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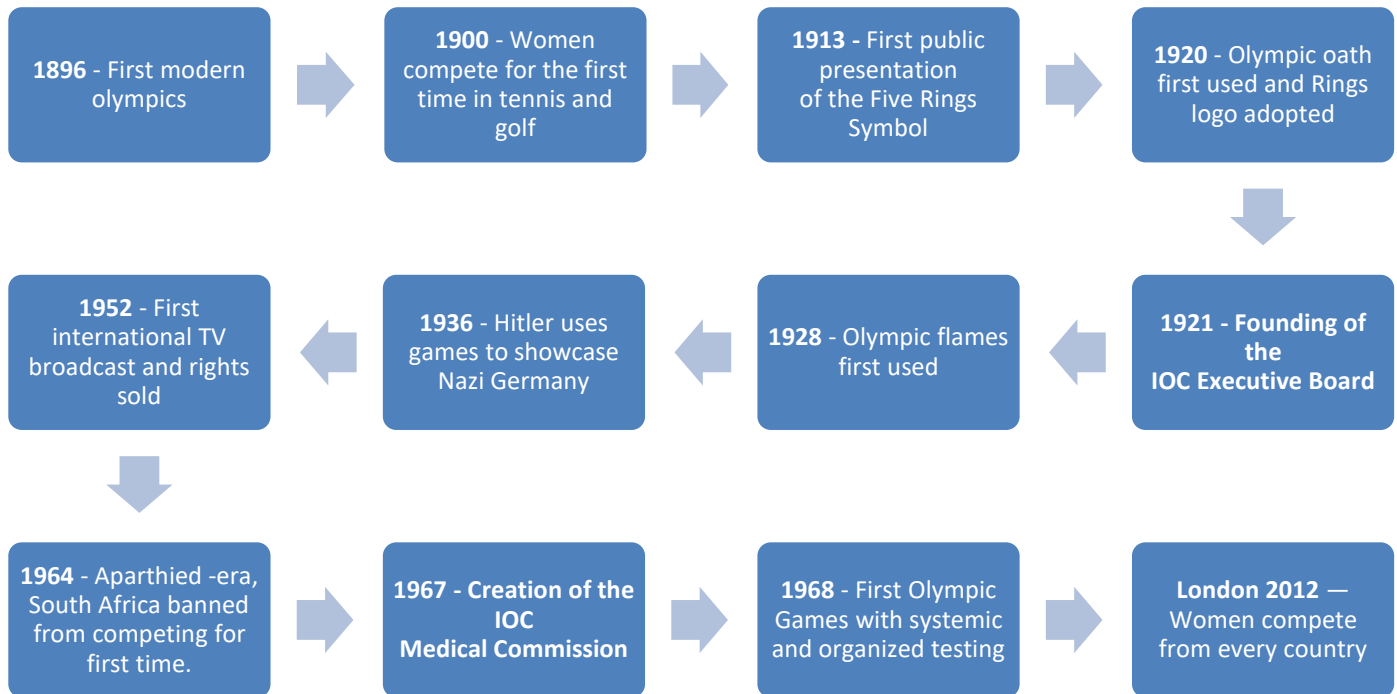


Brief history of Olympics

The Olympic symbol expresses the activity of the Olympic Movement and represents the union of the five continents and the meeting of athletes from throughout the world at the Olympic Games

- The Olympic games **originated in 776 BC**, being held every four years in honour of the god Zeus, featuring not only athletic contests but also artistic events such as music, poetry and theatre.
- In the late **19th century**, attempts to revive international sporting events were met with challenges due to disorganization within the global sporting community.
- This changed when **Baron Pierre de Coubertin** convened the first Olympic Congress in Paris.
- First Olympic Games of the modern era took place in **Athens** (Greece), the birthplace of the ancient Olympics, in **April 1896**.
- It was known as the Games of the I Olympiad (Summer Olympics), saw the participation of 241 athletes from 14 nations.
- The **first Winter Olympic Games was held in Chamonix France, in 1924**.
- Initially called the “International Winter Sports Week”, this event was renamed the “1st Olympic Winter Games” only in 1926 at the IOC Session in Lisbon.
- The Olympics serve as a platform for international diplomacy and soft power projection.
- Countries use the Games to improve their global image, foster goodwill, and strengthen diplomatic ties.
- The Olympics have significant socio-economic implications for both participating and host nations.

The Summer and Winter Olympic Games are both held every four years by the International Olympic Committee (IOC)



Features of Olympics

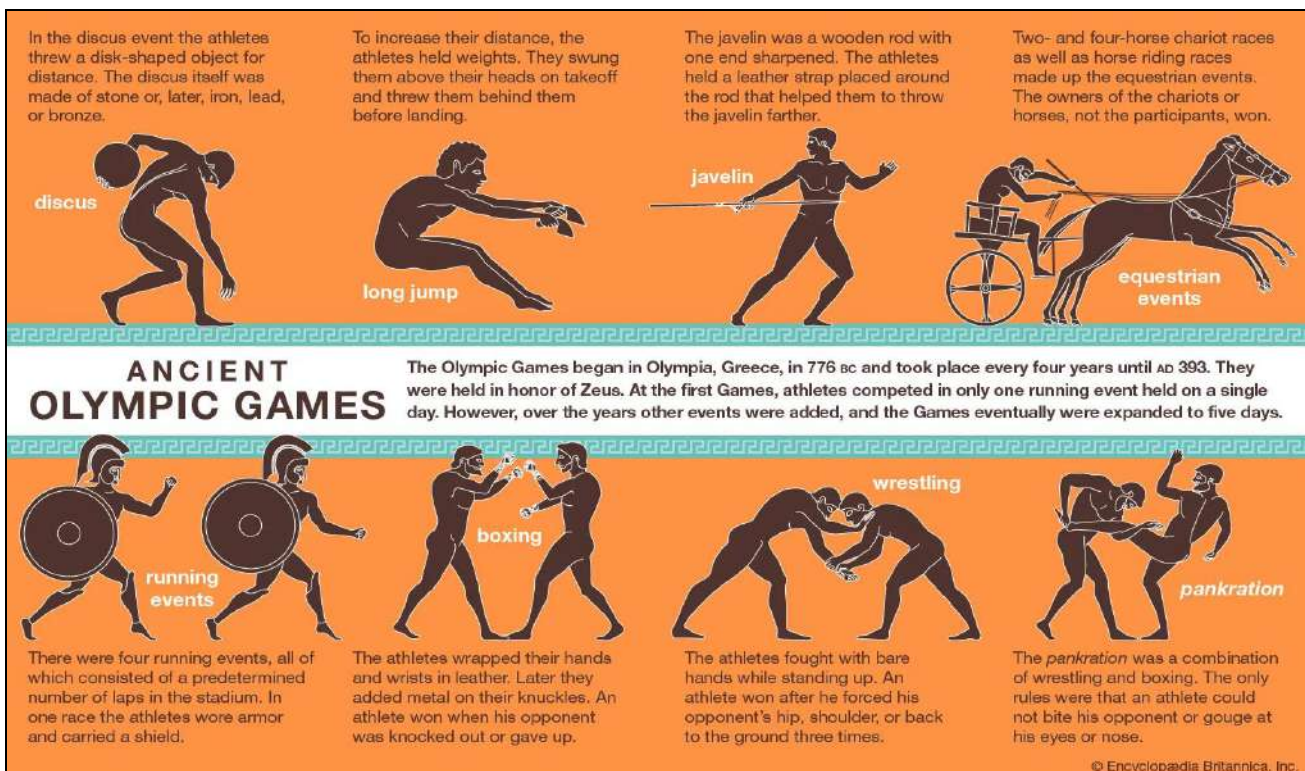
Los Angeles, USA, will host the next Olympic Games from 14 to 30 July 2028. Brisbane, Australia, will host the Games in 2032. In 2020, the Tokyo was the host country.

- **Olympic Charter (OC)** – Is the codification of the Fundamental Principles of Olympism, Rules and byelaws adopted by the International Olympic Committee (IOC).
- **Olympic Order** – The Olympic Order is the highest accolade bestowed by the International Olympic Committee (IOC) for exceptional service.
- **Abhinav Bindra** has been honoured with prestigious Olympic Order.

To know more about Olympic Order [click here](#) .

- **International Olympic Committee (IOC)** – Is the guardian of the Olympic Games and the leader of the Olympic Movement.

- IOC as an organisation was established on June 1894 and acts a ***not-for-organisation***.
- It is headquartered at ***Lausanne, Switzerland***.
- It is entirely private funded and distributes 90% of its revenues to the wider sporting event, for the development of sports and athletes at all levels.
- The president represents the IOC and presides over all its activities and he is elected by the session and members vote in secret ballot.
- The President of the IOC is elected for an eight-year term, renewable once for four years.
- The use of all forms of ***amphetamines*** is now banned by IOC.
- **The International Sports Federations (IFs)** – Establish the rules that govern their sport and ensure that they are applied.
- They are ***responsible for the technical aspects of their sport at the Olympic Games***.
- They ensure that their sport is developed worldwide and disseminate the values of Olympism through their activities.
- All these organisation aids to maintain international cooperation and peace.



Role of genetics in Olympics

In 2017, the Board of Control for Cricket in India reportedly introduced genetic testing to help the Indian men's cricket team improve speed, fat-burning, endurance, recovery time and muscle-building.

- Genetic testing or genetic screening is becoming increasingly popular among athletes to optimize performance.
- Genetic tests analyse an individual's DNA to understand how they may metabolize nutrients, recover from exercise, or be predisposed to certain athletic traits.
- Key genes linked to athletic performance include:
 - **ACE gene** – Associated with endurance and strength.
 - **ACTN3 gene** – Linked to fast-twitch muscle fibres and sprinting ability.
- Scientists have identified **128 DNA markers** associated with athlete status so far.
- Genetic testing can help tailor nutrition and training programs, but its use in talent identification is controversial. Some countries have used it to scout potential Olympic athletes.
- A gene-diet interaction affects body composition and circulating vitamin D levels, influencing athletic performance, injury risk, and post-training recovery.
- **Four genetic variants** have been linked to damage, response to injury and recovery time with one of them being collagen type V alpha 1 gene.
- There are concerns about privacy issues and potential discrimination based on genetic information in sports.
- Other technologies being used alongside genetics include:
 - **Biometrics** and wearables to monitor heart rate, sleep patterns, etc.,
 - **Artificial intelligence** to analyse performance data and identify new gene variants and
 - **Data analytics** for talent identification programs.

- While genetic testing offers insights, experts caution that athletic performance is shaped by both genetic and environmental factors.

India has launched the **Khelo India Rising Talent Identification program** using AI to assess young athletes across various parameters.

- The interaction between genes and environment is complex and not fully understood yet.
- The role of genetics in Olympic performance raises important ethical questions and policy challenges.

Table tennis player Sharath Kamal used Genetic testing to identify food allergies and nutritional needs before the 2024 Paris Olympics.

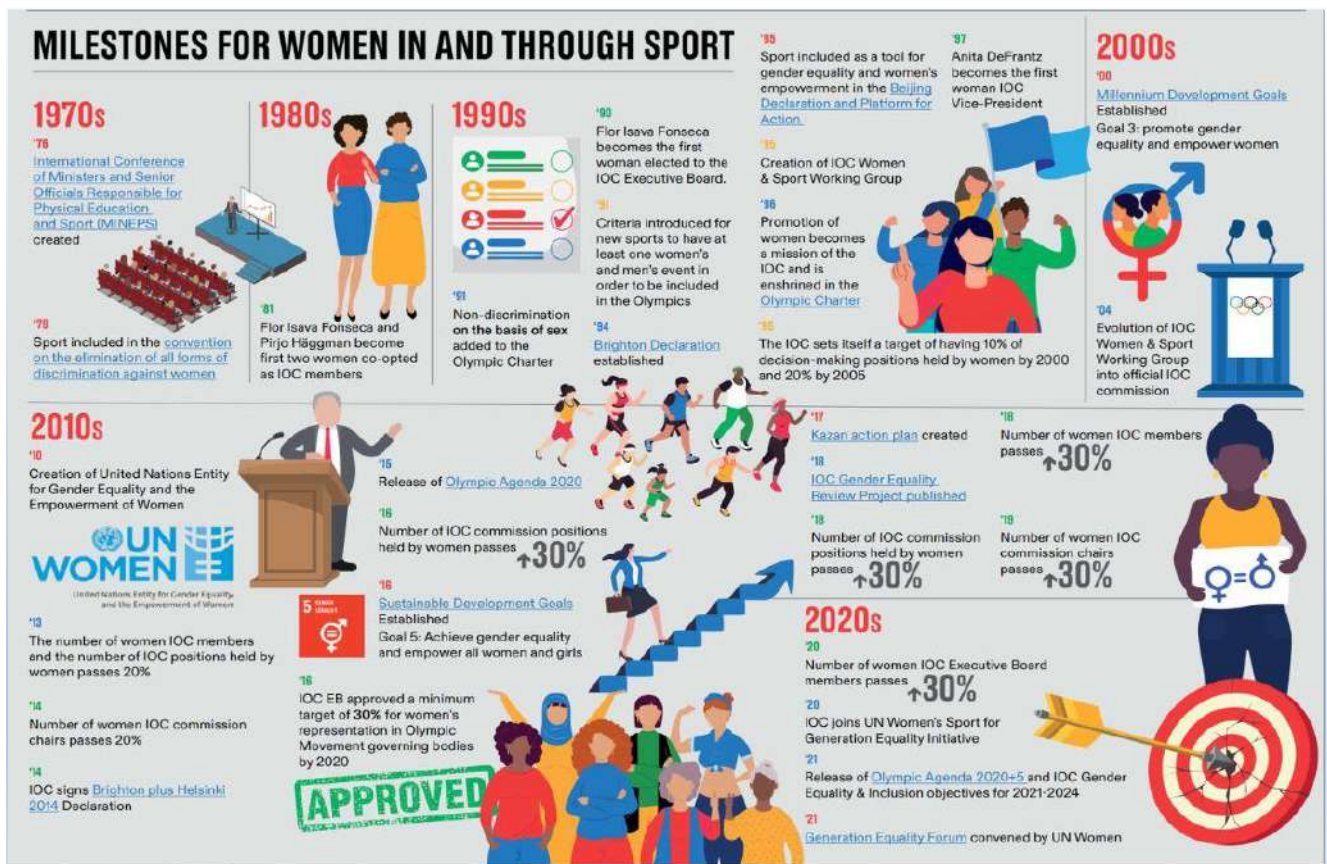
Women at Olympic Games

- The IOC is committed to gender equality in sport and the Olympic Charter sates to encourage and support the promotion of women in sport at all levels and in all structures.
- The **Paris 1900 Olympic** Games saw **women compete for the first time**.
- Female participation in the Olympics has steadily increased over the decades, from 13% in 1964 to approximately 48.9% in the 2020 Tokyo Games.
- Since 1991, any new sport seeking to join the Olympic programme must have women's competitions.

British tennis player **Charlotte Cooper**, a five-time Wimbledon champion, became the **first female Olympic champion**.

- In Rio 2016, 45% of athletes were women, a trend that continued in Tokyo, making it the most gender-balanced Olympics yet with nearly half of all athletes being women.
- The **2012 Games in London** were the first in which women competed in all the sports on the programme.

- The Olympics has brought out **cultural change** by being instrumental in challenging traditional gender roles and stereotypes.
- The success of female athletes has contributed to the broader movement for gender equality.
- The Olympics serve as a platform for cultural exchange and women's participation plays a significant role in fostering understanding and cooperation between nations.



India at Olympics

Karnam Malleswari became India's first woman to win an Olympic medal with her bronze in weightlifting in 2000 Olympics.

- India's Olympic journey has evolved significantly since its debut at the **Paris Olympics in 1900** with just one participant.
- A landmark moment arrived at the Antwerp Games in 1920 when **India sent its first official contingent**, marking a century of notable achievements.

- India secured its **first Olympic gold medal** at the Amsterdam 1928 Olympics by **Indian men's hockey**.
- At the Helsinki 1952 Olympics, wrestler **Khashaba Dadasaheb Jadhav** made history by clinching **India's first individual Olympic medal**, a bronze.
- **Abhinav Bindra** secured the nation's **first individual gold medal** in Beijing 2008 Olympics.
- **Neeraj Chopra** clinched **India's first track-and-field gold** in javelin throw at Tokyo Olympics, 2020.

Indian Olympic Association (IOA) is the governing body for the Olympic Movement and the Commonwealth Games in India.

The IOA was established in the year 1927 with Sir Dorabji Tata and administers various aspects of sports governance and athletes' welfare in the country.

- India's performance at the Olympics serves as a significant source of national pride.
- The achievements of Indian athletes inspire millions across the country, fostering a sense of unity and patriotism.

Olympic Games Paris 2024

- It is an international multi-sport event that occurred from 24 July to 11 August 2024 in France, with the opening ceremony having taken place on 26 July.
- **United States of America topped** the medal table followed by the China and Japan.
- **India was placed at the 71st place** in the medal table out of 84 participants.

The **official mascot** of Paris Olympic is **Olympic Phryge** which is based on the traditional small Phrygian hats for which they are shaped after.

- **First medal won countries:**

- **Albania** – Chermen Valiev (bronze) in wrestling in the men's 74kg freestyle.
- **Cape Verde** – David de Pina (bronze) for boxing men's 51kg.
- **Dominica** – Thea Lafon (gold) in athletics for women's triple jump.
- **Saint Lucia** – Julien Alfred (gold) in athletics women's 100m.
- **Gender equality at the Paris Olympics:**
- 28 out of 32 sports reached full gender equality.
- A more gender-balanced number of medal events, with the competition schedule comprising 152 women's events, 157 men's events and 20 mixed-gender events.
- *Women accounted for 50% of the 45,000 volunteers* and the staff and Board of the Paris 2024 Organising Committee were 50/50 gender balanced.
- Gender parity was achieved among the 10,000 torchbearers/relay participants.
- The 40,000 spots for the Marathon Pour Tous mass-participation event were also split equally between men and women.
- Record attendances for women's sports were seen in the events such as:
 - World record for women's rugby with participation of 66,000 at the Stade de France.
 - European record for women's basketball with 27,000 participants in Lille.
 - Record attendance for women's handball with 26,500 participants.
- **Star performers at the Paris Olympics:**
- ***Joshua Cheptegei*** (Uganda) won gold for men's 10000m (athletics) and set a *new Olympic record* at a record timing of 26:43.14.
- ***Arshad Nadeem*** (Pakistan) for ***javelin throw*** with a distance of **92.97m** which set a new *Olympic record*.
- Sweden's ***Armand Duplantis*** set a *new world record* of 6.25m after winning gold in the men's pole vault.

Gold, silver and bronze medals are awarded to the top finishers in every event at the Olympic Games - a tradition that began at the St. Louis 1904 Olympic Games.

- Hosting the Olympics can have a significant economic impact on a host city and country.
- It can boost tourism, create jobs and spur infrastructure development.

India at Paris Olympic Games 2024

Manu Bhaker becomes first athlete from independent India to win two medals at one Games

- India’s campaign at the Paris 2024 Olympics ended with **6 medals**, a tally one short of the record total from Tokyo 2020.
- India at Olympic Games Paris 2024 was **India's third best** outing at the Summer Games after Tokyo 2020 and London 2012.
- Archery, athletics, badminton, boxing, equestrian, golf, hockey, judo, rowing, sailing, shooting, swimming, wrestling, table tennis and tennis are the 16 sports Indian athletes took part in at Paris 2024.

Indian athletes	Event	Medal
Neeraj Chopra	Men’s Javelin Throw	Silver
Manu Bhaker	Women’s 10m air pistol event	Bronze
Manu Bhaker and Sarabjot Singh	10m air pistol mixed team event	Bronze
Swapnil Kusale	Men’s 50m rifle 3 positions	Bronze
Aman Sehrawat	Wrestling Men’s 57kg freestyle event	Bronze
Indian hockey team	Men’s hockey	Bronze

- **Neeraj Chopra** produced his career’s second-best javelin throw at Paris 2024 with an effort of 89.45m winning him a **silver medal**.
- Chopra became the fifth two-time Olympic medallist from India after adding a silver to his Tokyo 2020 gold medal.
- **Sushil Kumar, PV Sindhu and Manu Bhaker** are the other two-time Olympic medallists from India.

- **Manu Bhaker** won the **bronze** in the women's 10m air pistol and created history by becoming the **first Indian woman to win an Olympic shooting medal**.
- **Manu Bhaker** and **Sarabjot Singh** won bronze and became the first Indian shooting pair to win an Olympic medal in shooting at Paris 2024.
- Manu Bhaker narrowly missed out on a 3rd shooting medal, finishing 4th in the women's 25m pistol final.
- **Swapnil Kusale** is the first Indian shooter to win a bronze medal in the 50m rifle event at the Olympics.
- **Aman Sehrawat** won **bronze medal** in the men's 57kg wrestling category.
- He became the **youngest Indian medallist** at the Olympics.
- **Indian hockey team** won bronze medal beating Spain and it was a back-back Olympic medals in hockey after 52 years.
- India beat Australia in Olympic hockey for first time since Munich 1972.

G-Gold; S-Silver; B-Bronze; - No medals



- **Others performers on radar** – **Lakshya Sen** became the first Indian shuttler to reach the semi-finals in a men's badminton event at the Olympics.
- **Manika Batra** becomes **first Indian table tennis player** to make pre-quarterfinals, Sreeja Akula follows suit.
- **Arjun Babuta** finished **fourth** in the 10m air rifle individual final.
- India's skeet mixed team of **Anantjeet Singh Naruka and Maheshwari Chauhan** finished 4th in skeet competition.

The design of the Olympic medals is the responsibility of the host city's organizing committee, and varies with each edition of the Games.



Challenges faced by India at Olympics

- **Grassroots Development** – Indian sports at the grassroots level still need more attention and support.
- **Highly competitive** – Other nations continue to advance and emerging countries produce unexpected champions.
- **Low level participation in sports discipline** – It had the chance to participate in as many as 42 disciplines, yet only *featured only in 16*.
- **Lack of funding** – India shells out just about 1.13% of GDP on sports when compared to what the Chinese which spend 3 lakh crore every year.
- **Issues in sports governance** – There is *no single umbrella entity* to govern all the sports unlike china which has a single body set up under the union government.
- There have been instances where *sports bodies were banned* such as All India Football Federation (AIFF), the Indian Olympic Association and Hockey India.

- **Hosting Olympics** – Still India is aiming to host Olympics in 2036 whereas China has already hosted the Olympics Games twice, the Summer Games in 2008 and the Winter Games in 2022.
- **Scams and political controversies** – India has hosted only the Asian Games and the Commonwealth Games, which however was marred by alleged scams and political controversies.
- **Lack of interest among public** – Majority of public in India are aligned towards cricket and lacks interest towards other sports including Olympics.
- **Lack of sponsors** – Viewership plays a vital role in securing sponsorship.
- Athletics and sports having low viewership compared to sports such as cricket, football and hockey leads to difficulties in securing sponsors.
- **Infrastructure and Resources** – Many regions in India lack the necessary infrastructure and resources to train athletes.
- **Low penetration of Corporate social Responsibility (CSR)** – Even though corporates such as JSW and Reliance Foundation support Manu Bhaker in shooting and Lovlina Borgohain respectively, there is huge space for CSR support at athletes and sports.

Olympic Task Force was is an eight-member body, set up by Prime Minister Narendra Modi to plan a roadmap to improve India's performance in the next three Olympics.

China at Olympics

- **China's Olympic history** – Did not compete for many years due to disputes over Taiwan's recognition.
- First participated in Summer Olympics in 1984 in Los Angeles and has been a top-performing country since then.
- **China's approach to sports** – Systematic focus on sports training, especially after economic reforms in 1978.

- **General Administration of Sport (GAS)** is a comprehensive sports governance system that is positioned directly under the Central Government.
- Children encouraged to enrol in specialized training institutions.
- This system produced results but had drawbacks, including pressure on athletes and limited career options.

The United States led the medal table with 125 medals, while China tied with the US for gold medals at 40 each at the Paris Olympics.

- **Importance of Olympics for China** – Seen as key to global perceptions and "national rejuvenation".
- Part of *strategy to integrate with international community*.
- Used to boost public morale and encourage economic growth.
- Hosting Olympics (2008 summer, 2022 winter) seen as significant achievements.
- **Changes over time** – Initial resistance from conservative party members to hosting Olympics.
- Shift in policy after Tiananmen Square protests in 1989 and recent relaxation of some rigid training systems.
- Integration of sports science, nutrition, and psychology into training.
- **Challenges** – Pressure on athletes to win "for the country" and cases of state-sanctioned doping.
- Declining attractiveness of sports schools as cultural education gains importance.
- Limited success in using Olympics to improve international image, especially under Xi Jinping's more authoritarian rule.
- China's dominance in the Olympics serves as a **powerful tool for soft power diplomacy**.
- China aims to project a positive image and enhance its international standing.
- This can *influence perceptions of the country, its governance, and its economic capabilities*.

Controversies at Paris Olympic Games 2024

- **Vinesh Phogat disqualification** – She was disqualified hours later after being found around **100 grams overweight for the 50 kg bout**.
- Members of her team revealed that the athlete had worked through the night to lose weight such as limiting food and water intake, running and jogging for hours and sitting in a sauna.
- **Imane Khelif gender row** – Algerian boxer Imane Khelif faced controversy over her gender eligibility as she was disqualified from the 2023 Boxing World Championships.
- But the IOC had allowed to compete in Paris Olympics, sparking debates about gender policies in sports.
- **Tom Craig's cocaine debacle** – Australian hockey player Tom Craig was at the centre of a scandal after being caught with cocaine during the games.
- This incident brought significant attention to the issue of drug use among athletes and led to his suspension from the competition.
- **Jordan Chiles' bronze stripped** – American gymnast Jordan Chiles was stripped of her bronze medal due to a technical infraction that violated competition rules.
- The decision was met with protests, as many felt the punishment was too severe for the mistake.
- **Luana Alonso's expulsion** – Paraguayan swimmer Luana Alonso was expelled from the Olympics after a video surfaced showing her breaking curfew and attending a party.
- Her expulsion highlighted the strict enforcement of rules regarding athlete conduct during the games.
- **Restriction to Russia and Ukraine** – The athletes from the Russia and Ukraine countries were banned from representing these countries and they can participate as Athletes Individuels Neutres.

To know more about Athletes Individuels Neutres (AIN) or Individual Neutral Athletes [click here](#) .

- **Accommodations** – Some athletes have raised issues with the accommodations such as the bed bucks, food and lack of privacy.
- Lack of air conditioning were the major faced by many athletes and India government has arranged individual's air conditioning facilities for individual athletes.
- The accommodations were far from the event venues.
- Controversies at the Olympics often mirror broader societal and political issues.