

# Developement of Physical Education and its Contribution to the Economic Growth of the Country

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In this materialistic world when everyone is running behind the temporary well being, Because of busyness and acting like a machine one could not get complete rest which creates many health disorders in the humans. Sports are a remedy and are helpful for the body; it stills anxiety, and is generally beneficial. This is scientifically proven. So there are many reasons to play games. Everyone can play, no matter who they are. One should commit to find some time to recreate ourselves. After a while when look back, there will be no doubt of its effectiveness.

The medical benefits of games and sports are scientifically proven. From a scientific perspective, we already know that meditation leads the brain to create specific brainwaves (for example alpha and theta waves). From an emotional perspective, one of the goals of sports is to cultivate detachment from the monotonous life, develop a reduced intensity of emotions, and to reduce our desire for novelty.

The systematic progress of physical education can be traced back from the recommendations of the Central Advisory Board of Education, which was constituted by the Government of India, to investigate and advise the Government, on the co-ordination of activities in the fields of physical education. A valuable contribution of the Board was the publication of "A National Plan of Physical Education and Recreation" which gives a comprehensive survey of the physical education and offers valuable suggestions, immediate and long-term for their improvement. It also includes two syllabi of physical education for boys and girls separately up to the higher secondary stage.

Prior to independence the Government of India had taken following steps for the encouragement of sports:

- The establishment of the All India Council of Sports,
- The setting up of State Sports Councils in different States,
- The establishment of Coaching Centers under the Rajkumari Sports Coaching Scheme. In order to develop character, leadership and .to build up a reserve of potential officers to expand rapidly in a national emergency, N.C.C. were organized in the Colleges and Schools from the year 1944.

After independence a Committee was set up to investigate the condition of physical education. The idea of N.D.S. (National Discipline Scheme) took shape after the Prime Minister Pundits Nehru in an address early in 1964 to N.C.C. cadet in Delhi, exhorted them to be ready to defend the country in times of emergency.

The originator of the scheme was Shree J. K. Hansel, the Deputy Minister of Rehabilitation, Government of India. First of all the Schema was experimented in Kasturba Nike tan an institution in Delhi for displaced widows and their children and orphans.

Being impressed by the success of the scheme, Prime Minister suggested implementing the scheme all over India, to meet the challenge of growing indiscipline among the student community and to infuse in younger generation the right qualities of leadership and patriotism. Accordingly, the Planning Commission, after carefully examining the expansion proposals, allocated fifty lake rupees in the Second Plan period. Realizing the importance of physical education the Secondary Education Commission 1952-53 recommended that:

- Physical activities should be made to suit the individual and his capacity for physical endurance;
- All teachers below the age of 40 should actively participate in many of the physical activities of students and thus make them a lively part of the school programme;
- Full records of the physical activities of the students must be maintained;
- The training in physical education should be comprehensive enough to include all aspects of health education;
- The teachers of physical education should be associated with the teaching of subjects like physiology and Hygiene and be given the same status as other teachers of similar qualifications;
- The existing facilities of teachers of physical education should be expanded by increasing the seats in the existing colleges, by the opening of new colleges where necessary and by reorganizing some of the institutions as All India Training Centers to which aid may be given both by the Centre and the States.

Though the recommendations of the Commission regarding physical education are undoubtedly very useful but unfortunately in India we are not having any effective programme of physical education either at schools or at colleges.

A committee was set up by the Union Minister of Education on May 28, 1959, under the chairmanship of Sri Hrudaynath Kudzu, M. P. to examine the question of co-ordination and integration of different schemes in the field of physical education, recreation and youth welfare.

One of the most important suggestions made by this Committee is that at the school stage, there should be an integrated programme of physical education woven in to the fabric of the educational system. The Government of India accepted the proposal and intended to launch this programme in all middle, high and higher secondary schools under the new name of National Fitness Corps to create consciousness in the general masses of the need of being physically fit; a scheme of National Physical Efficiency was launched in 1960.

Government instituted National awards for their revealing proficiency of a very high order in physical ability. According to the advice of All India Council of Sports, different activities of sports were encouraged.

Though steps were taken from time to time to popularize the Scheme of Physical Education, yet much remains to be done in this field at the different stages of education. For the development of the satisfactory programme of physical education, Kothari Commission, 1964-66, suggested following principles:

- The physical education programme should be planned for desirable outcomes keeping in the mind the interests and capacity of the participants.
- The traditional forms of play, indigenous games and physical activities of our country should receive due emphasis in the programme.
- The activities promoted should develop in each child a sense of personal work and pride.
- A sense of sharing responsibility in a spirit of democratic co-operation should grow from experience on play ground;
- The programme offered should supplement other programmes of education and not duplicate them;
- The programme should be within the financial means;
- The programme should reach all rather than a selected few;
- Special instruction and coaching should be providing for students with talent and special aptitude.

Enhanced quality and performance form the work-force and the sports media and industries, and the use, development and protection of the environment (open-air sites renovation of sites) all show the sports, contribution to economic development. It can thus be seen that support for physical education and sport is a sound investment and must be treated as such by economic decision makers. In short, it may be useful to recall the following considerations for a better understanding of the potential contributions of physical education and sport to economic development in its various aspects:

1. Professional sports are generating lots of money annually. They also possess the potential to generate even more revenue.
2. The paying fans and their preferred revered teams enjoy exceptional relationship over more than a century now!.

3. Total the fans have been jolted and numbed to observe in silence the evolving total commercialization-the invasion, of big business with their uncompromising "bottom-line" motives-slowly spreading them into their beloved sports!
4. Fans, by and large, are becoming disenchanted and the fierce loyalty-*<*once they used to display for their chosen sports, and icons, is rapidly dwindling.
5. Players once used to play the game for the love of it, often spending money from their pockets are now increasingly demanding a compensation package befitting a CEO of a large multinational Corporation or may be more.
6. Professional sports, today, assumed the role of an Octopus with many tentacles, each capable of generating millions and millions of Dollars!
7. The Corporate jargons "revenue generation", "high decibel marketing", "Bottom lines" are now being increasingly heard in Sports! It is becoming very, very big.
8. Today, the people who maintain a team ask for more. Players' salaries are extremely high. They cannot expect phenomenal rise in the Gate Ticket Prices. Teams are looking up to Stadium owners for breathtaking facilities. There is a clear case for upgrading the existing Stadiums. There is also scope for building stadiums brimming with modern facilities so as to attract top notch teams.
9. One hundred years ago, Pierre do Coubertin envisioned the Olympic Games as an international gathering of amateur athletes who would compete for the love of sport. While many athletes still do compete for the love of sport, the Olympic Games have evolved far beyond what Coubertin imagined. Today, the world of Olympic sport involves tremendous amounts of money and intimate association with commercial enterprise.
10. The local organizing committees have attracted large corporate sponsorships and conducted aggressive marketing and merchandising campaigns of their own.
11. Television revenues have continues to soar. In 1995, the National Broadcasting Company (NBC) agreed to pay an estimated \$1.2 billion for the United States rights to broadcast the 2000 Sydney and 2002 Salt Lake City Games

and added another \$2.3 billion for the rights for the 2004, 2006 and 2008 Games. These developments have produced tremendous revenue for the Olympic Movement.

12. The increased wealth of the IOC has allowed the Olympic Movement to expand both the nature and reach of its activities. Foremost among these activities is Olympic Solidarity, a programme intended to spread the Olympic movement throughout the world. Olympic solidarity offers scholarships, sports education programmes, and direct financial aid to National Olympic Committees, especially those of developing countries.

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