

Effect of Khelo India Programme in Spotting Culture and School Children's of India

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Abstract – Sports are undoubtedly a fantastic way to keep oneself physically fit, mentally alert, socially well-adjusted and emotionally balanced. India has more power to develop the sports but it remains unexploited till now. To develop sporting culture in India at grass root level khelo India programme was introduced by the ministry of sports and youth affairs. Its objective is to build a strong framework for all sports played in our country and promote “sports for Excellence” as well as “sports for all”. Regardless of gender, race, or other differentiating factors, sports participation is beneficial for both the physical, social and psychological development of all young people. It is an unprecedented scheme, a first- ever plan to be implemented for creating a long term development pathway for athletes.

Keywords – Khelo India programme, School Children, All Round Development and sports infrastructure.

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INTRODUCTION

Khelo India youth games, formerly khelo india school games, meaning play india youth games, held annually in January or February, are the national level multidisciplinary grassroots games in india held for two categories, namely under 17 year school students and under 21 college students. The khelo India programme has been introduced to revive the sports culture in India at grass root level by building a strong framework for all sports player and to find out the all talented player at various levels in our country and establish India as a great sporting nation.

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic & analytical thinking, leadership skills, goal setting and risk taking. A fit and healthy individual leads to an equally healthy society and strong nation.

Confidence

Athlete who participates in competitive sports can have problems with self-confidence at one time or another. Self-confidence is built over time and if you find that yours is lacking, there are several steps that you can take to improve your mental strength and belief in your own ability. If any student participate khelo India programme he/she can improve herself confidence, because we know that those who participated in sports he/she can improve self confidence.

Socialization

Humans are social animals and we need people around us to survive. School can be an excellent way to build a network of friends and a like-minded community. The programs of khelo India provide a number of ways to develop these qualities. Through khelo India, the players who belong to different places come closer to one another. They adjust themselves according to situations. It is one of the better sources for attaining the qualities like cooperation, fair play, sportsmanship, tolerance and sympathy.

Teamwork

Friendships aren't the only important relationships that can be built through school. A school environment offers students the opportunity to learn to work with others, which is a very important "real world" skill. Through games and projects, and even participation in after-school sports, children can learn the importance of forging relationships with each other. These activities can also help us learn to manage difficult personalities, find our way as leaders, and better understand the way we work as individuals. These lessons provide us with valuable experiences that as adults, we use every day. Working with others is all about managing different personalities and finding ways to make your workday run more smoothly.

Sports for Women

It was believed that women were not meant to be participating in sports that required short clothes and masculine power. Later the era of modernization took place and the gender inequality within the religion started disappearing (though it still happens) and women from all castes, races, religion came forward to participate. It is one of the great opportunities to the girls to participate the khelo India programmed. Every girl can participate in khelo India programme and they can show the talent of him.

Physical Fitness of School Children

Regular physical activity (PA) and physical fitness (PF) are important factors for the health and social development of children and adolescents. PF is considered one of the most important health markers. It is defined as a set of personal properties (i.e., cardio respiratory endurance, skeletal muscle endurance, skeletal muscle power, and flexibility, agility, balance, reaction time, and body composition) which people inherit or advance to perform PA. The aim of khelo India is to measure the motor development and tracking of physical fitness (PF) components of primary school children in India.

Sports for Peace and Development

Sport for Development and Peace refers to the intentional use of sport, physical activity and play to attain specific development and peace objectives, including, most notably, the Millennium Development Goals (MDGs). Successful Sport for Development and Peace programs work to realize the rights of all members of society to participate in sport and leisure activities. Khelo India represents a significant source of potential for enhancing and even accelerating development and peace efforts worldwide, particularly those related to attaining the Millennium Development Goals.

Play Field Development

Khelo India Programmed is a national yojana/scheme for the development of sports in India. It was launched in the year 2018 by the then sports Minister Col. Rajyavardhan Singh Rathore in Delhi. This program has been launched to take sports culture in the country to the next level.

Aimed at mainstreaming sports as a tool for national development, economic development, community development and individual development, the National Sports Talent Search System Programme'. The program strives to promote "Sports for Excellence" as well as "Sports for All".

Talent Search and Development

Our country has a large pool of sporting talent. This includes athletes already participating in sports along

with undiscovered talent. However, there is a need for these talented athletes to be identified and selected more effectively and scientifically to assist National Sports Associations in their development projects. With careful planning and optimal utilization of limited resources, a program can be set in place that will accommodate the varying needs of sports at the present time. If programs already exist, perhaps, these programs should be refined, improved and openly accepted to readily adapt to our stakeholders.

Utilization and Creation of Sports Infrastructure

The Central Government is aiding sports infrastructure projects in different states under its flagship Khelo India Programme. At the outset, it is important here to note that since sports is a state subject, the responsibility of developing sports infrastructure rests with the State Governments and the Central role is to supplement the state efforts by bridging the gap. So, for the purpose of khelo India programme there every state try to develop the infrastructure and these infrastructure help to the athletes to develop the performance.

CONCLUSION

It is concluded that the khelo India programme are higher in motivate the new generation for sports competition. I propose that khelo India programme is essential for modification of the athlete and to development the sports culture of India. And it also help full for the athlete to all round development. Sports enjoyment is positive affective response to the sports experience that reflects development generalized feelings such as pleasure, liking and fun and is a "broder and more inclusive construct" derived from both internal and external origins.

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