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Role of information technology in refining the sports to Encourage 'social development in India'

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Abstract
India has strengthen its movements toward the crowning edge of its advancements in every meadow of science & technology, embryonic new products, technological enhancements for welfare & defense, spatial touch, accurate predictions like weather, world-wide opportunities for business & capital, furthermore the rural deployments such as mobile banking, e-governance, self-help groups and the social expansions like "Beti Bachao Beti Padhao Abhiyaan" accelerate the progress of India making it sturdier at all performance platforms. The overall growth of the Nation is truly impressive that is running on its right track. However, it will be ascertained more real and enthusiastic when a nation apart from machine developments focuses on the intellectual and physical strength of its general public because only a strong determination can achieve the goals in a set time while alleviating the adverse circumstances. A strong character, a strong motivation and a strong moral is capable to set the right & high targets and contributes greatly to achieve these goals while focused on all flanks of human kind. A Beti Bachao Beti Padhao Abhiyaan is one of the best examples. Thus the satisfactory growth rate of the country necessitates an eye on the health factors, rich dynamic environment, quality services, those exclusively come from sports. Thus the present paper emphasizes on the applicability of advanced information technology to enhance the sports activities, to improve performance of a sportsmen, molding their motivational factors and to develop the desired behavior by preparing the future generation physically as well as mentally strong, active, energetic and a trend setter. To achieve such goals, the current paper highlights how the information technology will help a sportsman and in turn to support national advancement while dwindling the unhealthy activities such as; doping, drug edition to halt them from eating the roots of our dream tree India.

Keywords: Information Technology, Sports, Knowledge, Clothing.

1. Introduction
Sport is vital for mental health and physical fitness. It builds up the overall personality of a person and makes him intellectually and physically strong, confident, having cheerful behavior. Apart from fitness, sports develops other social qualities like leadership, confidence, loyalty, balanced behavior, sustainability during failures, continuous learning, disciplined etc. which are key pillars of a civilized society and the development of a nation in turn. Sports must be part of daily routine and there are various options to elect a particular sport. They can be enjoyed as a team or can be worked out as an individual sportsman. Besides the routine activity and time pass, in present scenario sports turned as professional activity. Yoga is a best example which is popular and practiced from the ancient India even from the time of Ramayana through "Tapasaya". Yoga is now widely accepted and practiced by all age groups from elders to school going students all over the world. As a routine task as well as a profession, Yoga has been very effective throughout long life and therefore, recognizing its wealth, the United Nations General Assembly has declared 21st June as an International Yoga Day [4].

2. Information Technology in Sports
One can achieve a great success while opting for sports as career since the world wide movements of sportsman and popularity of various outdoor games. It is mandatory to learn and practice games carefully in a proper manner while noticing the circumstances, environment, abilities of a sportsman, financial support for the success of the sportsman in their respective games. Information Technology proved to be an engine to derive a national economy like industry, government, education and indeed sports and way of managing the sports [1]. To minutely monitor the activities of a sportsman with accuracy, information technology opens up

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a wider scope of modifications and enhancing the observations during practice time and in field of competition. Information Technology in sport is an interdisciplinary subject that helps in combining the theoretical as well as practical aspects and various methods of the areas of informatics and sport science [3]. One example of the effectiveness of information technology is in the field of cricket. Hawk eye computer that traces the ball trajectory [2] and work as a third empire to take the conflicting decisions accurately to check whether the ball is no ball and a replay system to check whether the player is out or not. The technological revolution can be helpful in the sports [1] to get the accurate results efficiently and aid in on-the-spot decisions. The aspiration is to broaden & share computer applications, perception about use of computers in sports that will contribute in globalization and also boost research work in the area of sports science.

Information technology has changed the way of managing the sports practices. In old era it was thought that only a well-trained coach and money can be a good source of managing sports [1]. Albeit these two factors cannot be ignored, still newer paradigm insists that the information technology can be included as a source of power [1] to drag the sports activities on a desired track. Information Technology with the acquired knowledge gained from the electronically stored centralized repository; called database, will be the right tool in Sports Management. Moreover in view of increased complexity and varieties of data, this database is replaced with the data warehouse that is huge and heterogeneous in nature. The data is replaced with the big data mainly defined through various Vs i.e. Variety, Velocity, Volume and Veracity [5] representing real world more practically and extracting the information by the use of sophisticated software available for novice users as well as the experts. The knowledge discovery from these data warehouses may include the health details, medical conditions, performance history, any kind of abnormalities, achievements, favorite techniques & winning strategies, weakness of a sportsman and even psychological effects due to their platforms levels, audience, competitors, place of participation and representing a particular geographical area that are much enough for a detailed analyses as well as research. Before fighting a competition, it is necessary that besides the physical fitness, the behaviors of a sportsman must be in a controlled manner and emotionally balanced. Thus, it is obligatory to estimate the social, behavioral factors like attitude, socio-economic status, and achievement motivation etc. to enhance their performance through computerized consultancies. Various software are available to record the motion of a player & their activities, ability to change behavior, train them and even concise & easier judging [3] to build up their career with long term survival [1] helping in improving sportsman performance [3].

Besides the physical and mental support, it is found that dressing also played an important role in refinement of sports. Clothing [1], fabric, dress design & fitting must be according to the sports type, weather, players own physical conditions to mitigate the unwanted outputs [1] and to enhance the performance [3]. User friendly dresses having valuable properties like strength, flexibilities, density, thickness, durability, toughness, resistance to moisture, cost and injury avoidance can even enhance the performance. For instance, tennis racket designing, enhanced ball speed, reduced potential vibration [3] and increased speed & durability of bicycles, more powerful brakes, posture of a rider, as well as wheels play an important role in sports achievements.

In addition to the dresses, the ground or the field also influences the performance of a sportsman. For example, in Judo, there have to be a right selection of mattress for different events, well tested using latest technology, opening a new scope for the manufacturers. The weather also affects the games at various times being watched on TV that rain ruins the cricket match while disappointing the audience and organizers. The dryness of a play ground, race tracks or other fields in the outdoor games is a great challenge then the selection of the measures, say either to dry the playground manually or developing the kinds of play ground that got dried automatically after some time or predicting the rain in advance through weather forecasting scorching the eye towards the Information Technology again.

Advanced technology plays significant roll through robotics to act as health expert for diagnostic of serious diseases. Health of a player can be observed & maintained through various electronic gazettes based on Information Technology, say, monitors for heart-rate, body fat, stress level to treat the injuries and recognition of human potential [3]. Designing the sports equipment by using advance techniques like CAD, virtual design & testing, safety check, effectiveness and comfort of equipments without affecting human kind, even virtual training to the players before going to the fields depicts a vital role of Information Technology in sports. Based on information technology, there are various smart equipments used in stress testing, human reaction time, frequency of movement meters, motion capture etc [3, 2, 1]. That help a sportsman to meet the challenges of competition and are available in the global market on a reasonable cost within the financial reach of a common player.

3. Conclusions
The paper highlights the crucial facts of life which a sportsman being a social entity, have to face throughout the life. It is concluded that a carefully managed sports activities with proper counseling of a sportsman can help in building a true national character and peaceful mind. As a result, a wise character and strong moral automatically prevent the sportsman from the bad activities that may nosh the poison in society in terms of ethical values, responsibilities and patriotism etc. The paper further emphasizes that the Information Technology helps sports management in achieving set targets, enhanced performance, balanced behavior, provision for damage control which will also open new scope for manufacturers and productivities. Therefore, Information Technology helps in refining the sports, desired efficiency, employment, friendly environment where the Nation finds a path to grow more with sustained values.

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