

---

**ROLE OF PHYSICAL EDUCATION AND SPORT IN INDIA**

**Dr. Suresh Devrao Ingale**

Associate Professor & Director of Physical Education and Sports  
GMD Arts BW Commerce and Science college Sinnar Tal Sinnar Dist. Nashik

**Abstract:**

The Indian Government recognised the importance of adopting sports as part of successful youth development as early as 1984 to form the National Sports Policy which made sports and physical education an integral part of the school curriculum. National Sports Policy, 2011, stresses the value of sports and physical education in developing human capital, increasing productivity, and in fostering social harmony. In the National Education Policy (NEP), 2020 also, the flexibility to choose subjects from sciences and humanities with the ability to also learn fine arts and sports will give students a wide range of subjects to choose without the restrictions they faced earlier. Games and sport-based activities have formed a dominant part of the physical education curriculum with an interest in providing a meaningful and culturally situated sporting experience to students. Sport education is among the most popularly implemented and researched pedagogical model worldwide. When sports are made an integral part of the curriculum, students report healthier eating habits, better levels of cardiovascular fitness, increased parental support, and decreased levels of anxiety and depression. A national study also displayed a positive correlation between student-athletes and decline in drug, alcohol, and substance abuse.

**Keywords:** Sports education, national sports policy, national education policy, sports curriculum, sports University.

**Introduction**

It can be realized, that in ancient India physical education is often a neglected part of education. In most of the schools across the country. Physical education has no importance during the ancient India. After a hardware of different revolutionaries, India become independence in the year 1947. India is a democratic country and Government of India did different endeavour to improve the Decay status of physical education, which was the result of policies of Britishers.

Government of India noticed the importance of physical education or physical activities for the people and took different steps to improvise its rank. There are many welfare that are obtainable s from physical education and there are a few schools that have managed to strike the balance between academics and physical fitness. Ancient India in many ways was similar to ancient china. People in China lived in an environment that was very traditions and culture of India. Buddha's prohibition of games, amusements and exercise in ancient of India did not totally prevent participations in such activities. The Indian physical activities such as Charid racis, riding elephants and Horse, swordsmanship, wrestling, boxing, Kabaddi, Kho-Kho, dancing dands, Baithak, Malkhamb, Lazim etc, have been inpracticed from time immemorial. Yoga an activity common in India and involving

exercises of posture and regulated breathing was popular. This disciplining of mind and body required the instruction of experts and a person fully trained in this activity followed routine involving eighty four different postures. The physical activities were performed in open places ground because the Indian system of physical education was such that they needed little or no equipment. Besides, the religious/worship places were the institutes of physical culture where the sages and rishis were the Ustads. Schools in India that provides physical education of allround growth and sports from an early age have understood the importance and sports help in the development of bones and muscles. It also help to keep you active, healthy, fit and prevents from obesity. So keeping in mind Indian scholars and researcher focused on physical education. Historical point of view physical education starts after 1820 when a school concentrates on gymnastics, hygiene training care and development of the human body. In the year 1950, over 400 institutes of physical education had introduced.

**Vedic Period:** Most of the written about Aryans who migrated to India from central Asia comes from Vedas. In this period, Archery, Ming Horse-riding, chariot-race were there common sports.

Physical activities were not meant for delight sake only they prepare themselves for war as well. The Yoga originates in vedic period. Pranayama was awake as a fearful duty. Pranayama is control of breath prana is breath or vital energy in the body on subtle levels responsible for life or force, and “ayam” means control, there is a complete prevention of the breath and it is through the old sages had the superior experience.

**Epic Period:** The manipulation on the Indians can be congregate from the “Ramanayana” and Mahabharata which were developed during this period. Both the”” MAHABARTA AND RAMANAYANA ‘’reveals that, this period was a period of great disturbance and wars.

**Nalanda Period:** Nalanda was a great learning period where more than 6000 students, were perceiving education from different corner of the world. In this period physical education was at its peak, student studied physical education for keeping physically and mentally strong and also maintained good health.

It is the duty of everybody to performed Pranayama and Suryanamaskar every morning without any exception, during the whole year.

**Rajput Period:** There was improvement of Hinduism during this period. Rajput feels very proud and was divided into hundreds of families. They did not wants to remain under the control of higher authority and were often at daggers drawn with each other. Pigeons flying compaction: Through them the massages were sent from one place to another. Emperor Akbar had 2000 pigeon carrying the love letters. Boxing was popularized by Govt. the good boxers were brought from Iran Qutub-Ud-Din Aibak seem to have died while playing the game. Hunting was most popular game during Muslim period. People also participate in swimming. The main sports of this period was hunting, swimming, animal fighting. During Muslim period animal fighting was very popular. The growth and development of physical education in India at Modern times goes to pre-Independence days. Y.M.C.A College of physical education Madras established in 1920, by Mr. H.C Buck. Since this college is working to promote and systematized physical education in India. In the year 1914 Vaidya brothers

established Sir Hanuman Vyayam Prasarak Mandal, Amaravati basically this college was established only for the development physical education in India.

Development of Physical Education in Modern India: In Modern India, the development of physical education was at its top. Govt. of India founded Tarachand committee in the year 1948.

Ministry of education, Govt. of India, established central advisory board of physical education in 1954, meanwhile in the same year All India Council of sport established with the express purpose of suggesting the development of physical education. Founder of National Discipline Scheme was General Bhonsle. He developed National Discipline Scheme in the year 1954, who was deputy minister of Rehabilitation centre.

### **Situation of Physical Education in India**

India finally got Independence in the year 1947 and Government of India did various efforts to improve the deteriorated status of physical education. An important step in this direction was the establishment of a committee which was named “Tara Chand Committee”. This committee came into existence in the year 1948. Various recommendations were made by this committee to improve the condition or status of physical education in the country. Dr. S. Radha Krishnan committee was also formed in 1948 on school education. To advise the government in various issues relating to physical education, a board, named Central Advisory Board of Physical Education and Recreation was set up in the year 1950. The Kothari Commission on Education (1965) stressed the need of compulsory physical education both in schools and colleges. To provide training to athletes in various games and sports, some special kinds of schemes were introduced by the Government of India. Some other important committees and boards were appointed for promotion of Physical education and sports, which are as under:

- All India Council of Sports (1954)
- National Institute of Physical Education renamed as Laxmibai National College of Physical Education, Gwalior (1957)
- National Institute of Sports, Patiala (1961)
- All India Sports Congress (1962)
- National Sports Policy (1980)
- Ministry of Sports and Youth Affairs (1982)
- National Sports Policy (1984)
- National Sports (Development) Bill (2011)

### **Today’s Attitude of Parents towards Sports and Physical Education:**

- Indian parents have recently started to divert their focus toward co-curricular activities. As the rise of cognitive and physical skills has taken place in the outer world, parents have realized the importance of additional activities apart from education.
- Physical education has become an essential part of students’ school life considering the change in their lifestyle. With the increasing screen time, intake of junk food and non-academic activities have taken students to focus less on their health.

- This is where physical education in India becomes more important. It plays an important role in keeping students active and their bodies moving. It helps to sharpen the mind and develops confidence.

### **Sports education and its significance from the standpoint of India**

Sports play a vital role in making children strong from inside while inculcating the importance of maintaining a fit and sound body. It helps in the development of focus and concentration; in-turn assists during studies. Sports education directly impacts on maintaining the children's wellbeing as well as increasing their physical stamina. It helps in developing muscle memory, strength, and overall bodily coordination. Sports Education is a prevalent misconception that sports only helps towards physical development. It teaches many life skills including team spirit and coordination. A well-played game has the power of instilling such values like self-motivating spirit, discipline, leadership, taking ownership of success as well as failures. In fact, Sports teaches children to get up after losing a match, learn from the mistakes and improve their game. This indomitable, never-say-die attitude that gets imbibed in them sticks throughout life, whether they play regularly. Sports, thus, prepare children well for challenges of the life they would face in adulthood. This is exactly the reason why some of the world's most prestigious universities value excellence in sports education. Moreover, playing on a regular basis is one of the best stress busters for the students. It is a great medium to keep the mind, body, and soul synchronized with one another and to maintain a proper balance. And then, if one does well in a discipline, there is always the chance of making a career in it.

Physical education tends to be essential during the initial phase of schooling as it prepares students to be fit, bold and confident, and helps them gain good health and focus. Most parents are not aware of the importance of physical education and the benefits of physical activity in their children's lives because encouraging students to exercise ultimately complements their mental and physical health.

As parents, we always force our children to concentrate on getting excellent grades and studies. However, at the same time, we neglect the importance of physical activities. Are you wondering why do we need to pay attention to physical education? Let's talk about it and the benefits students derive.

### **Importance and Benefits of Physical Education**

1. **Complete physical and Mental Growth:** It is important for every school that provides physical education from an early age, so that everyone have to understand the importance of all round growth. Physical education helps in development of muscle and bones.
2. **Growing Feature of sportsmen:** Exercise and sports activity helps in the development of child feature and push him or her in a specific game according to their Skeleton system.
3. **Escape from Routine:** Physical educations in India also provide to preoccupied the children from a set routine and provides an escape from the boring hours in a classroom. Short periods of physical activity can be a good way to relieve some of the pressure that is bound in a classroom.
4. **Comfort of Tension:** Today's children are facing different types of pressure and stress in a classroom If a teacher may engage them in physical activity after class it may reduce their pressure and stress.

5. **Confidence Building:** Distinction in some kind of sports or physical activity will furnish children with confidence. Reticent children will be able to express themselves through sports and this is one of the main aspects of physical education in India.

It is a sad and stark reality that scientific research and development related to sports has not been able to keep pace with international standards in the arena of psychology, physiology, biomechanics and other related allied areas. Some of the reasons behind the same may be lack of effective planning, absence of trained and professional architects, lack of adequate funds and financial assistance, contradictory policies, lack of motivation in girls or the female fraternity and socio cultural constraints. But some of the steps that can be taken to solve the crisis may be –

- A. Integrating sports and physical education to the curriculum right from the primary, secondary and intermediate level courses so that a strong foundation and approach is built,
- B. Developing policy to promote participation of maximum number of students in sports events and competitions in the university level,
- C. Developing an all-round focus on skill, agility, flexibility, poise, coordination, strength, endurance etc.
- D. Persuading the so called fourth pillar of democracy- the media to use its pen and voice to change general mindset towards sports and games,
- E. Review and modification of obsolete curriculum, teaching and learning methodology, theory and practicum assessment rubrics in physical education and sports related courses.

### **Conclusion:**

The study physical education and sports is not a discussion of performance, technique or records but to look at some of the unexpressed assumptions held by the general population about physical education and sports. Sport generally has been looked at as a diversion from the division of everyday life. Regular exercises and playing games help the body and mind to deal with the lifestyle. Disease, such as stress, strain, worry, anxiety and tension. The need and importance of physical education may be understood in several ways which describe the different kinds of requirements for various sections of society.

### **References:**

- Christopher C, Thomas R, Mark WA. Performance assessment for field sports. London: Routledge. 2009, 2.
- Deshpande SH. Need for restructuring of courses in physical education. University News. 2000; 38(1):12.
- Devi LU. On the study of information network for physical education and sports. Library Herald. 1999; 37(3):212.
- Grewal CS. Why Physical Education, Vyayam Vidnyam, November. 1989; 22(4):15-19.

- 
- India. University Grants Commission. Report of the committee on physical education. New Delhi. 1967, 5.
- Jenkins, Simon PR. Sports science handbook: the essential guide to kinesiology, sports and exercise science. UK: Multi- Science Publishing Co. Ltd. 2005; 2, I-Z:288.
- Kales ML, Sangria MS. Physical and History of Physical Education, Parkas Brothers, Ludhiana. 1988.
- Kamlesh ML. UGC net digest on paper III physical education. New Delhi: Khel Sahitya Kendra. 2009, 476.
- Meyers MC. Enhancing sport performance: Merging sports science with coaching. International Journal of Sports Science and Coaching. 2000; 1:89- 100.
- Sports and Games. In The New Encyclopaedia Britannica. 15th Edition. 1997; 11:112.
- Wuest DA, Bucher Charles A. Foundations of physical education, exercise science and sport. Boston: McGraw Hill. 2006; 14.