

**CHAPTER V**  
**FINDINGS, RECOMMENDATION,**  
**AND**  
**CONCLUSION**

This chapter provides an overall assessment of the sports policy implementation in Northeast India. By evaluating the effectiveness of sports policy implementation, the chapter analyzes the structural, financial, administrative, and other factors of policy performance, mapping areas where development has been achieved and areas where gaps persist and need to be addressed. The chapter also delves into opportunities available for enhancing the implementation process, taking into account factors like better governance, higher investment, and community engagement.

In conclusion, the chapter provides the major research evidence and discusses the wider implications for sports development in Northeast India. The debate entails more than just the assessment per se, e.g., reporting of the socio-economic and developments of policy interventions on sport participation, talent development, and infrastructure enhancement. Moreover, the research limitations, such as data access challenges and regional divergence, are discussed. This section also points out possible avenues for further research, with an urgent call for longitudinal studies, comparative policy analysis, and qualitative case studies to further advance the body of knowledge in this area of sports policy in the region.

To ensure clarity and coherence, the researcher has structured this chapter as follows:

- 1. Findings of the Study:** This section presents the major findings that have been concluded from the study.
- 2. Recommendations Based on Study Findings:** With reference to the study findings, this section provides practical recommendations that will enhance policy implementation, mitigate issues which are present, and cultivate sport in Northeast India.

3. **Future Research Directions:** This section outlines potential areas for future research, including new methodological approaches, and comparative research that can provide further insights into sports policy and governance in the region.
4. **Conclusion:** The concluding section gives an overview of the main points discussed throughout the chapter, highlighting the importance of proper policy implementation in defining the future of Northeast Indian sports.

## **5.1. FINDINGS OF THE STUDY**

The findings of the study are organized in the following.

1. Demographic Profile of all the Respondents in Northeast State
2. Findings based on Stakeholders' opinions towards the hypothesis of a significant relationship between Sports policy and Sport Development
3. Findings based on the hypothesis of a significant difference between the opinions of stakeholders towards various dimensions of Sports policy implementation.

### **5.1.1. FINDINGS BASED ON STAKEHOLDERS' DEMOGRAPHIC PROFILES IN VARIOUS STATES OF NORTHEAST INDIA**

1. With a total percentage of 17.1%, a majority of the respondents are found to be from Manipur. Followed by Assam with a percentage of 15.1%. Tripura with a percentage of 12.6%, Meghalaya with a percentage of 12.3%. Similarly, Nagaland has a percentage of 12.1% while Sikkim has a percentage of 10.5%. However, Arunachal Pradesh and Mizoram have the lowest percentages of respondents at 10% and 10.1% respectively. The total frequency is 601, which is 100% of the data.
2. A majority of the respondents are players, with a percentage of 79.7%. Followed by coaches at 10.8% and sports administrators at the lowest percentage of 9.5%.

3. Regarding the age group, a majority of respondents (52.7%) belong to the age group of 'Less than 25 years' category, followed by 34.3% at the '26 to 35 years' age category. The age group of '36 to 45 years' received a percentage of 9.8% and the lowest percentage of 3.2% was at the age group '46 years and above.
4. A majority of the respondents are male with a high percentage of 62.4%, followed by female respondents with an average percentage of 37.6%.
5. A majority of respondents are in the experience group of "2-5 years", which is 40.1%. Followed by the experience group of "5 to 10 yrs," at 39.8%. Similarly, the respondents with "Less than 2 years" of experience received a percentage of 11%, and the smaller number of 9.2% respondents is in the experience group of "10 years and above".
6. Regarding stakeholders' education groups, a majority of the respondents lie within the category of 'Under Graduation' level, with the highest percentage of 60.4%. Followed by the 'Post Graduation and above', which is 22.3%. However, the lowest number of 17.3% of respondents have a minimum education of 'High school' level.
7. A majority of respondents have a moderate awareness of sports policies, with a high percentage of 45.9%, followed by 38.4% with a high level of awareness. Furthermore, 13.8% of the respondents have a slight awareness of sports policies, and a minor fraction of 1.8% of respondents reported to no awareness.
8. Manipur has the highest number of respondents, with 82 players, 14 coaches, and 7 sports administrators. Assam has 71 players, 9 coaches, and 11 sports administrators. Tripura has 76 players, 6 coaches, and 6 administrators. Nagaland has 62 players, 9 coaches, and 2 administrators. Meghalaya has 53 players, 11 coaches, and 10 administrators, while Mizoram has 50 players, 4 coaches, and 7 administrators. Sikkim has 52 players, 5 coaches, and 6 administrators.

9. The study reveals that Manipur has the highest frequency of respondents, with 72 males and 31 females, followed by Assam with 60 males and 31 females. Tripura has the highest frequency, followed by Nagaland with 36 males and 37 females. Meghalaya and Mizoram have the lowest frequencies, with Arunachal Pradesh and Sikkim having the lowest.
10. Mizoram has the highest awareness level of 52.5%, while Meghalaya and Assam have 41.9% and 41.8% respectively. Manipur, Nagaland, Tripura, Sikkim, and Arunachal Pradesh have a high number of respondents in the moderate awareness category, indicating that they are aware of the policies but not to the optimal level.
11. The study found that players have a high frequency distribution, with 308 male and 171 female respondents, followed by coaches with 33 male and 32 female respondents, and sports administrators with the lowest frequency distribution of 34 male and 23 female respondents.
12. The majority of players and sports administrators are undergraduate (62% and 63.1%), while coaches have a higher education level (53.8%). The frequency distribution among stakeholders' roles is 104 at high school, 363 at undergraduate, and 134 at postgraduate and above. This indicates a diverse range of education levels among stakeholders.
13. A majority of 45.9% of players have an experience level of '2 to 5 years', and a majority of 50.8% of coaches have an experience level of '5 to 10 years'. Similarly, sports administrators have a high experience level in the '5 to 10 years' category, which is 66.7%. The overall experience is 11% at the 'less than 2 years' category, 40.1% at the '2 to 5 years' category, 39.8% at the '5 to 10 years' category, and a lower frequency of 9.1% at the category of '10 years and above' category.
14. The study reveals that 48% of players have moderate awareness of sports policy implementation, while 64.6% of coaches are highly aware. Sports administrators have

an almost equal share of 54.4% and 43.9% at the 'highly aware' and 'moderately aware' categories, indicating potential for growth in understanding and engagement of sports in the region.

15. A majority of 76.1% of respondents with a postgraduate education have a high level of awareness of sports policy implementation, followed by moderate awareness among undergraduates at 56%. However, respondents with a high school education exhibit almost equal percentages of 42.3% for moderate awareness and 39.4% for slight awareness, which indicates that they are less informed compared to the more educated groups.
16. The study reveals that Mizoram has the highest mean score in financial support, followed by Nagaland in governance and management. Manipur has the highest mean score in talent identification, athletic career and post-career support, and training facilities. Coaches' development is highest in Manipur, while sports competition is highest in Nagaland. Meghalaya has the highest mean score in scientific and technological support. However, Mizoram has the highest mean score of 28,66 in the dependent variables of sport development, while Assam has the lowest mean score of 25.05.
17. The Pearson correlation matrix indicates that Governance and Management have the strongest positive correlation with sports development ( $r = 0.443$ ), followed by Talent Identification ( $r = 0.380$ ) and Sports Competition ( $r = 0.374$ ). Training Facilities show a moderate positive correlation ( $r = 0.152$ ), while Financial Support has a weak correlation ( $r = 0.094$ ). Grassroots Sports Participation is negatively correlated with sports development ( $r = -0.081$ ), and Scientific and Technological Support shows no significant correlation ( $r = 0.033$ ).

### **5.1.2. FINDINGS BASED ON STAKEHOLDERS' OPINIONS TOWARDS THE HYPOTHESIS OF RELATIONSHIP BETWEEN SPORTS POLICY AND SPORT DEVELOPMENT**

18. The study reveals a significant relationship between sports policy factors and sports development among Northeast State players. The coefficient of correlation between the dependent and independent variables is .857, indicating a good level of the dependent variables, thus confirming the support of hypothesis 1.
19. The study found a significant relationship between sports policy factors and sports development among the opinions of coaches in various states of Northeast India. With a coefficient correlation of .918, this indicates that there is a satisfactory level of correlation between the dependent and independent variables; therefore, hypothesis 2 is also supported.
20. There is a significant relationship between various sports policy factors and Sports development among Sports Administrators of various Northeast States. The study also found that the correlation coefficient between the dependent and independent variables is .925, demonstrating an appropriate coefficient level of the parameters selected. Therefore, hypothesis 3 was validated and supported.
21. There is a significant relationship between sports policy factors and Sports development among Male respondents of various Northeast States. The results of the study showed that the dependent and independent variables had a coefficient correlation of .878, which means that the parameters chosen had a sufficient coefficient level. As a result, the findings supported and validated Hypothesis 4.
22. There is a significant relationship between sports policy factors and Sports development among Female respondents of various Northeast States. Additionally, the analysis discovered that the dependent and independent variables had a coefficient correlation

of.915, suggesting that the chosen parameters had a suitable degree of association. As a result, the findings supported and validated Hypothesis 5.

### **5.1.3. FINDINGS BASED ON THE HYPOTHESIS OF SIGNIFICANT DIFFERENCE BETWEEN THE OPINIONS OF STAKEHOLDERS TOWARDS VARIOUS DIMENSIONS OF SPORTS POLICY IMPLEMENTATION.**

23. There is a significant difference in stakeholders' opinions on sports policy implementation based on their roles. The findings reveal that perceptions vary notably across key dimensions of the policy, particularly between players and coaches, and between players and sports administrators. Based on these observations and the results of the MANOVA analysis, the hypothesis is statistically supported.
24. Findings show that there is no significant difference between the opinions of Stakeholders on Sports policy implementation based on their gender. Hence, the analysis rejects the hypothesis.
25. There is a significant difference between the opinions of Stakeholders on Sports policy implementation based on their age. The hypothesis that age impacts perceptions of sports policy implementation is supported for most dimensions, except for financial support and scientific and technological support. Therefore, based on the assumptions and the findings of the MANOVA analysis, the hypothesis is statistically supported.
26. There is a significant difference between the opinions of Stakeholders on Sports policy implementation based on their level of education. The hypothesis that education level affects the stakeholders' perception of sports policy implementation is validated in all aspects except financial support. As a result, based on the assumptions and MANOVA results, the hypothesis is statistically supported.
27. There is a significant difference between the opinions of Stakeholders on Sports policy implementation based on their experience level. The significant differences across

multiple dimensions suggest that stakeholders' perspectives on sports policy implementation are highly influenced by their years of experience in sports. Therefore, based on the assumptions and the findings of the MANOVA analysis, the hypothesis is statistically supported.

28. There is a significant difference between the Stakeholder' opinions on Sports policy implementation based on their level of awareness. The significant differences across multiple dimensions suggest that stakeholders' perspectives on sports policy implementation are highly influenced by their level of awareness of sports policy. Therefore, based on the assumptions and the findings of the MANOVA analysis, the hypothesis is statistically supported.

## **5.2. RECOMMENDATION**

Based on the findings of the study, the following recommendations are made specifically for stakeholders such as policyholders, state sports authorities, and sports departments in various states of Northeast India.

### **5.2.1. Recommendation on Financial Support for Sports Development in Northeast India**

A critical analysis of financial assistance in the implementation of sports policy indicates discrepancies in the allocation, accessibility, and utilization of funds, which affect the development of sports in Northeast India. To make financial assistance more effective, the following recommendations are suggested:

- 1. Enhance Direct Investment in Grassroots Sports:** Funds should be strategically invested in grassroots schemes so that young players, especially in rural areas, are exposed to good training, facilities, and competitive opportunities at an early stage. A formal funding model should be developed to support local academies, schools and

community-based sports clubs so that high-performance athletes will be strengthened and their needs be taken care of.

- 2. Transparent and Need-Based Funding:** The allocation of funds should be based on performance indicators, numbers of participants, athletes' needs and area requirements. A clear system for the distribution, monitoring and disbursement of funds should be established to avoid mismanagement and ensure optimal use of resources. In addition, stakeholders such as athletes, coaches and local sports federations should also be involved in decision-making to ensure that their voices are heard and that funds go where they are most needed.
- 3. Sustainable Funding through Public-Private Partnerships (PPP):** In some regions, government intervention alone may not be sufficient to ensure sustainability. Therefore, the promotion of public-private partnerships will help in the development of sport through various services such as sport investment, technical assistance and innovation. Companies can fund sports infrastructure, training programs and athlete development through sponsorship, strategic CSR and direct investment. Joint ventures between sports federations and private entities can be a source of sustainable funding under clear and enforceable guidelines.
- 4. Athlete-Centric Financial Assistance:** Many skilled players, particularly from rural areas and underprivileged backgrounds, find it difficult to continue training because of limited finances. Offering direct financial assistance, scholarships, and stipends can be a tremendous help in ensuring their participation in sports. Aid must extend beyond mere training expense coverage; it must also cover the cost of quality nutrition, adequate sports equipment, medical attention, and travel to competitions. A merit and need-based structured assistance will not only help in the performance of athletes but also push more youngsters towards sports as a professional career choice.

**5. Regular financial audits and accountability measures:** It is not about how many funds are allocated, but about how effectively these funds are used. Funds must be tracked to ensure that they reach the intended people and fulfil their purpose. Independent auditors should also be appointed regularly to report regularly and avoid mismanagement of funds. However, the provision of funds should be linked to a measurable outcome, e.g. athlete performance, infrastructure development and grassroots participation.

### **5.2.2. Recommendation on Governance and Management for Sports Development in Northeast India**

With the unique geographical, cultural, and socio-economic conditions of the region, a strong governance and management structure is important. The structure will support sports development in Northeast India through policy implementation, better resource allocation, and enhanced institutional accountability. Therefore, to bridge the existing gaps and improve sports administration in the region, the following suggestions have been made:

- 1. Strengthening Policy Implementation and Coordination:** Good governance and management are prerequisites for the region's sustainable growth of sports. To ensure that, a state sports council is required to organize the cooperation of state governments, sports federations, and central agencies. An integrated sports policy specific to the Northeast region's requirements should be drafted so that the policy aligns with national as well as global standards. Moreover, clear evaluation procedures need to be established to gauge the efficiency of current policies and make appropriate changes for improvement.
- 2. Developing Grassroots and Community-Based Sports Governance:** Empowering grassroots and community-oriented governance is also important to raise participation

and talent development. Village councils and district sports committees need to be made active in talent identification and development. Promoting community participation programs to involve underrepresented sections, especially women and indigenous people, will further enhance participation. Training and enabling local coaches and sports organizers will also assist in developing an effective sports ecosystem at the grassroots level.

**3. Integrating Technology for Better Governance:** Technology incorporation in sports administration can also make governance more efficient and transparent. Computerised systems for athlete registration, competition monitoring, and financial release should be implemented to eliminate delays in administration. Sports analytics and AI tools can assist in the identification of talent, the prevention of injuries, and performance improvement. The use of e-governance schemes can also make administration processes simpler, more efficient, and less time-consuming.

**4. Appointing Qualified Leadership in Sports Administration:** The appointment of qualified and experienced sports managers for proper management of major sporting events is essential. Recruitment should be based on merit, experience and sound knowledge of sports administration and not on political considerations. Clear qualification standards for leadership positions in state sports departments, federations and governing bodies promote accountability and professionalism. Regular performance appraisals and training courses should also be introduced to improve leadership skills.

### **5.2.3. Recommendation on Grassroot Sports Participation for Sports Development in Northeast India**

The study shows that participation in grassroots sports is an essential element for the long-term development of sports in the region. Various challenges and opportunities were identified

in the promotion of grassroots sports. Therefore, to bridge the gap, the following recommendations are proposed to improve sports development in Northeast Indian:

1. **Strengthen Local Sports Infrastructure:** Grassroots sports are usually undermined by poor facilities and infrastructure. Thus, it is recommended to invest more in building and maintaining sports infrastructure like community centres, playgrounds, and sports complexes, especially in schools, rural and remote locations, so that such facilities are available and well-maintained to encourage regular involvement in sports.
2. **Promote School Sports Programs:** Schools are a key foundation for involving children in sports. The state and local governments must collaborate with schools to incorporate sports into the curriculum by offering students greater opportunities for physical exercise and sports participation beyond regular classes. Emphasis must be placed on recruiting physical education teachers and coaches for all schools to encourage varied sporting activities and not concentrate on mainstream or dominant sports like football.
3. **Increase Community-Based Sports Initiatives:** Grassroots sports participation will increase if it is driven by a community. The government should support local sporting clubs, NGOs, and community groups to establish and run sports leagues, tournaments, and recreation programs in their community. Such programs can facilitate talent identification and promote a more inclusive sporting culture. State government and community partnerships can also ensure a sense of ownership and local sporting pride.
4. **Focus on Gender Inclusion:** Women in India often face restrictions to being involved in sports due to cultural influences and stereotypes. Therefore, it is essential to have special programs specifically designed for females to increase their participation at the grassroots level. The availability of scholarships, female sporting clubs, and women

sports models can dismantle gender stereotypes and influence young girls to play sports right from a younger age.

5. **Provide Financial Support and Incentives:** Financial difficulties are one of the most serious problems in promoting grassroots sports participation in the region. Sports associations and state governments should specifically allocate funds for grassroots sports programs and provide grants or subsidies to schools, local clubs and NGOs. Additionally, providing awards in the form of sponsorships or scholarships for young athletes may encourage them to stay involved in sports.
6. **Promote Inclusive Sports Culture:** To promote inclusivity in the region, the state sports authority needs to support the development of a sports culture that values participation rather than competition. It can be supported by conducting non-competitive recreational activities where anyone can participate, irrespective of skills and background. By developing such an inclusive setup, participation can be enhanced in addition to facilitating social cohesion and harmony among diversified communities in Northeast India.
7. **Promoting a Diverse Range of Sports:** Football is a very popular sport in Northeast India; because of its dominance, other disciplines have usually been neglected, especially in states other than Manipur and Assam. Most governments generally concentrate on the grassroots development of football, while the rest of the sports are being underrepresented and receiving less support. To promote sports in the region, there should be an equal investment in infrastructure, training schemes, and competitions to popularize a wide variety of sports. With a more inclusive strategy, opportunities will be given to athletes from all different sports, nurturing talent and establishing a balanced sports ecosystem in Northeast India.

#### **5.2.4. Recommendation on Talent Identification for Sports Development in Northeast India**

Talent Identification is important for creating a robust sports ecosystem in Northeast India, a region with great sporting potential but few organized scouting and development channels. To effectively leverage and develop talent, the following major recommendations need to be implemented:

- 1. Establish a Regional Talent Scouting Network:** A professional talent scouting system must be established at the village, district, and state levels to ensure that young sportspersons in rural areas are accessible. Such a network can include trained talent scouts, retired athletes, and coaches who can visit schools, local games and tournaments to identify potential athletes. Periodic scouting camps need to be held to evaluate young sports persons on physical parameters, potential for skills improvement, and competitive achievements.
- 2. Strengthen School and College Sports Programs:** Schools and colleges serve as the main grounds for identifying potential talent. To enhance the identification process, schools and colleges need to include systematic sports programs with permanent coaches, frequent inter-school competitions, and association with state sports bodies. A system needs to be evolved to monitor young sporting talent's performance so that potential talent can be given higher-level training and experience in higher-level competitions.
- 3. Create an Athlete Development Pathway:** A well-established pathway program must link with sports schools and professional training centres to identify players at a grassroots level. Identified athletes should transition from school-level sports to district academies, state training centres, and finally to national training programs. A systemic progression will ensure consistency in training, minimize talent loss, and provide long-

term development of athletes. Integration with national sports federations can also aid in the inclusion of Northeast Indian athletes in mainstream talent streams.

- 4. Provide Financial and Institutional Support:** Most of the athletes from Northeast India hail from a lower family background; therefore, funding is the largest problem they face in their day-to-day life. There should be scholarships, sponsorships, and state-sponsored schemes available for talented sportspersons to provide them with training, travel, equipment, and studies. Both private and public sector organizations need to join hands and develop mentorship schemes to ensure sporting as well as scholastic advice.
- 5. Leverage Technology for Talent Identification:** Modern technology can be used to enhance talent identification processes by making them more objective and data driven. Performance analytics, video testing, wearable monitoring devices, and AI-powered evaluation systems must be integrated to evaluate athletes' physical and technical skills. Electronic databases must be kept monitoring improvements in performance over time, with identified talents being given customized training programs based on their strengths and weaknesses.

#### **5.2.5. Recommendation on Athletic career and post-career support for Sports Development in Northeast India**

The development of sports in Northeast India needs a systematic approach to facilitating athletes both while and after their playing career. Most athletes are uncertain about financial security, career development, and post-playing opportunities, which discourages other young athletes from taking up sports professionally. To mitigate such issues, the following suggestions were made to focus on improving career paths, economic security, education, employment, and sustained athlete welfare.

- 1. Strengthening Career Pathways for Athletes:** One of the major problems in Northeast India is that there is no systematized and defined career route for athletes. To combat this, an athlete development structure should be set up, delineating a hierarchical progression from the grassroots level to elite competition levels. This will ensure that promising young sportsmen and women receive proper guidance, coaching, and infrastructure as they progress through stages of their life. Moreover, more scholarships and training should be funded so that the athletes get good coaching and exposure abroad and enhance their level of competitiveness on national and international fronts. Establishing multi-sport academies with professional training in sports science, nutrition, and psychology would
- 2. Enhancing Financial and Institutional Support:** Most sportspeople in Northeast India face financial insecurity, both on and off the field. To solve this problem, athlete pension schemes or well-organized post-retirement financial arrangements need to be implemented so that retired sportspeople have financial security after they stop competing. Public-private partnerships can also help offer long-term financial assistance in the forms of sponsorships, corporate support, and endowment schemes. Strengthening the powers of the sport's governing authorities to negotiate with players and represent them in contracts and management would also assist in ensuring fair money, sponsorship contracts, and other financial rewards to players during their professional lives.
- 3. Education and Skill Development for Post-Retirement Careers:** Athletes often find it difficult to change careers because of the lack of formal education or professional skills outside sports. Having dual-career programs that combine academics with sporting training would enable athletes to acquire educational qualifications while maintaining their sporting careers. This way, they will have other career options once

they retire. Furthermore, professional career transition courses need to be made available, teaching retiring sportspeople skills in coaching, sports management, the media, physiotherapy, and fitness training. By tying up with universities and skill development centres to make available flexible courses customized for sportspersons, their shift into non-sporting careers can also be facilitated.

- 4. Creating Employment and Entrepreneurial Opportunities:** To provide economic security during retirement, retired athletes must be given steady employment opportunities. One such option is giving government postings and employment on sports quotas in various department such law and order, education, and administration. This would allow retired sportspersons to keep working for the betterment of society while giving them a secure income. Yet another key effort is encouraging retired sportspersons to pursue careers as coaches, sports commentators, and guides, utilizing their experience to train the future sportsperson. Moreover, the provision of start-up grants and entrepreneur training would help retired sportspersons in establishing sport-related businesses, such as gyms, sport academies, or adventure sport-based tourism activities within the region.
- 5. Establishing a Comprehensive Post-Career Support Network:** The process of transitioning from active sport to retirement can be difficult for athletes, resulting in mental health issues, financial problems, and loss of identity. To address this, a Regional Athlete Welfare Council must be set up to offer career guidance, legal advice, and psychological counselling to retired athletes. Also, a peer mentoring program in which retired players advise current players on money management, mental well-being, and career development can prepare athletes for life after sports. Involving retired players in the media and public sphere as sports commentators, product spokespersons,

or government policy advocates would not only put their experience to use but also offer them meaningful career opportunities that are long-lasting.

#### **5.2.6. Recommendation on Training Facilities for Sports Development in Northeast India**

The availability of quality training centres is the key determinant for sports development in Northeast India. Even with the rich sporting talent in the region, poor infrastructure, old facilities, and restricted access to high-performance training academies are some of the unresolved challenges. Closing such a gap is imperative to increase performer ability among athletes, broaden the participation, and long-term sporting development. The following, therefore, are suggestions that deal with the matters of enhancing infrastructure, access, and technology integration for world-class training facilities within the region.

- 1. Upgrading and Expanding Sports Infrastructure:** One of the main constraints in Northeast India is a shortage of modern, well-facilitated training facilities. In response to this, sports complexes currently in place need to be improved with up-to-date training facilities, quality surfaces, and internationally standard modern amenities. Moreover, building new multi-sports academies strategically located would provide players from all fields access to specialized facilities. With the geographical constraints of the region, it is also necessary to construct all-weather training facilities with indoor and outdoor facilities that permit year-round practice without interruption.
- 2. Developing Regional High-Performance Training Centres:** Northeast India does not have specialized high-performance training facilities where top-class athletes can get access to advanced coaching and scientific services. Regional high-performance centres in major cities like Shillong, Imphal, and Guwahati would offer specialized training to athletes in sports such as football, archery, boxing, and athletics, which are favoured in the region. These centres must be equipped with sports science laboratories, recovery

facilities, and biomechanical analysis equipment to maximize athlete performance. Collaborations with national and international sporting institutions would also assist in bringing technology, expertise, and best practices to the region.

- 3. Ensuring Accessibility to Rural and Grassroots Athletes:** Most promising athletes in the area are from rural and tribal regions where good-quality training facilities are not readily available. To overcome this deficiency, mobile training units and coaching centres need to be set up to impart sports education and training in rural areas. Local schools and community grounds must also be provided with minimum training facilities, including well-manicured fields, tracks, and fitness centres, to promote early participation. Government and private efforts must also concentrate on offering free or subsidized access to training facilities for economically challenged athletes so that financial limitations do not prevent talent development.
- 4. Integrating Technology and Sports Science in Training:** New training facilities must include the application of sports technology and scientific training practices to enhance the performance of athletes. The application of performance-tracking systems, artificial intelligence-based analytics, and wearable fitness technology would allow athletes and coaches to track progress, avoid injuries, and increase efficiency. Virtual coaching platforms and video analysis software must be integrated to allow athletes to optimise techniques and strategies, particularly in sports such as archery, football, and combat sports. Collaboration with sports universities and research organisations can also provide guarantees that training practices conform to worldwide best practices.
- 5. Strengthening Public-Private Partnerships for Infrastructure Development:** To develop a world-class training centre, a heavy investment is needed, and this can only be mobilised through Public-Private Partnership (PPP). The government should team up with Private investors, corporate sponsors, and international sports organisations to

sponsor the construction of advanced training facilities. Tax relief and land grants could motivate the private sector to invest in constructing and maintaining sporting infrastructure. Besides, corporate sponsorships and CSR programs can be utilized to offer resources, equipment, and scholarships to future athletes.

- 6. Establishing Athlete Recovery and Rehabilitation Centres:** Recovery and injury management are instrumental in maintaining an athlete's career. Unfortunately, Northeast India does not have specialized sports medicine and rehabilitation facilities; the athletes have to travel elsewhere for treatment or depend on general medicine for recovery. To overcome this, there should be sports rehabilitation facilities with hydrotherapy, physiotherapy, and mental health counselling services. Such facilities should be outfitted with advanced recovery technology, including cryotherapy and hyperbaric chambers, to facilitate rapid and effective healing from injuries.

### **5.2.7 Recommendation on Coaches' Development for Sports Development in Northeast India**

As per the findings, a strong system is needed to shape coaches in providing effective training to athletes, as they do not have higher-level training, exposure to contemporary methods, and access to resources that can augment their skills. Filling these gaps will not only improve the development of athletes but also create a long-term sports environment. The following are the recommendations that are intended to improve coaching education, increase career opportunities, and involve technology to increase the quality of coaching in the region.

- 1. Establishing Structured Coaching Certification Programs:** Most coaches in Northeast India adhere to conventional knowledge without having any proper coaching certificate or degree. To bridge this gap, sports organizations must introduce systematic

certification courses in collaboration with national and international coaching institutes. These programs must include sport science, psychology, injury prevention, and advanced training methods so that coaches can keep pace with changing practices. Establishing various certification levels from beginner, intermediate, and advanced will have a well-defined career path for potential coaches and raise the bar of coaching in all stages.

**2. Expanding Opportunities for Advanced Training and International Exposure:**

Regional coaches hardly receive a chance to undergo training overseas or engage with foreign experts. Setting up exchange schemes, workshops, and internships with world-class sports academies will expose them to various coaching styles. Having experienced foreign coaches visit the region and hold short-term training camps can also enable local trainers to learn new methods. Getting them to take part in national coaching seminars and conferences will also widen their horizons and networks of contacts.

**3. Establishing Mentorship Programs Between Senior and Junior Coaches:**

Senior coaches possess valuable experience that can be transferred to the younger generation. An organized mentorship program should be established to bring senior coaches in contact with junior trainers, providing opportunities for hands-on training, one-on-one guidance, and knowledge transfer. This will facilitate continuity in knowledge and enable young coaches to build confidence and proficiency in their positions. Periodic mentorship meetings, coupled with learning through observation, will tremendously enhance the coaching system in the region.

**4. Promoting Women's Coaching and Leadership Roles:**

Women coaches continue to be underrepresented, particularly in sports that have traditionally been dominated by men. To address this, training programs, leadership courses, and scholarships need to be implemented to incentivize more women to become coaches. Developing dedicated

hiring quotas and mentorship initiatives for female coaches will break the barriers and pave the way for a more diversified coaching landscape.

#### **5.2.8. Recommendation on Sports Competition for Sports Development in Northeast India**

Well-organised and regular sports competitions are essential for athlete development, talent scouting, and sports development as a whole. In Northeast India, there is limited competitive exposure, which slows down the development of athletes. A robust competition system will not only enhance performance but also draw investments, increase sports tourism, and provide more career prospects. The following suggestions are aimed at improving the quality, frequency, and coverage of sports competitions in the region.

- 1. Reviving and Expanding Traditional Sports Competitions:** Northeast India is also blessed with a strong history of Indigenous games such as archery, sepak takraw, and traditional wrestling. Reinvigorating and encouraging these games through annual championships, inter-state competition, and national-level meets will preserve heritage while giving local sportspeople proper avenues to compete. Identifying traditional sports within the mainstream sporting calendar will further foster greater participation and investment.
- 2. Hosting More National and International Tournaments:** The area needs to actively compete for national titles, inter-university tournaments, and international sporting events to enhance local athletes and provide them with top-level exposure. Hosting national and international tournaments will also help the economy of the region as well as enable regional athletes to compete in proximity without having to travel extensively.
- 3. Providing Financial and Logistical Support for Athletes:** Most of the talented athletes in Northeast India find it difficult to compete because of travel expenses, the

absence of equipment, and accommodation fees. The government, sports associations, and private sponsors need to implement travel grants, sponsorship schemes, and athlete support funds to make sure that financial difficulties do not hinder participation.

### **5.2.9. Recommendation on Scientific and Technological Support for Sports Development in Northeast India**

Sports science and technology can greatly enhance athlete performance, injury prevention, and the management of sports in general. This is quite contrary to the region of Northeast India, which, despite being rich in talent, still lacks access to state-of-the-art sports science infrastructure, data-driven training programs, and sports performance monitoring systems. Introducing scientific and technological covers would cover these deficiencies by helping athletes and coaches perform their best and excel in competition. Recommendations to improve research access to new technologies and applications of modern sports science principles are elaborated below.

- 1. Setting up Sports Science and Research Centres:** The region needs dedicated sports science and research centres to provide access to athletes with scientific support such as biomechanical analysis, physiological testing, nutrition planning, and psychological support. These centres should collaborate with universities, medical colleges, and sports federations to deliver specialised performance-enhancement programs.
- 2. Implementing Data-Driven Performance Analysis:** Using Video analysis, motion detectors, and artificial intelligence-powered performance monitoring allows coaches to analyse players more accurately. Incorporating GPS tracking, heart rate monitors, and live data capture into training programs will aid in pinpointing weaknesses and refining techniques. Tech firms must collaborate with sports federations and training academies to provide such tools to grassroots players, and not only to top performers.

- 3. Leveraging Genetic and Metabolic Testing for Personalised Training:** An athlete possesses a distinct physiological profile; therefore, each training program must be tailored accordingly. Incorporating genetic and metabolic testing will enable the development of customized diet regimens, endurance training modules, and recovery plans based on a person's genetic makeup. This will maximize performance while reducing fatigue and injury risk.
- 4. Strengthening Weather and Altitude Adaptation Research:** The altitudinal and climatic variability of Northeast India significantly influence sports performance. Research on high-altitude training, hydration methodologies, and acclimatisation to heat will effectively prepare athletes for the conditions of competitions. Training facilities need to comprise altitude simulation amenities, heat acclimatisation units, and oxygen level measurement systems to mimic various competing environments.
- 5. Encouraging Collaboration Between Sports Tech Startups and Academies:** Inviting sports tech startups that can produce new technology for a unique geographical range of Northeast India will aid in the development of sports science. Establishing facilities where tech startups can collaborate with athletes, coaches, and researchers to develop wearable performance monitors, AI-based injury detection technology, and smart training packs will revolutionize sports training in the region.

## **FUTURE RESEARCH DIRECTIONS**

This study provided an insight into the implementation and impact of sports policy in Northeast India. However, further research is needed in several important areas to have a better understanding of the regional sports development. It is suggested that future research efforts focus on:

1. Since this study is based on the Northeast regions only, a comparative analysis of how sports policy is implemented across the country would enhance understanding of the impact of the policies and state best practices. This will also give a wider picture of how the policies are being implemented and how all states can bridge the existing gaps. By analysing these differences, stakeholders will be able to develop specific strategies that not only enhance local sports initiatives but also drive more community involvement and engagement in physical activity.
2. While this research measures the current status of sports policy implementation in Northeast India, subsequent research utilising a longitudinal approach would provide deeper and more dynamic data on how sports policies evolve and affect numerous aspects of regional sports development. By tracking policy effectiveness at different stages such as, planning, implementation, evaluation, and revision, this will help to examine not just the short-term impact but also the long-term influence on athlete development, grass-roots impact, infrastructure expansion, and organisational reform.
3. Furthermore, as technology equipment finds increasing integration into sports management, upcoming studies can explore how data analytics, e-governance, and online platforms improve policy implementation and athlete development in Northeast India.
4. Given the complexities of sociocultural factors within the Northeast, future research may consider analyzing how current policies operate to help and promote gender equality concerning access to facilities, finance, leadership representation, and training and competition opportunities.

5. A thorough analysis of the economic impact of sports policies implementation in regional development, such as job creation and industry expansion, will benefit policymakers and stakeholders in the region.
6. In addition, further studies focusing on the role of sports policy in community development and sustainability in sports will help in identifying the means by which local programs, grassroots leaders, indigenous institutions, and locally-based organisations affect policy achievement.
7. Future studies examining the relationship between sports infrastructure investment and athlete performance can help in identifying the gaps in policy support and suggesting a more effective resource allocation.
8. To further improve program strategies in developing sports talents from Northeast India, research on the effectiveness of talent identification and development programs of the existing policies may also be beneficial.

## **CONCLUSION**

The purpose of this study is to evaluate the implementation of sports policies in Northeast India. While the findings demonstrate that some actual steps have been achieved, the journey is still very far from fulfilling the policy objectives. The efforts made by the government institutions to promote and develop sports are evident since there are various initiatives of developing sports through policy frameworks, such as talent identification programs, financial support and sports competition, among others. However, the benefits of such schemes have not been evenly distributed, and thus, their outcomes in most areas of the region are still limited in scope and depth.

One of the main discrepancies of sports development in the Northeast is the absence of state-of-the-art infrastructure. Even with a comprehensive policy, without developing the

infrastructure tailored to the needs and realities of the region, it becomes futile. Many districts in the country continue to lack specialized training grounds, arrangements of equipment, and exclusive spaces for athletes and budding players; therefore, the government of each Northeast state needs to consider this by building infrastructure not only in the main cities but also in the rural areas where sports can be accessed and utilized by all.

Moreover, promotion and support for different sports disciplines in the region are at the highest degree of disparity. Football, the most publicized, consumed, and reported sport in the region, has always overshadowed other sports such as athletics, boxing, archery, weightlifting, and other rich traditional games. Such narrowed attention from the government and masses weakens other athletes whose hard work also merits encouragement and resources. Therefore, the government should take an initiative to promote and open their perspective to wider options of sports, capturing the competitive global market and their local significance.

Unlike any other form of Western sports and recreation, traditional sports also possess a great cultural value and deserve preservation and promotion. Indigenous games such as traditional archery, wrestling, and community-based physical activities are within the social life of many tribes and communities in the Northeast. Once recognized in formal sports policies and educational systems, the region would both uphold its cultural identity while allowing an avenue for the youth to reconcile their interests in sports and meet the standards for excellence.

In conclusion, despite the steps taken by the governments of various states of Northeast India towards the implementation of sports policies, a longer journey deserves better substantiation with inclusion and diversity, along with sound resource support. Building up sports infrastructure, creating a support system for a greater number of sports, and maintaining traditional sport practices as a mainstream for preserving traditions will not only improve athletic performance but will also lead to a socially integrated, healthier, and empowered

citizenry in the entire region. The opportunity is very much present, but the challenge is to translate such policies into practices that truly allow greater benefits for all its stakeholders in the Northeast region. Therefore, collaboration among government bodies, local communities, and private organizations is necessary to ensure that resources are allocated effectively and that programs are accessible to everyone, especially marginalized groups.

# **BIBLIOGRAPHY**