

Government of India
Ministry of Youth Affairs & Sports
Department of Sports

A delegation led by Shri Injeti Srinivas, Secretary (Sports) and Director General, Sports Authority of India (SAI) consisting of Dr. Sagar Preet Hooda, Director (Sports), Dr S.S. Roy, Executive Director (Teams & Academics), SAI, Dr. Rajdeep Kaur Talwar, Dean (Sports Science), National Institute of Sports (NIS), Patiala visited Japan from 26 – 29 June 2017. Shri Injeti Srinivas, Secretary (Sports) & DG, SAI had to curtail his visit and left for India on 27th afternoon of June 2017 due to an important meeting in India. Therefore, the delegation was led by Dr. Sagar Preet Hooda from 27 – 29 June, 2017.

1.1 Objectives

The main objectives of the visit were as under: -

- (i) to develop a programme of action for implementing the Memorandum of Understanding entered into by the two countries;
- (ii) to identify the areas of cooperation between the University of Tsukuba, Tokyo and the National Sports University being set up in India;
- (iii) to identify the areas of cooperation between Nippon Sports Science University (NSSU), Tokyo and the National Sports University being set up in India;
- (iv) to identify specific areas of cooperation between the above mentioned universities and the NIS, Patiala and Lakshmi Bai National Institute of Physical Education (LNIFE), Gwalior; and
- (v) to maintain close relationship with Tokyo Olympics Organizing Committee for benefitting from their Observer Programme and facilities of acclimatization of Indian athletes.

1.2 **Components of the areas of cooperation**

The areas of cooperation would include the following: -

- (i) Coach Development Programme at NIS, Patiala on the lines of NSSU-ICCE Coach Development Course, which is a one year course with two one-week contact programmes in between;
- (ii) customized training programmes for Indian coaches in selected disciplines such as Wrestling, Judo, Swimming, etc.
- (iii) tailor-made training programmes for Indian Sports Scientists at Japan Institute of Sports Sciences (JISS), Tokyo, University of Tsukuba, Tokyo and NSSU, Tokyo;
- (iv) cooperation in the areas of community sports, including development of community coaches under 'Sports for Tomorrow Programme'; and
- (v) Academic Exchange Programmes, including students exchange, faculty exchange and joint research.

2. **25th June (Sunday) 2017**

19:30 – 21:30 hrs

(Meeting with the Ambassador Sh Sujan R. Chinoy and Counsellor (S&T), Dr Purnima Rupal of India at Ahilya Restaurant, Tokyo)

The Indian Ambassador to Japan met with the Indian delegation for informal interaction on the potential areas of bilateral cooperation in the field of sports and physical education. Secretary (Sports) gave an overview of the sports development structure in India and identified community sports, school sports, long term athlete development programme and coach education programme as some of the priorities of bilateral cooperation between the two countries. He emphasized on institutional level cooperation with strong outcome orientation. The Indian Ambassador assured that the Indian Mission would provide full follow up supports for time bound implementation of the MoU.

2.1 Dr. Purnima Rupal, Counsellor, Science & Technology, who was nominated as Nodal Officer for the delegation's visit, accompanied the delegation during the entire visit.

3. **26th June (Monday) 2017:** Visit to Japan High Performance Centre (JHPC), which consists of Japan Institute of Sports Sciences and the National Training Centre.

3.1 At the outset, a short presentation giving an overview of Japan Institute of Sports Sciences (JISS) and the National Training Centre was made by Ms. Yoriko Noguchi, Head of International Relations, Japan Sports Council (JSC), who looks after the International Collaboration. The JISS serves as Central Institute of Sports Medicine and Science Research that uses state-of-the-art facilities to provide scientific support to Japanese athletes.

- (i) JISS was established in February 2001 and has gradually expanded over the years. It works in close collaboration with the Japan Olympics Committee, Japan Paralympics Committee and National Sports Federations, Universities and Sports Research Institutes within and outside Japan. Apart from conducting regular medical check up of Japanese athletes, it also provides all round support in terms of fitness, training, nutrition, technology etc. It is also responsible for athlete rehabilitation and psychological counselling.
- (ii) The National Training Centre was set up in March 2006 for Track & Field events and over a period other facilities such as training centre and accommodation for athletes were set up. Today it has state-of-the-art facilities for boxing, weightlifting, wrestling, judo, table tennis, handball, basketball, artistic gymnastics and trampoline. Apart from this, event - specific facilities exist in other parts of Japan, specially for High-altitude training (HIDA Ontake High-altitude training); Soccer (J-Green Sakai); Cycling (Japanese Cycle Sports Centre); Rowing (Toda Park Boat Course); etc.

- (iii) For scientific support, it contains Human Performance Lab, Rehabilitation Room, Biochemistry Lab, Nutritional Counselling, Motion Analysis, Image Technology support, Information Technology support, High Performance Gym, Cryogenic Recovery Room, Wind Tunnel Lab, Humidity Chamber, Temperature Chamber, etc.

3.2 Facility Tour at JHPC:

- (i) **The High Performance Gym**

The High Performance Gym is a state-of-the-art facility that combines spaces for training and scientific analysis into one. By monitoring the body movement and the forces exerted during training, it helps athletes to reach their maximum potential and attain a high level of physical strength. Equipped with not only training but also conditioning and recovery instruments, the Gym also had Oxygen chamber vase recover capsule which helps athlete in fast recovery after the intensive training. The Gym serves as a comprehensive facility for performance enhancement. In collaboration with the training gym, the sports clinic, and the athlete rehabilitation plants functioned in JISS, the High Performance Gym provides guidance to athletes, such as efficient training programmes and effective post-training recovery programmes tailored to the athlete and the sport. The Gym was also equipped with the modern portable exercise instruments related to functional training such TRX and Systube.

- (ii) **Wind Tunnel Lab**

The Wind Tunnel Lab uses a large fan to generate a current and move the air, through a rectifier and nozzle to smooth out the flow and turbulence, into the test section at a maximum speed of 126 km/h. The athlete actually enters the large test section measuring 2.5m x 3m across and 8m in length, and experiences an environment simulating his or her sport. The facility is designed for training to achieve the aerodynamically ideal forms, studying

the impact of aerodynamic force on changes in the athlete's position, and experimenting and testing sportswear and gear that has been developed for use by the athletes.

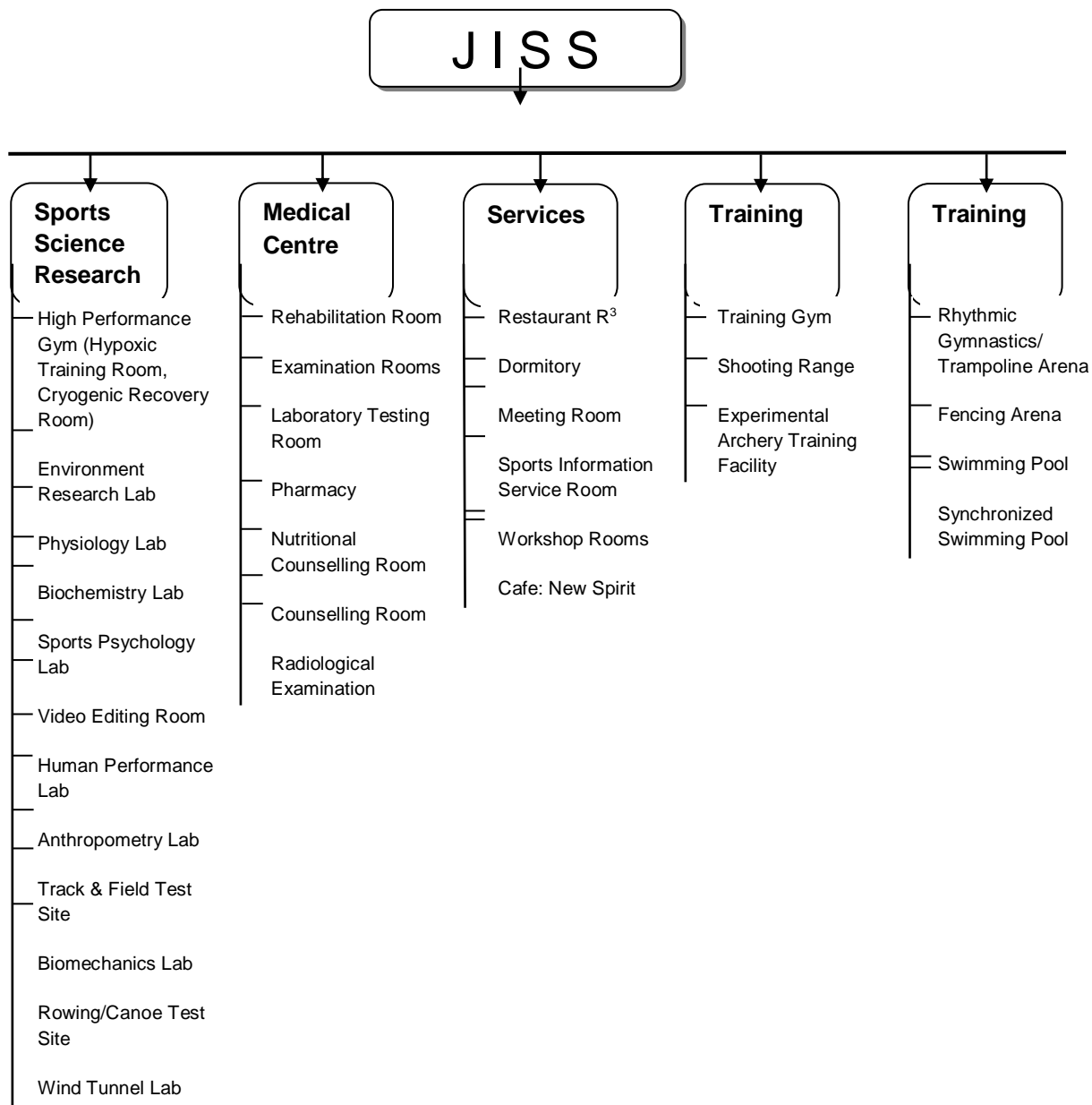
(iii) **The Indoor Training Centre**

The Indoor Training Centre is made up of facilities and equipment conforming to the international regulations of individual sporting events, technical rooms, and multi-purpose courts, a swimming pool, training rooms, and workshop rooms are available for all sports federations. Each facility dedicated to competitive sports is equipped with sophisticated high-definition cameras for use in performance analysis. Complete with generous spaces for relaxation and refreshment that has been designed to support the mental health of the athletes who engage in rigorous training. The centre, therefore, provides an ideal comprehensive training environment.

- (iv) We also visited other facilities such as Hypoxic Chamber, humidity & temperature control chambers, the mess facility etc. The sport nutrition management system in the mess was very impressive. The different items on the overall and composition, including calorific value was displayed at the entry point.

3.3 While we do have some of these facilities in various SAI centres, we lack state-of-the-art facilities, especially under one roof, as has been established under JHPC. It is strongly recommended that a similar holistic facility is set up in India for which, if necessary, we may consider availing of JICA loan. The possibility of this was informally discussed with Secretary, Department of Expenditure, Government of India, who responded very positively. The location of this can be considered at Patiala, Delhi or Bengaluru. Ideally, we may make this part of School of Sports Sciences under the National Sports University being set up in Manipur with outlying campuses in other parts of the country, which has been approved by the Cabinet.

3.4 An Overview of JISS is as follows:



With all the excellent facilities coupled with the help of professional staff members, the JISS supports the coaches and the athletes with medical and scientific knowledge to identify, to resolve problems, so as to enhance the competitiveness. The major support programs for Sports Science and Sports Medicine are:-

- i) Fitness Support
- ii) Guidance for Training

- iii) Motion Analysis Support
- iv) Nutrition Support
- v) Psychological Support
- vi) Image Technology Support
- vii) Information Technology Support

4. **26TH June (Monday):**

12:30 – 13:45 hrs

Meeting with the President Mr Kazumi Ohigashi; the Vice President Mr Mochizuki Tadashi and Head of International Relations Mr Yoriko Noguchi of the Japan Sports Council (JSC) with the Chairman of Association of Sports Institutions in Asia (ASIA).

4.1 The Japanese Sports Council (JSC) is a statutory body for the advancement of sports and health. The primary objectives of JSC include broad-basing of sports and promotion of excellence in sports. It is also specifically responsible for development of people's physical and mental health. Apart from above, JSC also manages various sports facilities and is also responsible for sports integrity issues such as anti-doping governance, sports violation, prevention of illegal betting and gambling, etc. JSC handles Sports Promotion Funds, which includes government grants, lottery funding, contribution from private sector, etc. Last but not least it also serves as the Government's arm for International collaboration in sports. As the host country of 2020 Olympics, Tokyo Olympics Games Organizing Committee is implementing a strategic International collaboration programme called 'Sports for Tomorrow', which aims to expand sporting values of Olympic and Paralympics Movement to people of all generations in over 100 countries until 2020 Summer Olympics and Paralympics Games. JSC works in close collaboration with universities, including University of Tsukuba, Tokyo, Nippon Sports Sciences University, Tokyo, National Institute of Fitness and Sports, Kanoya, Nara Institute of Science & Technology, Osaka University of Sports and Health Sciences.

4.2 Meeting with the Japan Sports Council

- (i) At the outset, President JSC welcomed the Indian delegation, which was followed by response from the Indian side. We briefed JSC about the sports structure in India, role and functions of Ministry of Youth Affairs and Sports (MYAS) and Sports Authority of India (SAI). In terms of organizational structure and functioning, JSC can be compared with SAI. JSC members were also briefed about the conception of National Sports Science and Coaching Institute at NIS Patiala.
- (ii) We gave an overview of 'Khelo India' a national programme for development of sports. Vice President, JSC briefed about the organization, functioning and mandate of Japan Sports Council. He explained about the 'Sports For Tomorrow' (SFT) programme in which JSC is one of the leading partner agency. Under SFT, various programmes such as conferences and workshops related to sports, coaching and anti-doping are being organized.
- (iii) He also explained about the construction of new stadium by JSC which will be used for opening and closing ceremony during the Olympic Games 2020. The utilization of the stadium post games is still to be worked upon. However, mainly JOC will plan its utilization.
- (iv) Thereafter, DDG JISS explained about various facilities and its management at JISS. JISS has very close collaboration with the leading sports science universities of Japan. The scientific support has been provided with the help of the experts from the Universities. Various labs of JISS are used only for elite athletes for performance measurement and improvement. JISS and NTC both work in collaboration with national federations and JOC.
- (v) Director JSC explained about Association of Sports Institutions in Asia (ASIA). It is regional association for sports promotion. It aims at high performance and envisages to create a platform for

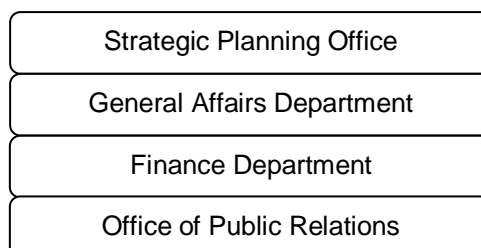
sharing and exchanging knowledge and expertise in relation to high performance training. It also focuses on collaboration between high performance institutes that will directly and indirectly influence the development of athletes, coaches, sports scientists and support staff. At present Aspire Academy (Qatar), Hong Kong Sports Institute, Japan Sport Council and Singapore Sports Institute are the founding members of ASIA.

(vi) JSC's mission included the promotion of sports and the sound development of people and raise peace and friendship at international level with the power of sport. JSC is primarily concerned with "Sports Facility Management" and promotion of "Sports Activities" in Japan. In brief, at present, JSC is responsible for:

- i) New & old national stadiums and gymnasiums.
- ii) National centre for mountaineering education.
- iii) Department of High Performance Sports Strategy JISS/NIC.
- iv) Mission undertaken to ensure fair and proper implementation of sporting activities.
- v) Reinforcing the sports related information analysis system in Japan.
- vi) Co-operation and collaboration with related organizations.

(vii) The organizational chart and functioning of JSC included as follows:

Japan Sports Council Organizational Chart



Policy Planning and General Affairs Department
Facilities Department
Department of Information & International Relations
National Stadium
Sports Museum
Department of High Performance Sport Strategy
Department of Sports Science
Medical Centre
Department of Sport Innovation
Deptt. of General Affairs & Finance
National Centre for Mountaineering Education
Sports Promotion Fund and Lottery Department
School Safety Department
Sports Integrity Unit
Audit Office

- (viii) A series of discussions were held on “SPORTS FOR TOMORROW” programme, which is a commitment by the Government of Japan towards 2020. As a part of the 2020 legacy programme “Sports for Tomorrow” works with the Olympic and Paralympics movement to leave long-lasting legacies in sport and through sport towards 2020 and beyond, for better sporting values across the world.
- (ix) The three pillars of “Sport for Tomorrow” programme included:
- *International cooperation and exchange through sport.*
 - *Play true 2020: Develop sport integrity through strengthening the global anti-doping activities.*

4.3 We may prepare a comprehensive proposal for bilateral cooperation, especially in the area of community sports and school sports and sports &

health, under the 'Sports for Tomorrow' programme. With respect to High Performance Sports, it may be desirable for NIS, Patiala to become a member of Association of Sports Institutions in Asia.

5. **26th June (Monday): Tokyo Organizing Committee for Olympic and Paralympics Games(TOCOG-2020)**

15:30 – 17:30 hrs

Meeting with: Mr Yukihiro Nunomura , Chief Operating Officer (COO); Mr Keiji Inoue, Executive Director,

Contact Person: Ms .Hiromi Kawamura, email
hiromi.kawamura@tokyo2020.jp.

5.1 Mr. Yukihiro Nunomura, Chief Operating Officer and Mr. Keiji Inoue, Executive Director interacted with the delegation. Some of the issues that were raised by the Indian delegation were as follows: -

- (i) the possibility of including Indian sports officials under the 'Observer Programme' of Tokyo Olympics 2020;
- (ii) opportunity to Indian students to be part of the Volunteer Programme;
- (iii) the strategy towards use of existing sports infrastructure to the maximum extent possible for the conduct of the games;
- (iv) legacy planning for post games use;
- (v) strategy for mobilizing private fund;
- (vi) revenue projections including sponsorship;
- (vii) doubling of cost projections; and
- (viii) the possibility of using Indian IT expertise

5.2 The Chief Operating Officer was very open and welcomed all the questions. With respect to Observer Programme, he mentioned that usually this is open for the next host country and so far, TOCOG -2020 has not initiated any program in this regard. However, he conveyed willingness to consider one or two observers from India whenever they start observer programme. He also mentioned that the TOCOG has plan to call applications for volunteers by next

year (summer 2018) and it will also include international volunteers. The main focus of the recruitment of volunteers will be locally.

- (i) For Tokyo 2020 the Old infrastructure (from 1964 time or later) is being renovated and would account for 60% of the venues. For opening and closing ceremony a new stadium is under construction, which is being constructed after demolishing the previous stadium built during the 1964 Olympic Games. TOCOG-2020 is also working on the legacy plan of the infrastructure.
- (ii) Initially, at bidding stage, the projection for the estimated cost was US\$7 billion which has reached now approximately US\$ 13.5 billion. Out of this, US\$ 6 billion is met by Tokyo Metropolitan Government (TMG), US\$ 6 billion by TOCOG-2020 and US\$ 1.5 billion by the Japanese government. TOCOG budget is entirely from the sponsorship and significant income is anticipated from ticketing and budgeting.
- (iii) In terms of revenue projections, TOCOG -2020 has recently entered into a deal with IOC by which IOC Sponsors for US\$ 3.5 billion. In addition there will be local sponsors as well.
- (iv) Secretary (Sports) enquired about organizing of training camps for international athletes. On this COO mentioned that some of the prefectures are coming up with the infrastructure facilities. The information would be shared in due course.

5.3 The Tokyo Olympics 2020 will be held from 24th July to 9th August 2020 in 33 disciplines. It will be followed by 2020 Paralympics Games which will be held from 25th August to 6th September 2020 in 22 disciplines. 204 countries will participate in the Olympics Games and 164 in the Paralympics Games. The number of athletes participating in the Olympics is estimated at 10,500 and that in Paralympics the estimate is 4,237. Around 7800 volunteers will be engaged during the games. Close to 5 billion people are expected to watch the games on TV. The vision of the games is “Sports has the power to change the world and our future”. The Tokyo Olympics and Paralympics 2020 is based on 3

concepts, namely, Striving for your personal best (Achieving of personal best); accepting one another (unity in diversity); and passing of legacy for future (connecting to tomorrow).

6. 27th June (Tuesday): Tokyo

10:30 – 11:00 hrs

**Ambassador of India, Mr Sujan R Chinoy and
Dr Purnima Rupal, Counsellor (S&T).**

Tel: 080-35902321, 080-32144737

6.1 During the meeting with the Ambassador, the discussion revolved around the possible areas of cooperation and possibility of visit of the Japan's Prime Minister, Hon'ble Mr Shinzo Abe, to India in September, 2017. All necessary & needful acts in this direction to be carried out at both the ends.

7. Nippon Sports Science University (NITTAIDAI)

13:00 – 17:00 hrs (Tokyo Campus)

Meeting with: Dr.Kenshiro Matsunami, Chairman NSSU; Hiroshi Imamura , Executive director , Koji GUSHIKEN , President, NSSU, Takanori ISHI, Ph.D , Dean ,NSSU ; and senior faculty members.

Yokohoma Campus:Prof.Michiyoshi Ae,

Study visit to Tokyo campus.

Study visit to Yokohama campus.

7.1 Dr. Kenshiro Matsunami, Chairman, NSSU welcomed the delegation and expressed keen interest to collaborate with India. Secretary (Sports) outlined the areas of interest for collaboration.

7.2 The Secretary (Sports) informed that India has launched a national programme to measure the physical fitness status of Indian school children and to set the fitness standard. Department of Physical Education, Nippon University could help in developing tailor-made programmes in Indian context for school children to be fit and healthy. Secretary (Sports) further identified the following areas cooperation: -

- (i) Support of Nippon University staff for curriculum and content development with respect to sport sciences for the proposed National Sports University.
- (ii) To help SAI NSNIS, Patiala, India to introduce specific short-term courses.
- (iii) Exchange of faculty members & students.
- (iv) To help to start Post-graduation and Ph.D. courses at SAI NSNIS, Patiala.
- (v) To help in coach development programmes.
- (vi) To pilot on turnkey basis establishment of centre of sports science at SANSNIS Patiala.
- (vii) To initiate joint research programs in the field of sports science with special focus to biomechanics and Coaching.

7.3 After initial briefing from Indian side, the designated spokesperson from the department of Coaching, Sports Science (Biomechanics and Physiology) and athlete training gave the details about various programmes. The meeting was followed by the facility tour of Tokyo campus. Pertinently, NITTAIDAI is a leading sports university and has produced more than 140 medallists in Olympics.

7.4 Later, Ms. Kurosawa accompanied the delegation to the Yokohama campus of NITTAIDAI. There delegation met with Prof. Ae, who is the well known sports scientist of biomechanics in Japan and retired from University of Tsukuba. Delegation discussed a range of topics in biomechanics such as performance measurement, performance optimization and outcomes of applying sports science in coaching.

7.5 Both the Tokyo and Yokohama campuses were equipped with all modern facilities, strong medical centre, Modern biochemistry and biomechanics labs. Both the campuses were lively and full of activities.

7.6 The Nippon University agreed to all above in principle.

Secretary (Sports) departs for India NH827 1810 hrs – 27th June, 2017

7.7 **Recommendations:**

- To initiate joint research programs in Sports science (Biomechanics).
- Cooperation with NITTAIDAI in gymnastic, fencing, Archery and wrestling etc. NITTAIDAI may be approached for some tailor-made programmes for coaching the coaches and athletes.
- Cooperation for curriculum development of physical education.



8. 28th June (Wednesday)

9:45 – 10:15 hrs

Meeting with the Director, International Affairs Division, Mr Jugo Imaizumi and other senior officers of the Japan Sports Agency.

Tel: 03-6734-3950

8.1 The Director (Sports) discussed various aspects of MoC between Indian and Japan in detailed discussion. Both sides mutually agreed to execute the Memorandum of Co-operation between MYAS / SAI and JSA (Japan Sports Agency). JSA agreed to call a meeting of all the stakeholders to execute the MoC between India and Japan.

9. 28th June (Wednesday): Mito City

13:50 – 14:40 hrs

Meeting with Governor of Ibaraki, Mr Masaru Hashimate and Mr Kentaro Kikuchi, Vice President. Ibaraki Prefectural Government

Tel: +81-29-301-2071

9.1 The Governor of Ibaraki as well as Mr Kazuhiro Nakamura, Policy Manager, both invited the Indian athletes, coaches and trainers, prior to 2020 Tokyo Olympic Games for utilizing their sports infrastructure and facilities for acclimatizing themselves.

9.2 Various sports facilities were shown but however it was found that due to absence of nearby boarding & lodging facilities, sports science and sports medicine support, the special arrangements would have to be made for comfortable staying of the Indian contingent. The facilities as they existed were not suitable for taking of Indian athletes.



10. 28th June (Wednesday): Mito City

15:20 – 16:00 hrs

Visit to Kasamaksu Sports Park
knakamura@pref.ibaraki.lg.jp.

10.1 Sports facilities w.r.t. Track & Field, Archery, Gymnasium, Swimming Pool, etc, were seen but as observed earlier, due to lack of nearby boarding & lodging facilities, it was found that special arrangements would be required if Indian athletes are to be sent to those places.



11. 28th June (Wednesday): Joso City

17:30 – 18:30 hrs

Meeting with the Mayor of the city Mr Takeshi Kandatsu and facility visit at Ishige Sports Park, Gymnasium.

11.1 The Sports facilities at Ishige Sports Park were found to be the excellent. Delegation met with Judo Olympic gold medallist (Men) and tried to explore the facilities minutely so as to send or to call coaches/ trainers from Ishige Sports Park to India especially in the field of Judo.



12. 29th June (Thursday): Visit to University of Tsukuba

09:35 – 10:20 hrs

Meeting with: Prof. Hisashi Sanada, Chairman TIAS and Provost Faculty of Health and Sports Science; Mr Yasuo Sengoku (Swimming Team Head Coach), Prof. Nisiyasu, Prof Tagaki, Prof. Guido Geisler, Prof. Alexis Lyras and Dr Randeep Rakwal, Professor,

12.1 Prof. Sanada welcomed the delegation and gave detailed presentation about the development University. The University of Tsukuba is more than 130 years old National University.

12.2 Prof. Guido discussed and gave a presentation for the 2-week model soccer program for the developmental level coaches. Executive Director advised to review the existing program of NIS Patiala and accordingly make changes in the content part. Prof. Guido Assured to share the revised content structure within the two weeks. Prof. Randeep explained that the similar structure is being developed for the Judo, Volleyball, and Swimming.

12.3 Prof. Sengoku and Prof. Tagaki briefed about the swimming curriculum and the recent technological developments in swimming. Prof Tagaki and Prof. Sengoku assured to help to setup Swimming High Performance centre at Dr. SPMSPC, New Delhi. The Executive Director suggested them to hold the workshop related to various aspects of High performance centre and to conduct the feasibility study for setting up the centre. Director, Sports extended the invitation to India. The possibility for the visit may be anticipated in the month of March, 2018. Dr. Alexis Lyras briefed about the Olympism and Olympic values and explained about the social innovation projects in Olympics.

12.4 Prof. Sanada assured all support in the following areas and requested Prof. Randeep Rakwal to coordinate:

- (i) Academic collaborations
- (ii) Exchange of students/staff/coaches/trainers
- (iii) Research Support.
- (iv) Holding of seminars/training programme/course for short duration

- (v) Holding of two weeks workshop in Judo, Football & Volleyball for Indian coaches.
- (vi) Tskuba University Team will visit India and help in establishing a high performance centre in Swimming at Dr. SPMSC at Delhi.

13. **29th June (Thursday):**

10:20 – 11:15 hrs

Facility Tour: University of Tsukuba

13.1 The Indian delegation found that the sports facilities and the infrastructure available at University of Tsukuba were of immense importance and hence, Memorandum of Co-operation with this University may be executed.

14. **29th June (Thursday):**

11:30 – 12:00 hrs

Meeting with the Mr Kyosuke Nagata, President and Mr Satoshi Shimizu, Vice President of University of Tsukuba

14.1 The Director (Sports) briefly explained about the areas of mutual interest and sought help in particular fields such as sending Tsukuba’s Bio Mechanic experts and Analyst to India for holding seminars of short duration. He also emphasised to send coaches of our requirement to India for imparting training to the Indian athletes. He also stressed to collaborate jointly on research projects. The President, University of Tsukuba agreed in toto and showed keen interest to develop strong relation with India.





13:20 – 13:25 hrs

Brief meeting with Indian Students at University of Tsukuba

15.1 A brief meeting with Indian students was held and these students were found to be satisfied with the academic programmes of the University of Tsukuba.

16. **29th June (Thursday):**

13:30 hrs

Returned to India
