

A Review on India's Performance in the Asian Games: A Chronicle of Milestones and Progresses

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Abstract: This article presents a comprehensive review on India's sporting journey in the Asian Games, shedding light on the nation's remarkable milestones and continuous progress in the prestigious multi-sport event. Through an in-depth analysis of historical data, the study examines India's performance across various editions of the Asian Games, spanning disciplines from athletics to aquatics. The narrative traces the evolution of India's participation, highlighting key moments that have defined the country's presence on the continental sporting stage. The article explores the factors influencing India's successes and challenges, considering aspects such as infrastructure development, coaching methodologies, and the emergence of new talents. Furthermore, it discusses the impact of India's achievements in the Asian Games, emphasizing the role of sports in fostering national pride and unity. By synthesizing historical achievements with contemporary trends, this review provides valuable insights into India's ongoing efforts to excel in the Asian Games and sets the stage for future prospects in the realm of international sports.

Keywords: Sports, Asian Games, Sports Development, Sports Achievements

1. INTRODUCTION

The Asian Games, a vibrant celebration of athletic competence and cultural exchange, has been a defining chapter in India's sporting narrative since its inception. From the inaugural event in 1951 to the present day, India's participation in the Asian Games has evolved into a captivating journey, weaving together tales of triumphs, challenges, and the relentless pursuit of excellence. As one of the founding members of the Asian Games Federation, India has played an integral role in shaping the contours of this continental sporting spectacle.

India's commitment to the Asian Games is deeply embedded in its sporting policies and national ethos. The National Sports Policy of 1984 laid the groundwork for systematic development, emphasizing the importance of international competitions, including the Asian Games, in enhancing the country's sporting prowess (Ministry of Youth Affairs and Sports, 1984). Subsequent policy revisions, such as the National Sports Policy of 2001 further highlighted the strategic significance of the Asian Games in India's sporting landscape (Ministry of Youth Affairs and Sports, 2001; Ministry of Youth Affairs and Sports, 2018).

In this exploration, we embark on a retrospective journey, tracing India's footsteps from its maiden appearance in the Asian Games. The early years were characterized by a spirit of participation and discovery, as Indian athletes embraced the opportunity to compete on the regional stage. Over time, this participation metamorphosed into a more substantive presence, culminating in noteworthy achievements that have left an indelible mark on the history of the Asian Games. This article endeavours to record the evolution of India's engagement with the event, reflecting not only on the medals won but also on the transformative impact that the Asian Games have had on the nation's sporting landscape. Through a nuanced examination of India's performance, challenges faced, and strategic interventions undertaken, we aim to unravel the rich tapestry of India's journey in the Asian Games, offering insights into the factors that have shaped its trajectory over the decades.

Table1. Historical Overview of Medal Tally and Rank

| Edition | Gold | Silver | Bronze | Total medals | Rank |
|----------------|------|--------|--------|--------------|------|
| New Delhi 1951 | 15 | 16 | 20 | 51 | 2 |
| Manila 1954 | 5 | 4 | 8 | 17 | 5 |
| Tokyo 1958 | 5 | 4 | 4 | 13 | 7 |
| Jakarta 1962 | 10 | 13 | 10 | 33 | 3 |
| Bangkok 1966 | 7 | 3 | 11 | 21 | 5 |
| Bangkok 1970 | 6 | 9 | 10 | 25 | 5 |
| Tehran 1974 | 4 | 12 | 12 | 28 | 7 |
| Bangkok 1978 | 11 | 11 | 6 | 28 | 6 |
| New Delhi 1982 | 13 | 19 | 25 | 57 | 5 |
| Seoul 1986 | 5 | 9 | 23 | 37 | 5 |
| Beijing 1990 | 1 | 8 | 14 | 23 | 12 |
| Hiroshima 1994 | 4 | 3 | 16 | 23 | 8 |
| Bangkok 1998 | 7 | 11 | 17 | 35 | 9 |
| Busan 2002 | 11 | 12 | 13 | 36 | 7 |
| Doha 2006 | 10 | 17 | 26 | 53 | 8 |
| Guangzhou 2010 | 14 | 17 | 34 | 65 | 6 |
| Incheon 2014 | 11 | 9 | 37 | 57 | 8 |
| Jakarta 2018 | 16 | 23 | 31 | 70 | 8 |
| Hangzhou 2023 | 28 | 38 | 41 | 107 | 4 |
| Total | 183 | 238 | 358 | 779 | |

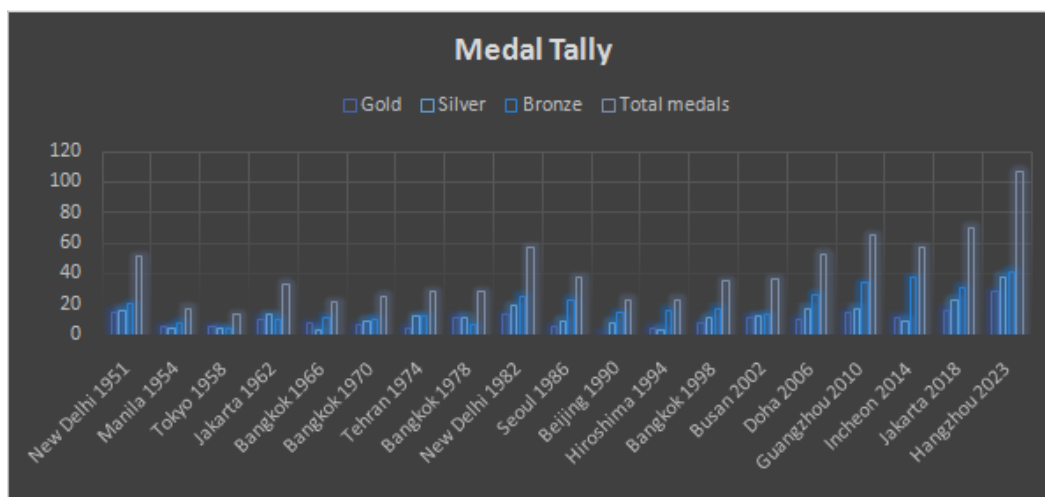


Figure1. Medal Tally

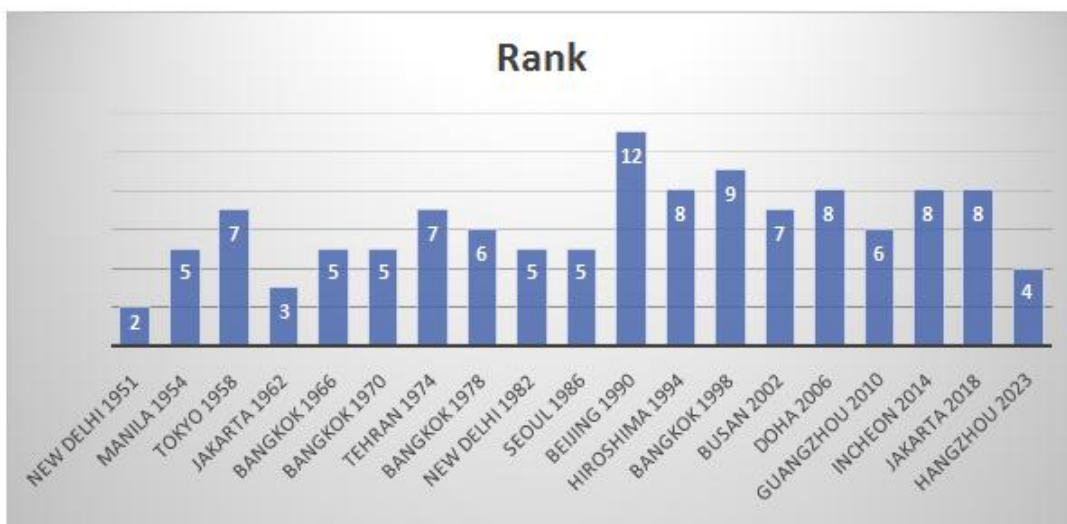


Figure2. Ranking

2. KEY MILESTONES

Analysis of the pivotal moments and achievements that marked India's ascendancy in the Asian Games, including breakthrough victories, records set, and remarkable performances by Indian athletes.

New Delhi 1951: Establishing Footprints

India's inaugural performance in the 1951 Asian Games, hosted at New Delhi, was characterized by a commendable display of athletic ability and national pride. India secured a 2nd position with a total of 51 medals, comprising of 15 gold, 16 silver, and 20 bronze. Prominent achievements included Lavy Pinto, Ranjit Singh and Nikka Singh remarkable success in athletics, while swimmer like Sachin Nagmade history with a gold medal. Kamineni Eswara Rao silver in weightlifting further contributed to India's second-place finish in the overall medal tally, setting the stage for the nation's enduring legacy in the Asian Games and serving as a source of inspiration for future generations of athletes.

Manila 1954: Athletic Dominance Begins

In the 1954 Asian Games held in Manila, India's contingent showcased the burgeoning athletic talent of the newly independent nation across various disciplines. While specific details about the contingent size are not readily available, India's athletes participated with zeal and determination. The nation secured commendable achievements in athletics, wrestling, and diving, laying the foundation for its future endeavors on the continental stage. India continued its dominance in athletic, clinching five gold medal, and a silver in wrestling category showcasing India's progress towards sporting achievements

Tokyo 1958: Shifting Towards Excellence

The 1958 Asian Games, also known as the Third Asian Games, took place in Tokyo, Japan, from May 24 to June 1. During this sporting event, Indian athletes showcased remarkable skill, securing a total of 13 medals. Among these, they clinched five gold medals, four silver and four bronze contributing significantly to India's 7th position in the overall performance. The diverse talents of Indian competitors were on display across various disciplines, from athletics to other sporting events.

India's achievement highlighted the nation's competitive spirit and growing ability in the Asian sports arena. The success of Indian athletes not only accentuated their individual skills but also reflected the dedication and preparation of the entire contingent. The 1958 Asian Games thus became a pivotal moment in India's sporting history, symbolizing the country's emergence as a formidable presence on the continental stage.

Jakarta 1962: Breaking New Ground in Athletics

The 1962 Asian Games in Jakarta, Indonesia, marked a crucial moment in India's sporting history. Taking place from August 24 to September 4, Indian athletes showcased their competence across diverse disciplines, clinching an impressive 33 medals and securing 3rd position overall. With ten gold, thirteen silver, and ten bronze medals, India excelled notably in athletics, boxing, wrestling, and field hockey, contributing significantly to the team's success. Standout performances by athletes like Milkha Singh in athletics and Prudip Kumar Banerjee in football emphasized India's remarkable achievements. The collective efforts of the contingent not only cemented India's position on the medal tally but also ignited inspiration for future generations of sports enthusiasts. This edition remains a crucial milestone in India's Asian sports journey, adding to the nation's enduring sporting legacy.

Bangkok 1966: A Silver Lining in Athletics

In the 1966 Asian Games held in Bangkok, India delivered a praiseworthy performance, clinching a total of 21 medals, with an impressive tally of seven golds, three silvers, and eleven bronzes, securing the fifth position in the overall medal standings. This edition of the Asian Games served as a significant marker in the evolution of India's sporting landscape, highlighting the nation's competitive spirit and competence on the continental stage. The success in Bangkok not only brought glory to the country but also highlighted India's growing strength and potential in diverse sporting disciplines

Bangkok 1970: Field Hockey Resurgence

In the 1970 Asian Games held in Bangkok, India delivered a commendable performance, earning a total of 25 medals, including six golds, nine silvers, and ten bronzes, securing the fifth position in the overall medal tally. After a brief hiatus, India made a triumphant return to the winner's circle by reclaiming the silver in field hockey under the leadership of Captain Prithipal Singh. This significant victory not only marked a resurgence for Indian hockey but also reaffirmed the country's status as a powerhouse in the sport. The success in Bangkok added another chapter to India's sporting legacy, reflecting the nation's resilience, skill, and determination on the international stage.

Tehran 1974: Athletics and Wrestling Triumphs

In the 1974 Asian Games held in Tehran, India delivered a praiseworthy performance, clinching a total of 28 medals — four golds, twelve silvers, and twelve bronzes, securing the seventh position in the overall medal tally. The highlight of India's success was the performance of the athletes in the Athletic categories, affirming the nation's dominance in this sport. Wrestler Satpal Singh's in the light-flyweight category stood out as a significant achievement, showcasing India's ability in traditional sports. The Tehran Games not only underscored the diverse talents of Indian athletes across various disciplines but also marked a memorable chapter in the country's sporting history, solidifying its standing on the Asian stage.

Bangkok 1978: Emerging Stars in Athletics

The 1978 Asian Games in Bangkok marked a significant moment for India in the realm of sports. The Indian contingent delivered a stellar performance, clinching a total of 28 medals—11 gold, 11 silver, and 6 bronze—catapulting India to the sixth position in the overall medal tally. Among the standout performers were athletes Sriram Singh and Suresh Babu, whose remarkable displays added luster to India's medal haul. Sriram Singh's gold in the 800m race particularly highlighted India's burgeoning prowess in middle-distance running, signaling the nation's potential to excel on the international stage in athletics. The impressive showing across various disciplines underscored India's growing presence and competitiveness in the Asian sporting arena, leaving an indelible mark in the country's sporting history.

New Delhi 1982: A Multifaceted Triumph

The 1982 Asian Games in New Delhi marked a historic moment for India as the nation delivered a stellar performance, securing a total of 57 medals – thirteen golds, nineteen silvers, and twenty-five bronzes – and achieving the fifth position in the overall medal standings. This remarkable feat established the 1982 Games as India's most successful outing in terms of medal count. The event showcased India's prowess across a wide range of sports, with notable achievements in athletics and hockey. P.T. Usha emerged as the sprint queen, clinching two silver in athletics, Women's Hockey Team won Gold medal and while accomplished athlete like Bahadur Singh Chouhan also contributed gold to the diverse medal tally. The 1982 Asian Games not only brought glory to the nation but also celebrated the exceptional talents of Indian athletes, leaving an enduring legacy in the country's sporting history.

Seoul 1986: Shining in Boxing and Athletics

The 1986 Asian Games in Seoul, Korea, marked a significant milestone for India in the realm of sports. With a total of 37 medals - five golds, nine silvers, and twenty-three bronzes - India's performance propelled them to the fifth position in the medal tally. Among the standout victories were wrestler Kartar Singh gold, P.T Usha two gold in 200m and 400m and 9 medal from the boxing categories which highlighting India's growing influence beyond traditional sporting arenas. This edition not only showcased India's prowess in diverse disciplines but also highlighted the nation's emerging prominence in sports that were not conventionally associated with its sporting landscape, marking a pivotal moment in India's sporting history on the Asian stage.

Beijing 1990: The Rise of Kabaddi and Rowing

During the 1990 Asian Games in Beijing, India delivered a noteworthy performance, clinching a total of 23 medals, comprising one gold, eight silvers, and fourteen bronzes, positioning the country at the twelfth spots. This event marked a pivotal moment as Kabaddi stars secured a gold, signalling India's

rising prominence in the sport. Additionally, the triumph of Rowing athletes like Surinder Singh, Rajendra Singh and others underscored India's prowess in water sports by clinching 4 bronzes. The Games celebrated India's diverse talent across various disciplines, solidifying its presence on the Asian sporting stage and inspiring future generations to excel in international competitions.

Hiroshima 1994: Individual and team Excellence in Athletics

The 1994 Asian Games were held in Hiroshima, Japan, from October 2 to October 16. India's performance in the Games was noteworthy, securing the eighth position in the overall medal tally with a total of 23 medals—4 gold, 3 silver, and 16 bronze.

Shooter Jaspal Rana played a significant role in India's success at the 1994 Asian Games by winning a gold medal in 25 m centre fire pistol, similarly Shiny Wilson, P.T. Usha, G.V. Dhanalakshmi Kutty Saramma won silver medals in the women's 4*400m Relay, showcasing their competence in running. Additionally, Men's Kabaddi team contributed to India's medal tally by securing a gold medal in their event. Their achievements highlighted India's focus on individual sports and added a nuanced dimension to the overall performance.

Bangkok 1998: Breaking New Ground in Cue Sports

India's performance at the 1998 Asian Games in Bangkok showcased a significant breakthrough, securing the ninth position with a total of 35 medals—7 gold, 11 silver, and 17 bronze. The Games marked a pivotal moment for Indian sports, notably in Cue sports, as athletes like Ashok Shandilya and Geet Sethi excelled, clinching gold medals. This success not only contributed to the overall medal tally but also laid the foundation for India's subsequent dominance in cue sports disciplines at the Asian Games and on the international stage, signifying a turning point in the country's sporting history.

Busan 2002: India's Best in Athletics

During the 2002 Asian Games in Busan, India secured a notable 7th position in the overall medal tally, clinching a total of 36 medals comprising 11 gold, 12 silver, and 13 bronze. Anju Bobby George's historic bronze in long jump marked a pivotal moment in Indian athletics, becoming the first Indian athlete to achieve a podium finish in that discipline at the Asian Games. This success represented India's burgeoning excellence beyond traditional strongholds, showcasing the nation's commitment to diverse sporting endeavors and inspiring a new generation of athletes.

Doha 2006: Tennis, Shooting and Boxing Brilliance

The 2006 Asian Games in Doha, Qatar, were indeed a significant moment for India in the field of sports. India secured the 8th position in the overall medal tally with a total of 53 medals, including 10 gold, 17 silver, and 26 bronze.

One of the standout performances during the 2006 Asian Games occurred in the sport of Shooting, where Jaspal Rana achieved a gold medal in the 25m center fire pistol event. Additionally, two prominent Indian boxers, Varghese Johnson and Vijender Singh, secured bronze medals in their respective weight categories. In tennis, the duo of Leander Paes and Mahesh Bhupathi clinched the gold in Men's doubles, while Sania Mirza earned a silver medal in Women's Singles, contributing significantly to India's success and highlighting the country's emergence as a formidable force in Asian Tennis. These success underscored India's growing ability in various sports on the Asian stage, laying the foundation for future achievements in the field of sports for the country.

Guangzhou 2010: Record Medal Haul

During the 2010 Asian Games in Guangzhou, India demonstrated a remarkable performance, securing the 6th position in the overall medal tally with a record haul of 65 medals. This impressive collection comprised 14 golds, 17 silvers, and 34 bronzes, indicating a significant improvement from the previous edition. Both the Men's and Women's Kabaddi teams secured gold, propelling India to the top in the kabaddi categories. Boxers like Vijender Singh and Vikas Krishan Yadav also clinched gold medals. The Games highlighted India's growing competitiveness on the international stage and underscored the diverse talent within the country's sports landscape.

Incheon 2014: Historic Achievements in Hockey

During the 2014 Asian Games in Incheon, India achieved a commendable 8th position in the overall standings with a total of 57 medals – 11 gold, 9 silver, and 37 bronze. This performance not only reflected India's growing prominence in the international sports arena but also highlighted the nation's proficiency in specific sporting disciplines. Key contributors to this success were historic Gold in Men's Hockey Team, as well as Gold in Squash, boxing and Archery. These achievements served as focal points, bringing attention to India's notable depth of talent, particularly in the field of Hockey. The 2014 Asian Games thus marked a significant juncture, underscoring India's ability to excel across a diverse range of sports and laying the groundwork for continued success at the global level.

Jakarta 2018: Neeraj Chopra's Javelin Gold

During the 2018 Asian Games held in Jakarta and Palembang, India secured the 8th position in the overall medal tally, marking a noteworthy achievement in the realm of international sports. The Indian contingent amassed a total of 70 medals, comprising 16 gold, 23 silver, and 31 bronze.

A pivotal moment in the Games was Neeraj Chopra's historic gold medal triumph in javelin throw. Neeraj Chopra's victory not only secured his place in the annals of Indian sports but also marked a watershed moment in the field of Indian athletics. His achievement as the first Indian athlete to clinch a gold medal in javelin throw at the Asian Games was widely celebrated and served as a testament to India's growing prowess on the global sporting stage.

Hangzhou 2023

A contingent comprising 655 Indian athletes actively participated in the Asian Games 2023, held in Hangzhou, China, spanning from September 23 to October 8. Originally slated for 2022, the 19th edition of this quadrennial multisport event was rescheduled by a year due to the global impact of COVID-19.

India concluded their campaign at the Asian Games 2023 with an exceptional record-breaking performance, amassing a total of 107 medals, a significant improvement from their previous feat at Jakarta 2018. This included 28 gold, 38 silver, and 41 bronze medals, showcasing the nation's prowess and commitment to excellence on the continental sporting stage.

Shooting emerged as a standout discipline for India at the Asian Games 2023, contributing significantly to their medal tally with an unprecedented haul of 22 medals, including seven gold. Athletics, buoyed by Neeraj Chopra's successful title defence in the javelin throw, claimed a close second position with six gold, complemented by 14 silver and nine bronze medals.

The archery compound team made a notable impact by securing all five gold medals in the category. Additionally, the cricket and kabaddi teams each clinched two gold medals, while the men's hockey team's triumph not only added to India's gold count but also secured a coveted spot at the Paris 2024 Olympics.

India celebrated a historic moment in badminton as the men's doubles pair of Chirag Shetty and Satwiksairaj Rankireddy secured the nation's first Asian Games gold in the sport. Squash, tennis, and equestrian events contributed to India's success, collectively amassing 28 gold medals in Hangzhou.

Beyond the medal glory, Hangzhou provided a pathway to the Paris 2024 Olympics by offering a total of 74 quotas across various sports. India secured six quotas in boxing (Nikhat Zareen, Preeti Pawar, Parveen Hooda, Lovlina Borgohain), one in athletics (Kishore Jena), and another in men's hockey, reinforcing the nation's prospects on the international sporting horizon.

3. FACTORS INFLUENCING SUCCESS

India's success in the Asian Games can be attributed to a confluence of various factors that collectively contributed to the nation's impressive performance. Several key elements played a pivotal role in shaping India's success at the event:

1. Athlete Talent and Dedication

The cornerstone of India's success lies in the talent and dedication of its athletes. The commitment of individuals to their respective sports, coupled with rigorous training regimens, forms the bedrock of success in the Asian Games.

2. Investment in Sports Infrastructure

Adequate and modern sports infrastructure is crucial for athlete development. Investments in state-of-the-art training facilities, stadiums, and equipment contribute to creating an environment conducive to high-performance training.

3. Strategic Coaching and Training Programs

The role of coaches and training programs cannot be overstated. Strategic coaching methodologies, personalized training regimens, and access to sports science contribute to enhancing athletes' skills, physical conditioning, and mental resilience.

4. Government Support and Policies

The support of the government through sports policies, funding, and incentives is pivotal. Financial backing for training programs, athlete welfare, and participation in international events provides a solid foundation for success.

5. Long-Term Athlete Development Plans

Successful nations in the Asian Games often have comprehensive long-term athlete development plans. These plans focus on identifying talent early, providing consistent training, and ensuring a smooth transition from grassroots to elite levels.

6. Public-Private Partnerships (PPPs)

Collaborations between the government and private sector entities, such as corporate sponsorships and infrastructure development partnerships, play a role in bolstering financial support for sports and athlete development programs.

7. International Exposure and Competitions

Participation in international competitions exposes Indian athletes to diverse playing styles and competition scenarios. This exposure helps in honing their skills, adapting to different conditions, and gaining invaluable experience.

8. Sports Science and Technology

Integrating sports science, technology, and analytics into training programs can provide a competitive edge. This includes areas such as biomechanics, nutrition, sports psychology, and data-driven performance analysis.

9. Cultural Shift and Grassroots Development

Fostering a sports culture at the grassroots level is essential. Initiatives that encourage mass participation, school-level competitions, and community engagement can lead to the identification and nurturing of future champions.

10. Continued Fan Support

The enthusiasm and support of the public contribute significantly to the morale of athletes. A passionate fan base can inspire athletes to perform at their best and create a positive sporting environment.

11. Adaptive Governance and Policy Evolution

Flexibility in governance and a willingness to adapt policies based on evolving needs and international best practices are crucial. This ensures that the sporting ecosystem remains responsive to changing dynamics.

4. CHALLENGES AND OBSTACLES

Participation in the Asian Games is a pinnacle of achievement for athletes, representing the culmination of rigorous training, unwavering dedication, and a pursuit of excellence. However, despite winning accolades and being on the forefront, India's journey is fraught with challenges and obstacles that often test the mettle of Indian athletes, impacting their preparation, performance, and overall experience. Some of the main challenges faced by the Indian Athletes are outlined below;

4.1. Training Facilities

One of the foremost challenges encountered by Indian athletes lies in the availability and quality of training facilities. Insufficient infrastructure, outdated equipment, and a dearth of specialized coaches can hinder an athlete's preparation. Access to world-class facilities is often limited, affecting not only the athlete's physical conditioning but also their ability to adapt to international standards. Addressing these challenges is pivotal in ensuring that Indian athletes can compete on a level playing field with their global counterparts.

4.2. Funding Limitations

Financial constraints pose a significant hurdle for athletes aspiring to participate in the Asian Games. The high costs associated with international competitions, including travel, accommodation, and equipment expenses, can strain the financial resources of athletes and their support systems. Limited government funding and sponsorship opportunities further compound the financial challenges, potentially impeding an athlete's optimal preparation and participation.

4.3. Competitive Pressures

The intensity of competition in the Asian Games places considerable mental and emotional pressures on athletes. The weight of expectations, both personal and societal, coupled with the desire to perform on the international stage, can lead to stress and anxiety. Managing these psychological pressures becomes imperative for athletes to deliver their best performances. Adequate mental conditioning support and sports psychology interventions are integral in preparing athletes to navigate the mental challenges associated with elite-level competitions.

4.4. Sports Science and Technology Integration

The integration of sports science and technology is pivotal for athletes to optimize their performance. However, limited access to cutting-edge sports science methodologies, including sports nutrition, biomechanics, and data analytics, can hinder the holistic development of athletes. Bridging this gap and fostering a culture of sports science integration is essential to enhance the competitiveness of Indian athletes on the Asian Games stage.

4.5. Inconsistent Policy Framework

An inconsistent policy framework for sports in India adds another layer of complexity to the challenges faced by athletes. Fluctuations in funding allocations, changes in selection criteria, and evolving sports governance structures can create uncertainties for athletes and their support teams. A stable and athlete-centric policy framework is crucial for fostering long-term development and sustained excellence in sports.

In conclusion, a comprehensive understanding of the challenges and obstacles faced by Indian athletes in the pursuit of excellence in the Asian Games is imperative for devising effective solutions and fostering a conducive environment for sports development. By addressing these challenges head-on, India can empower its athletes to overcome barriers and compete at the highest level, elevating the nation's standing on the Asian sporting stage.

5. FUTURE PROSPECTS AND RECOMMENDATIONS

1. Sustained Financial Investment

- **Increased Funding:** Secure and enhance financial support for sports at both the central and state levels. A consistent increase in funding for training facilities, coaching staff, and athlete welfare programs is essential.
- **Public-Private Partnerships (PPPs):** Encourage collaboration between the government and private enterprises to create a sustainable financial ecosystem for sports. This can involve sponsorship deals, infrastructure development, and support for individual athletes.

2. Athlete Development Programs

- **Early Talent Identification:** Establish robust systems for identifying and nurturing young talent at the grassroots level. Invest in school-level sports programs and competitions to identify potential future champions.

- **Scientific Training Methods:** Implement advanced training methodologies, including sports science, nutrition, and mental conditioning, to optimize athlete performance. Collaborate with international experts to bring in global best practices.

3. Infrastructure Development

- **State-of-the-Art Training Facilities:** Invest in world-class training facilities across the country, catering to various sports. This includes upgrading existing infrastructure and building new facilities to provide athletes with the best resources for their development.
- **High-Performance Centers:** Establish specialized high-performance training centers in collaboration with international experts. These centers can serve as hubs for elite athletes, providing them with specialized coaching, sports science support, and exposure to global competitions.

4. Coaching and Technical Support

- **Quality Coaching Staff:** Attract and retain top-notch coaches by offering competitive salaries and creating a conducive coaching environment. Invest in their continuous training and development to keep them abreast of the latest coaching methodologies.
- **Sports Science and Medicine Support:** Develop a robust support system for sports science and medicine, including physiotherapy, nutrition, and sports psychology. Prioritize the well-being of athletes to enhance their performance and reduce the risk of injuries.

5. Policy Enhancements

- **Long-Term Athlete Development Plan:** Formulate and implement a comprehensive long-term athlete development plan that spans multiple Olympic cycles. This should include age-specific training programs, competition schedules, and educational support for athletes.
- **Incentivize Corporate Participation:** Introduce incentives for corporate entities to invest in sports through tax benefits, sponsorship recognition, and other perks. This can help build a culture of corporate support for Indian athletes.

6. International Exposure

- **Strategic Participation in Global Competitions:** Strategically plan the participation of Indian athletes in international competitions, ensuring exposure to diverse playing styles and competition scenarios.
- **Exchange Programs:** Facilitate exchange programs with countries known for their sports excellence. This will provide Indian athletes and coaches with valuable insights and experiences to further refine their skills.

6. CONCLUSION

India's journey in the Asian Games has been nothing short of remarkable, a tale woven with significant milestones and substantial progress across various sporting disciplines. From initial participation to emerging as a prominent contender, India has steadily carved its place on the continental stage, earning recognition for its athletic ability and determination.

In conclusion, this review celebrates the evolution of India's performance, shedding light on the transformative journey that has seen the nation transcend mere participation to become a consistent medal contender in numerous sports. The resilience and dedication of Indian athletes, combined with strategic investments in sports infrastructure and athlete development programs, have been pivotal in this transformation.

Yet, amidst the celebrations, this analysis serves as a critical lens, spotlighting areas that warrant further attention and improvement. It highlights the need for sustained financial backing, advanced training methodologies, and comprehensive policy enhancements to bolster India's competitive edge in the Asian Games. These recommendations are not just observations but crucial guidelines steering the course for future success.

As India stands at the cusp of a promising future in the Asian Games, this review serves as a compass, guiding the nation toward sustained progress and greater heights. The documented milestones and progress not only reflect past achievements but also illuminate a path forward, emphasizing the importance of a concerted effort in creating an environment conducive to nurturing and honing the nation's sporting talent.

In essence, this analysis portrays India's Asian Games journey as an evolving narrative—one that requires continuous commitment, strategic planning, and collaborative efforts from all stakeholders. It's a narrative that holds the promise of inspiring future generations of athletes and positioning India as a dominant force in the Asian sporting arena. By embracing outlined recommendations and fostering commitment, India can not only maintain its standing but emerge as a sporting powerhouse. The chronicle of milestones and progress is an evolving narrative, and India, with its rich sporting talent, is poised to script even greater achievements. As we conclude this analysis, we anticipate and look forward to the next chapters in India's Asian Games story, confident that they will inspire generations to come

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