

The Directorate of Sports & Youth Affairs, established in 1987, is implementing the following schemes with the approval of Government of Kerala.

- 1. Conducting programmes for the awareness and publicity of Sports and Youth welfare.**
- 2. Provides general medical care and awareness about sports medicine to sports persons through Rajiv Gandhi Sports Medicine Centre.**
- 3. Implementing pension schemes for the indigent circus artists.**
- 4. Providing grants to Usha School of Athletics and Mercykuttan Athletics Academy for developing infrastructure and to give quality training to sports persons.**
- 5. Providing aids for the construction of stadia in all over Kerala with an aim to develop Sports in Kerala.**
- 6. A scheme namely Go For Gold is being implemented with the aim of providing quality training to a group of selected elite athletes to achieve the goal of winning Gold medal in 2016 Olympics.**
- 7. Providing financial assistance to conduct of Civil Services Tournaments.**
- 8. A Circus Academy is functioning at Kannur under this department.**
- 9. Providing financial assistance through the six SAI centers in Kerala for selecting children in SAI Sports Hostel.**

DETAILS OF FUND UTILIZATION ON VARIOUS PROJECTS

SI No

Schemes

Year

Utilization of amount (in lakh)

Plan fund

Non plan fund

1

2010-11

27.64

2

Development of playfields

2010-11

150.00

3

National Sports Aptitude test

2010-11

1.00

4

Development of Kalarippayattu

2010-11

10.00

0.25

5

Rajiv Gandhi Sports Medicine Centre

2010-11

1.12

14.46

6

Promotion of Taekwondo, Judo & Karate

2010-11

45.96

7

Physical fitness for adults

2010-11

5.45

8

Circus Academy, Kannur

2010-11

0.50

9

Construction of Stadium at Nedumkandam

2010-11

200.00

10

Construction of stadium at Alappuzha

2010-11

1000.00

11

Usha School of Athletics

2010-11

20.00

12

Mercykuttan Athletics Academy

2010-11

20.00

13

Cash award to the Football club selected in First National League

2010-11

20.00

14

Conduct of Civil Services Tournament

2010-11

5.48

The Directorate of Sports & Youth Affairs established in the year 1986 as per G.O. (Rt) No. 7881/86/GAD dated 25/10/1986 to function as a Government Department for the promotion of

Sports and Games in the State had made substantial achievements in organising sports development programmes and in establishing the basic sports infrastructure facilities throughout the State. The activities include Construction of Playfields, Development and Improvement of Existing Grounds, Financial Assistance to Sports Persons/Clubs/Conduct of Tournaments /Sports Project Development Area/ Conduct of Coaching Camps, All India Civil Services Tournament, Onam Sports, promotion and up-gradation of New Sports Disciplines like Taekwondo and various other sports programmes as per instructions from Government. **S**

Sports Promotion Programmes

This scheme aims at improving awareness among people regarding various programs/schemes intended for youth, through film shows, seminars, cultural exchange programs etc. The Directorate through this scheme financially supports sports development activities throughout the State. The development activities include conduct of sports tournaments, imparting training, providing facilities to talented sportsmen etc. The applications for financial assistance should be recommended by recognised organisations.

There is no separate format or time limits for the application.

The requests are allowed on the basis of availability of funds and genuineness of the requests. The requests should contain all the relevant details for examination in this directorate. Normally recognised sports associations prefer such requests. Most of the requests from individual persons seek financial assistance towards participation in tournaments abroad or providing advanced training equipments for training or giving cash awards in having won tournaments. All the requests are processed on merit and financial assistance provided to the extent possible.

Maintenance of playgrounds and Sports Facilities

Financial assistance under this scheme is provided to Schools/Panchayaths for maintenance and repairs of existing playfields. Priority is given for rural areas to motivate youth in these areas to take up sports more seriously. Application for this assistance should be in a prescribed form and within time limits published through press. Assistance will be given according to availability of funds and genuineness of the proposal.

Promotion of Sports through SAI centres

State has six sports training centres operated in collaboration with the Sports Authority of India. As per the terms agreed between State Government and Sports Authority of India, expenditure on running the centres will be met by Sports Authority of India, whereas the land, buildings and other infrastructure facilities are provided by the State Government. These SAI centres are:

- i) STC Calicut
- ii) STC Trichur
- iii) STC Kollam
- iv) SAG Alleppey
- v) SAG Tellicherry
- vi) LNCPE Thiruvananthapuram

Sports Authority of India does selection of suitable trainees for admission to these sports training centres and the expenditure thereon is borne by the State. Reflecting the excellent quality of training offered by these centres, many of the trainees have performed exceptionally well in several tournaments. Wide publicity through print and visual medias are given well before the time of selection

Sports Medicine

RAJIV GANDHI SPORTS MEDICINE CENTRE (RGSMC)

JIMMY GEORGE INDOOR STADIUM

VELLAYAMBALAM

THIRUVANANTHAPURAM

KERALA

PIN:695033

TELEPHONE:0471 2326644

Rajiv Gandhi Sports Medicine Centre (RGSMC) was established in the year 1992 by the Government of Kerala and is functioning under the Directorate of Sports & Youth Affairs. It is the only Sports Medicine Centre serving the medical needs of sports persons of the entire state.

Our main aim is

- Prevent sports related injuries.
- Rehabilitation of an injured sports person and to restore his original physical fitness so that he can resume sports activities at the earliest.
- Promote Drug free Sports.

Functions of RGSMC

A) Health care services

- Provides general medical care to sports persons free of cost. Preventive clinic for prevention of sports injuries by improving physical fitness.
- Rehabilitation services.
- Treatment and of sports injuries, including emergency and acute injury management by Physical therapy, including Physiotherapy.
- Consultatory and referral services.
- On field medical care and sports medical aid services.
- Providing advice regarding general fitness and nutrition.

Target categories are sports persons including students, trainees, coaches, trainers, veteran sports persons, Disabled and Handicapped sports persons, Public sector and Departmental team members, State and National sports team members and any one who pursues Sports, promotes sports and is actively involved in sports.

B) Sports Medicine promotion and awareness Generation

Creating awareness about recent trends in Sports Medicine and related sciences by holding seminars, workshops, training programme etc for sports persons, coaches, Physical educationist, sports administrators and Doctors to improve the quality of sports and health.

C) Certification and related services

- Medical certification including Post injury, sickness layoff and fitness certificate for sports participation.
- Age.
- Sex test.
- Obligatory medical clearance and eligibility certification for marathon, weightlifting etc.
- Compensation, pension and insurance claims of sports persons.
- Rajiv Gandhi Sports Medicine Centre provides out patient care on all weekdays except Sundays from 9.00 a.m. to 1.00 p.m., free of cost. RGSMC has a full-fledged physiotherapy centre with modern equipments.

Treatment modalities available in RGSMC

- **LASER Therapy Unit:-** Used for wound healing and pain relief.
- **Short Wave Diathermy (SWD):-** Used for the deep heating of tissues and is useful for the treatment of Sports injuries and painful inflammatory conditions.
- **Continuous Passive Motion (CPM) Apparatus:-** Used for active mobilisation of stiff joints after injury, surgery.
- **Ultra Sound Therapy (UST) Unit:-** The machine produces ultra sound waves which can pass through tissues producing localised heating effect. Widely used for early recovery of injury.
- **Transcutaneous Electrical Nerve Stimulation unit (TENS) :-** Used for relieving Acute and Chronic painful conditions.
- **Interferential Therapy:-** Used for pain relief, muscle stimulation and is effective in chronic and acute conditions.
- **Muscle Stimulator:-** Used for the treatment of acute injury, helps to regain muscle power during rehabilitation of sports injury.
- **Infra Red lamp:-** This produces Infrared rays which causes superficial heating of body tissues. Used for treating acute muscle cramps and for relief from painful conditions.
- **Traction Unit:-** This is used to produce a traction effect on the joints of the Spine in Spondylotic conditions.
- **Wax Bath:-** Uses melted paraffin wax under moderate temperature for mobilisation of stiff joints, scars and to relieve pain.
- **Contrast Bath:-** Used for treatment of painful conditions of the hands and feet using cold and warmth alternatively.
- **Spirometer :-** Used for the evaluation of lung capacity.

Ambulance Services:

RGSMC is equipped with a full fledged ambulance which provides onfield medical support and emergency care for various sporting events. The ambulance is manned by trained paramedical personnel.

Specialist Personnel : **Two Medical Officers** **Dr. R.SANKAR RAM , MBBS, DPMRin Phys**
On deputation from Department of Health Services, Government of Kerala
email:2sankar@gmail.com
Two Physiotherapists

One Sports Demonstrator

One Staff Nurse

One Attendant

Centre for Martial Arts/ Rural Arts

During 1999-2000 Government of Kerala launched a programme for establishing District Martial Arts Centers for promoting the traditional martial arts form of Kerala viz. "Kalarippayattu" which was getting neglected or sidelined in the present society. The programme envisage establishment of one District Martial Arts Training Centre in each district. Each center is proposed to provide training for 30 students of 7-8 years age group till they attain the age of 14. Such centers have already been opened in 13 districts and action for opening in the remaining district is in the final stage.

Promotion of new Sports Disciplines

This programme envisages introduction and promotion of new disciplines of sports like Taekwondo, Judo, Karate etc. in Kerala. Recently, Taekwondo, a Korean Martial Art has gained worldwide acceptance and has been included as a discipline of competition for Olympics as well. Hence a programme has been launched to give Taekwondo training to schoolchildren below the age of 18 years. This department in association administers this programme with Director of Public Instruction and Director of Collegiate Education and with technical guidance from the Taekwondo Association of Kerala. This programme is a well conceived and executed one, which holds promise of bringing glory to the state and nation by winning several national/international tournaments. Judo- hand to hand sport, held between two competitors, in which opponents use movement, balance and leverage to gain advantage over each other. The sport emphasizes gaining an advantage by giving way to an attacking force. Judo, which means "gentle way" in Japanese, is adapted from traditional Japanese martial arts known as Jujutsu. Government administrative sanction for implementing a new scheme for Judo training by starting 14 districts training centres, a school in each district identified for this purpose.

Karate is a martial art developed in the Ryukyu Islands in what is now Okinawa, Japan. It was developed from indigenous fighting methods called te (て, literally "hand"; Tii in Okinawan) and Chinese kenpō. Karate is a striking art using punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hands. Grappling, locks, restraints, throws, and vital point strikes are taught in some styles. A karate practitioner is called a karateka.

Karate was developed in the Ryukyu Kingdom prior to its 19th century annexation by Japan. It

was brought to the Japanese mainland in the early 20th century during a time of cultural exchanges between the Japanese and the Ryukyans

Government have accorded administrative sanction for the implementation of Karate training for 350 students at Jimmy George Indoor stadium, Abhaya and Sri Chitra Home. **Sports for**

Civil Service Personnel

To uplift the talents of civil servants, Civil Services Tournament are conducted every year. The concerned districts as per the direction of the Directorate of Sports & Youth Affairs conduct district level tournaments. The district tournaments are usually conducted during August or September every year. Those who get selection at district level, participate in the state level competitions, which are usually conducted by the host district. The state level tournaments are usually conducted during October or November. State level teams are formed based on the State level competitions. These teams are given coaching at coaching camps to equip them for competitions at All India Civil Services tournaments, which are conducted as per the directions and decisions of Central Civil Services Cultural and Sports Board, New Delhi. Kerala state teams usually participate in National level competitions in Shuttle badminton, Volleyball, Football, Swimming, Table Tennis, Athletics, Power lifting, Best Physique, Body Building disciplines. **Promotion of Traditional Martial Arts**

Kalarippayattu festival at State level is conducted every year to promote the traditional martial art "Kalarippayattu". This is generally organised during February or March every year as joint venture of the Directorate of Sports & Youth Affairs and Kerala State Kalarippayattu Association. Kalaries all over the State can participate in the Kalarippayattu Festival. **Jimmy**

George Indoor Stadium

The Jimmy George Indoor Stadium constructed in 1987 in connection with II National Games is unique and only one of its kinds in the capital city, Thiruvananthapuram. Promising players in Badminton (Shuttle) are undergoing regular practise in this stadium under a Coach from Sports Authority of India. Training in Gymnastics, Taekwondo are also conducted here. Facilities are also there for playing Table Tennis, Volleyball, Basketball and Handball in the Stadium. Jimmy George stadium is being further upgraded in preparedness for the forthcoming 35th National Game.

□

FINANCIAL OUTLAY OF DIRECTORATE OF SPORTS AND YOUTH AFFAIRS

Table I

Financial out lay of Directorate of Sports & Youth Affairs 2010-11. (Plan)

Sl.No

Projects/Activities

Plan Outlay

Actual Expenditure

Remarks

1

Conduct of Queen Baton Relay&

Other charges

1,14,99,030

27,61,314

In connection with the XIX th Commonwealth Games, Delhi, Queens Baton Relay was conducted successfully.

2

Publicity.

27,65,000

27,64,000

Financial assistance is being granted (i) to recognized Sports Associations/clubs for conducting tournaments.

3

Maintenance of playground and Sports facilities

1,50,00,000

1,50,00,000

Financial assistance is provided to Schools/Local Self Governments etc. for the maintenance and dev

4

National Sports Talent Context

1,00,000

1,00,000

An amount of Rs. 1,00,000/- was released to Sports Authority of India Centers in Kerala viz. Thiruvan

5

Centre for Martial -Arts/Rural Arts

10,00,000

10,00,000

This scheme is intended for promoting Kalarippayattu, the traditional martial art of Kerala. Rs. 10 lakh

6

Sports Medicine Centre

24,00,000

1,11,873

Rajiv Gandhi Sports Medicine Centre, a pioneering venture of Government of Kerala and is the only o

7

Promotion and up gradation of Taekwondo, Judo, Karate training.

47,00,000

45,95,654

This programme envisages introduction and promotion of new disciplines of sports like Taekwondo, J

8

Fitness Awareness for Adults and General Public.

16,00,000

5,45,000

An amount of Rs. 5, 45,000/- has been sanctioned for the implementation of the physical activity prog

9

Museum and circus Academy

60,00,000

50,000

The Hon'ble Minister for Sports inaugurated the temporary circus academy at Anigalumpur in the presence of t

10

Construction of Stadium at Nedumkandam

2,00,00,000

2,00,00,000

This department have released an amount of Rs. Two crore for the construction of the state of the art

11

Construction of Stadium at Alappuzha.

5,00,00,000

5,00,00,000

An amount of Rs. 5 crore was released to the Alappuzha Municipality for the construction of Stadium

Total

11,50,64,030

9,69,27,841

Financial out lay of Directorate of Sports & Youth Affairs 2010-11. (Non Plan)

Sl.No

Projects/Activities

Non Plan Outlay

Actual Expenditure

Remarks

1

2

3

4

5

1

Conduct of Civil Service Tournament

9,24,000

5,48,472

All India Civil Services Wrestling tournaments were held at Central Stadium, Thiruvananthapuram from

2

Mercykuttan Athletic Academy, Thevara

20,00,000

20,00,000

During 2010-11 an amount of Rs.20 lakhs was sanctioned to Mercykuttan Athletics Academy for prov

3

Cash prize to football clubs

20,00,000

20,00,000

Cash prize to football clubs in Kerala which qualify in the first division of the National League.

4

Contribution to Usha School of Athletics

20,00,000

20,00,000

During 2010-11 an amount of Rs.20 lakhs was sanctioned to Usha School of Athletics for providing qu

5

Promotion of Kalarippayattu

25,000

25,000

There is a scheme to develop and promote Kalarippayattu, the ancient Martial Arts of Kerala. A festival

6

Purchase of vehicle

7,11,000

6,89,594

During the year 2010-11 an amount of Rs. 6,89,594/- was expended for the purchase of a new car to

7

Other charges

25,000

11,266

8

Traveling Expenses

2,14,000

2,07,223

9

Salary for daily wages

3,08,000

2,74,065

10

Office expenses

91,000

81,491

11

Telephone charges

89,000

73,455

12

Fuel charges

86,000

68,723

13

Repair and Maintenance of Department vehicles

60,000

59,087

14

Salary for the employees

66,27,000

61,51,082

Total

1,51,60,000

1,41,89,458

Table II

Financial out lay of Directorate of Sports & Youth Affairs 2011-12. (Plan)

SI.No

Projects/Activities

Plan Outlay

Actual Expenditure

Remarks

1

Other charges

57,98,000

2

Publicity.

75,00,000

79,505

Expenditure incurred in connection with the preparation of preliminary report for Estt.. of Sports Unive

3

Maintenance of playground and Sports facilities

1,50,00,000

4

National Sports Talent Context

2,00,000

5

Centre for Martial -Arts/Rural Arts

25,00,000

6

Sports Medicine Centre

40,00,000

7

Promotion and up gradation of Taekwondo, Judo, Karate training.

90,00,000

8

Fitness Awareness for Adults and General Public.

15,00,000

9

Minor Works Construction of Building

5,00,000

10

Museum and circus Academy

1,00,00,000

11

Renovation of Stadium at Thalassery

1,00,00,000

12

Construction of Stadium at Muvattupuzha.

1,00,00,000

13

Play a game Play For Fun

1,05,00,000

14

Archery Academy at Wayanad

10,00,000

13

Pappan memorial Stadium at Varappuzha

1000

14

Renovation of Stadium at Kunhamkulam

1000

15

E.M.S Memorial stadium at Nilleswaram

1000

18

Sports Development Fund

25,00,000

Total

9,00,01,000

Financial out lay of Directorate of Sports & Youth Affairs 2011-12. (Non Plan)

Sl.No

Projects/Activities

Non Plan Outlay

Actual Expenditure

Remarks

1

2

3

4

5

1

Conduct of Civil Service Tournament

6,00,000

1,66,202

Amount disbursed as advance to District Sports Council to conduct District Level Tournaments and Kit

2

Mercykuttan Athletic Academy, Thevara

-

-

3

Cash prize to football clubs

1000

-

4

Contribution to Usha School of Athletics

20,00,000

-

5

Promotion of Kalarippayattu

25,000

-

6

Other charges

25,000

4,935

7

Traveling Expenses

1,49,000

1476

8

Salary for daily wages

1,96,000

1,37,039

9

Office expenses

1,03,000

57,558

10

Telephone charges

93,000

20,754

11

Fuel charges

86,000

31,864

12

Purchase of materials

15,000

-

13

Repair and Maintenance of Department vehicles

21,000

13,776

14

Salary for the employees

1,04,80,000

13,05,551

Total

1,37,94,000

17,39,155