

The Impact of Policies on Physical Education Promotion in India

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Abstract

The Indian government issued a National Policy on Education in 1986. Sports and physical education are key aspects of the learning process, according to this guideline. These should be considered as part of the evaluation process for various participants' performances. A national infrastructure for physical education and sports was established in the educational sector, which should include a variety of facilities for sports organisations, students, and coaches. Open spaces in metropolitan areas should be retained exclusively for the organisation of various sports. Various initiatives should be done to build various types of sports institutions or organisations, where knowledge of sports activities can be provided in addition to general education. Students with a passion for sports and the necessary skills should be encouraged to engage in a variety of sporting events. Traditional games should be given a prominent place in school's instructional curriculum. Yoga should be given special attention because it is a system that can help an individual develop holistically. Yoga should be taught at various levels in all schools. Teachers should be given a thorough understanding of Yoga so that they can teach students diverse asanas without difficulty. Now that the government has recognised that our country lags behind in the field of physical education in contrast to other industrialised countries throughout the world, it is taking a variety of efforts to address this. The formation of several commissions is one such process. The Kothari Commission is one of these commissions. The government established a commission to promote physical education in our country.

Key words : Policies, Physical education

1.0 Introduction

The role of policies in the promotion of physical education in India is the foundation of today's physical education ideals and experiences. It has now become a source of identity for physical education. Various activities are not new in the sense that they were also practised in ancient times. Yoga, for example, is thought to be of recent origin, but it has roots dating back to ancient times. Any activity's policy history aids a person in fully comprehending its current shape. If someone has a good understanding of the history of a certain activity, they will find it extremely easy to learn and will be quite interested in it. For a long time, our country was under the control of foreign rulers. Different kings controlled the country, resulting in various negatives or terrible repercussions, but these rulers also did some things that were good to the country, one of which was encouraging people to participate in physical activities. The dismal performance of Indian athletes in international contests such as the Olympics and Asian Games prompted the establishment of such authorities. The Indian government established these authorities to raise the

standard of performance of various players in these tournaments. Different types of physical activity were supported by rulers during different regimes, as described here. Various indigenous physical activities were adopted by authorities throughout the Muslim reign to prepare people for army objectives. Gymnastics, fighting, firefighting, and wrestling were all quite popular at the time.

2.0 During the reign of the British

Various developments occurred in our country, and now a variety of new sports are utilised to maintain physical health. Cricket, hockey, and football were the main sporting events that Indians participated in during that time. In the year 1920, Mr. H.C. Buck founded the Y.M.C.A. College of Physical Education in Madras, which was a pioneer in the development of physical activities in India. This school provided training in a variety of events, and it was because of the foundation of this institution that people of all ages became interested in sports. Because Indians believed that Britishers were overwhelming them in sports and games, several Indian athletes stepped up to establish specific institutions that provided training in a variety of sports and games. Hanuman Vyayam Prasark Mandal, founded in 1928 in Amravati, was one of these institutions. This organisation helped to popularise a variety of indigenous practises. These organisations supported a variety of physical education courses.

3.0 Following Independence

The Indian government formed the Tara Chand Committee to investigate the matter. The goal of forming this group was to come up with recommendations on how physical education programmes may be promoted to a greater extent in the country. In 1951, the Indian government announced that the first Asian Games would be held in Delhi. This demonstrated that the Indian spirit had awakened for sports and physical pursuits. As a result, a large number of people were interested in this field. In 1954, the Indian government founded the All India Council of Sports. Not only that, but during this time period, several national federations of various sports were formed in order to provide financial aid to the federations. The government of India also established an All India Council of Sports, which included state and district sports councils. The government of India launched the National Discipline Scheme in 1954, under which several training centres were established to train coaches and teachers. The primary goal of this programme was to make Indian youth physically and psychologically strong, as well as disciplined and cultured. In the year 195, the government of India established the School Games Federation of India to organise yearly interstate tournaments for school kids of all age groups. In 1956, the Central Advisory Board of Physical Education drafted the National Plan of Physical Education and Recreation, with the goal of promoting diverse indigenous physical activities.

4.0 Institutes of Sport

After the Asian Games were staged in our country in 1982, the Government of India established the Sports Authority of India. The Physical Education College of Gwalior and the Sports Institute of Patiala amalgamated to form this body. This authority's major goal was to develop well-trained coaches and physical educators. The Indian government has created many programmes to promote this authority. The Lakshmbai College of Physical Education was founded by the national government in Gwalior in 1957. This college offers a three-year diploma degree programme in physical education. In the year 1958, a distinct section within the Ministry of Education was founded with the goal of promoting physical education, sports, and the wellbeing of young people. From time to time, the ministry of education sponsored several seminars in the subject of physical education. For example, the government of India hosted a symposium for Principals of Physical Education Colleges for the first time in 1958. Following this, the Indian government holds many seminars on various themes. In 1959, the Ministry of Education launched a major programme called the National Physical Efficiency Drive in order to assess the nation's residents' fitness levels. All men, women, boys and girls of all ages are eligible to participate in this programme. A scarcity of experienced coaches and teachers in the field of games and sports was noted, and a National Institute of Sports was founded in Patiala in 1961 to address this. A similar institution was founded in Bangalore as a result of its positive results. Following this, two additional centres were opened in Gandhi Nagar and Kolkata. This decision was made with the rest of the country's interests and requirements in mind. Trained Physical Education Personnel and the National Discipline Scheme were amalgamated in 1965, and the result was the National Fitness Corps. The Directorate of National Fitness Corps also produced a handbook titled "Physical Activities Programme for Teachers."

5.0 Initiative of State Governments

Being Various state governments have also taken steps to encourage residents to participate in games and sports. The founding of the Physical Education College in Lahore in 1943 was one such initiative. It is apparent that even before India's independence, foreign rulers made numerous endeavours to encourage physical education among the Indian people. They used a variety of private institutions and even created government-approved institutions. As a result of all of these efforts, India was invited to compete in the Modern Olympics for the first time in 1920, and the British government founded the Indian Olympic Association in 1927. Various national sports federations were formed before to India's independence. With all of these attempts, Indian leaders and politicians were attempting to free the country from foreign rulers' control. The country's economic situation was deteriorating on the eve of independence. Despite the dilemma, the country's leaders stated their goal: to rebuild the country and serve the people in any way possible. In the sphere of physical education, the Indian government put in a lot of work and took a number of significant actions with the goal of making sports and games more

popular among the general public. The following are some of the initiatives that the Indian government has taken and is taking in this regard.

6.0 Tournament System

In 1970-71, the Central Government introduced the Rural Sports Tournament Scheme. The main goal of developing this scheme was to inspire young Indians to participate in activities and sports, as well as to identify talented individuals who had not been given the opportunity to showcase their abilities. At the same time, the Indian government launched a new programme called "Sports Talent Search Scheme" with the same goal. State and national level scholarships were granted to players to encourage them to engage in the scheme. The Indian government nationalised Lakshmibai College of Physical Education in 1972, after it was founded in 1957. This helped a great deal in making this college a popular one. The University Grants Commission took a significant step forward in the promotion of physical education in the country by permitting interested universities to offer physical education as an elective subject to undergraduate students. With this authorization, a lot of colleges integrated physical education programmes in their curricula, encouraging a large number of young people to participate in sports. In order to encourage girls to participate in sports, a national sports championship for women was conducted in the year. The championships were a success in encouraging females to participate in games. In the year 1982, the Asian Games were held for the first time. The game encourages young people to participate by partnering with a variety of institutions and organisations. The government founded the Authority of India, which is an important central sports authority, to encourage games and sports and to preserve and utilise existing facilities or equipment. The need for such a council arises as a result of the country's hosting of the Asian Games. Authority India merged control of Lakshmibai National College of Physical Education and Netaji Subash National Institute of Sports in 1987. The goal is to take a holistic approach to the development of physical education and sports in the country. In 1995, Lakshmibai College of Physical Education was designated as a deemed university. To further this profession, numerous committees and organisations were formed. However, institutions that existed before the country became independent have made significant contributions and continue to do so. In 1920, Mr. H.C. Buck founded the Y.M. C.A. College of Physical Education MADRAS. Hanuman Vyayam Prasarak Mandal, Amravati, was created in 1928, followed by Govt. College of Physical Education, Hyderabad, in 1931, and Christen College of Physical Education, Lucknow, in 1932, all of which have worked hard to improve physical education since then. As a result of the foregoing discussion, it is apparent that the government of India did a lot to encourage sports and games in the country over time. Several leaders have also performed outstanding roles in promoting physical education in the country.

7.0 Conclusion

Despite the Indian government's best efforts, our athletes' performance in international competition is not adequate. Every time the Olympic Games begin, every Indian's heart fills with optimism, but we invariably end up at the bottom of the medals list. It is a source of shame that our country, which ranks second in terms of population, is unable to develop players capable of winning gold for the country in numerous international games. Although the number of institutions that provide physical education has increased significantly, no institution has a standard that can produce or provide highly skilled players in any field, and research is still required for working on or considering a new physical policy that takes into account the opinions of people, physical education teachers, coaches, scientists, and others.

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