, and to the Indian medal tally, at the international competitions.





A Treasurer for Posterity

The National Sports Museum established in 1972, at the Institute, is now India's cultural pride. The purpose of the Museum is to remind the posterity of the accomplishments of our sports persons.



The Museum displays the rare trophies, shields, cups, medals, pin & badges, photographs, certificates, stamps, coins and personal sports-gear of world renowned sports personalities. The Museum has also received a large number of collections from the leading foreign sportsmen. Efforts are being made for conserving the museum articles with the help of experts from the National Museum, New Delhi



