



‘SPORTS AND GAMES IGNITES THE MINDS OF YOUTH FOR THEIR OVER ALL GROWTH DEVELOPMENT -A STUDY ON THE SUPPORT OF GOVERNMENT ‘

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SUBMITTED FOR FAVOUR OF PUBLICATION

Abstract:

Physical activity for all the ages of human beings is essential for healthy growth of the body. With that intention government provided physical Education activities, games, and sports to the children in the elementary, secondary, higher secondary and even in the college and university levels. If the children played well during leisure hours in schools, minds of the children will be relaxed from the stress and strain of education and get refreshed. Blood circulation will be improved. Body and mind will be activated. Their concentration levels also will be increased after physical relaxation and entertainment.

They will learn so many things while playing with their friends, like coordination, competitiveness in getting success and confidence to win in the games and sports. Social awareness, mingling with friends also they will learn.

Some kind of physical activities, exercises are very essential to the elders both gents and ladies, housewives' youth, even old age people by doing their routine household activities, like walking, cycling, swimming, agriculture field works, body labor by not depending on machines and vehicles for every simple household activity. Meditation, breathing exercises, pranayama yoga practice will be very useful to elders, youth, and households. Elder people for every household activity, they are involved in that, physically they worked in that without using technical devices. They did not enjoy watching TVs and cell phones after their lunch and dinner.

They used to do cycling, swimming, and walking regularly. They are healthy even today, even at the age of 90 or 95 years. With the invention, innovation, and adoption of technology we are using techno devices for routine and small household activities in our houses like Mixes, wet grinders, floor-mills, scooters, motorcycle, cell phones, T. Vs spending huge time before them which causes obey city heavy weight, BP., diabetes, Cholesterol, heart attacks in small ages. This attitude should be changed.

This paper will study and examine the importance of physical activity to the youth and students and to other categories of the public and explain the importance of body physical and mental exercises for the healthy growth of body and mind. The significance and role of the yoga, meditation, breathing exercises, walking, jogging in daily human life also will be focused and discussed for getting peace of mind and body relaxation

Key words:

(Physical activity, physical relaxation, physical exercises, pranayama, breathing exercises, meditation.)

INTRODUCTION

Health is wealth, it is our elders' word. By observing their healthy at their advanced aged it is surprised to note how they maintained food habits, traditional lifestyle, attending their routine normal physical activities straining their body through walking, swimming, cycling, attending agriculture works, family professions, household activities. They grew up in a non-polluted atmosphere, consuming organic and unadulterated fresh food. Our elders, parents, grandparents are our hereditary property because they were in joint Hindu families maintaining good traditional relational values, family traditions, customs, heritage cultures. All the family members work enjoy and sharing works together in the family functions. That was a big entertainment with human bondage with family sentiments and emotions.

Therefore, maintaining good health, lifestyles, food habits, physical exercises, enjoying non-polluted atmosphere, breathing fresh and natural air, taking unadulterated fresh hot and hygienic food are very essential for different sections of people. Stress free life, tension free life are also very much needed. Healthy home-made food habits, doing minimum physical exercises, using naturopathy, ayurveda medicines for routine normal health disorders, must be habituated. Sound health is the secret of everybody's happy life, which is possible with our dynamic physical and mind activity. Healthy life, enjoying with all entertainments attending friends and relatives' functions very much gives boost up and recharging mind and relaxing the body.

Therefore, top-most priority should be given in safeguarding our health with healthy lifestyle, physical exercises, meditation, breathing exercises, pranayama, cycling, walking, and swimming, attending routine household physical activities, gardening, watering plants, and doing agriculture activities. Middle aged, section of people both ladies and gents can attend these physical activities.

Particularly the students, who are in school going age, along with education, they must participate in some physical fitness activities, games, sports, gym activities for the improvement of body fitness, muscle strength. Participating and playing games will improve the concentration of mind, competitiveness, team spirit, collective decision making, leadership qualities, muscle and brain power, sportiveness, coordination, and cooperation will be improved among team members. There are so many games in school, college, and university levels Kho-kho., kabaddi, cricket, volleyball, basketball, football, throwball, badminton, shuttle, tennis (outdoor games), table-tennis chess, carroms (Indoor games) will boost up and maintains youth with sound health creating recreation and relaxation.

“Youth are the powerful weapons and assets of India.”

“And the youth are future hope of development India.”

Every educational institution must have a Physical Education department and instructor or physical education coach. He must instruct regularly for practicing of games to the students.

Frequently the competitions must be conducted to the well-practiced students and selected and talented students must send them to the inter-district, inter-collegiate, inter-university tournaments. Without physical activity like games and sports, N.C.C., Scouts, N.S.S in the schools, colleges, universities, youth will be diverted, and they will become mechanical, their personality will not be developed. As there is a proverb “Idle man Brain is a devils' workshop” Youth should be protected with all physical activities and in nation building activities. Physical activities, sports and games ignites minds of youth for their overall development, health, mental stamina, good elevation, muscle nerve strength etc.,

REVIEW OF LITERATURE:

Milambo Milambo and titus O. Pacho of university of Tanjania (2020-21) in his research paper “ Influence of Sports and games in enhancing students’ academic performance in public secondary schools, in Tanzania studied and examined that students participation in games and sports will improve their concentration levels, brain power, in a stress free environment. Also increases his will power, prepare for his curriculum in planned manner with a team work to achieve their academic goals. They always habituate the face the failure and challenges in a sportive manner. They will work with dedication and commitment to reach their success and accomplish their goals. Physical fitness instigates them to work hard towards reaching their life ambitions.

“ American researchers conducted a survey and a research study that the active participation in sports and games have a great impact on health of young generation. Also, they have competitive spirit in reaching life ambitions.”

Garry Crawford and Victoria K Gosling (2009) university of Salford in their research paper on games and sports opined and observed that a comparative study on video games with field games, Field games benefit the participants for their physical fitness, spontaneous decision making, team work, unity among team, competitiveness, whereas the video games only give eye entertainment, without physical strain and exertion, physical participation in games and sports habituates, judgement capacity, strategic thinking also, planned action with all team members. No such experience in video games. It is only just like watching T.V, cinema in a theatre.

They also observed that games teach us concentration, presence of mind and strategic planning towards the path of success with the coordination and cooperation of team members. They will habituate the sportiveness in both success and failure in their efforts.

SIGNIFICANCE OF THE STUDY:

Our population is growing rapidly and will cross 150 crores shortly. The majority percentage of our population belongs to youth, educated but unemployed. Our country is unable to utilize their services for productivity. Cream of the youth migrating to foreign education and foreign employment due to lack of valued based education and proper employment and due insufficient salary package. The main disadvantage among our youth is lack of confidence, willpower, strong determination, and action plan. Private and Corporate education awarding certificates with good ranks and not improving communication skills, employability skills and not creating job market opportunities. Youth are completely addicted to the electronic gadgets, mobiles, systems and video games and T.Vs

Sports and games will improve confidence levels, competitiveness, national integrity, willpower, and action plan to get success and victory with only in games and even in real life. Strict discipline in practice of games and in sports drive our youth towards victory. These are all will be sustained for their success in competitive exams and to win the job opportunities. Regular participation in games and sports will habituate and lead disciplined life and systematic approach in every stage of life. Physical exercises, through gymnastics, daily gym practice maintain the body fitness, health muscle power. Taking nutritious and protein food improves the sound mind and maintains a strong body to face the challenges and physical problems in life. Youth must avoid fast and adulterated food habits

Unfortunately, today many private and corporate schools and colleges do not have any playground, no physical exercises, no games, and sports regularly to their student except academic activity for ranks with competition to other institutions. Only at the time yearly occasions they will conduct games taking on hire other institutions’ playgrounds. The students of those institutions may get high ranks in academic examination, but they fail in their competitive life and attempt suicide for simple failure. For many evils in society, lagging systematic and disciplined approach in youth life. And due to lack of willpower to the youth they are not able to achieve whatever they want. No communication skills, no competitiveness with others.

Physical exercises, physical activity, physical exertion is very much required for human bodies for the maintenance of fitness which protects the healthy lifestyles and ignites the minds of youth through the participation as group

activity in games and sports., formation and selection of appropriate team building achieves team for the victory. At this back drop this topic is very significant to take up a detailed study of how the games, sports, gymnastics, physical exercise, meditation, breathing exercises, pranayama are important in youth life to elevate themselves.

OBJECTIVES OF THE STUDY:

1. To examine observe the need and significance of physical exercises, meditation, yoga, games, and sports in human life as a part of their routine lifestyles.
2. To assess how the games and sports, walking and jogging will improve the physical fitness and sound health and personality development of young generation.

RESEARCH METHODOLOGY:

While studying this subject, want to concentrate mainly on the role of games and sports in educational institutions and on the active role of physical education department in developing physical activities in the schools and colleges. The data related to the games and sports will be taken up through secondary sources and it can be analyzed descriptively. It is a comprehensive conceptual study

CONCEPTUAL FRAMEWORK:

Healthy, energetic, and strong youth generation is required for healthy India. Healthy physical body is required for youth to face challenges in India. Young generation and youth population is a strength and asset to the nation. Youth should play a dynamic for healthy nation building.

ROLE OF YOGA, MEDITATION, BREATHING EXERCISE, WALKING CYCLING AND SWIMMING:

Middle aged and senior citizens used to do the yoga and meditation during early morning hours for a fresh mind, sharpening the brain power and for body relaxation from stress, strain and tensions. Breathing exercises during early hours will get fresh and nonpolluted oxygen to the lungs and so that lungs power will improved., walking and cycling exercises during morning and evening will have muscle relation improves blood circulation and unnecessary fats will be burned. Overweight of body will be reduced. Body fitness will be improved. In the same way the jogging also maintains healthy body. In swimming entire body will actively be moved and relaxed taking abundant oxygen will be taken. Blood circulation will be regulated.

DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA:

Physical exercises and activities in educational institutions to the students not a new concept. It was from ancient times. Academic activities and physical exercises, games and sports must run simultaneous as two wheels in vehicle. Head of the institutions under the supervision of the Physical Education department must give training, coaching to students in different indoor and outdoor games and conduct competitions on different occasions and encourage them with awards, prizes. Like that It is the duty of Physical education to inculcate the habit of participating student in sports and games.

In 1956, the Central Advisory Board of Physical Education planned physical education activities in educational activities. In 1957, an Institution by name Lakshmi Bai College of Physical Education played a vital role for the development of physical education in India. In 1958, The Youth welfare department has been established for doing sports activities. In 1960 and in 1961, Koul Kapoor Committee deputed to Rome Olympic (1960) and National Institute of Patiala has been established at Moti Bagh.

Later further steps in establishing various organization were happened in 1965, National Fitness Corps., 1970, Rural sport tournament scheme and in 1984 Ministry of Youth Affairs and Sports of Government of India has al been established.

IN EDUCATIONAL INSTITUTIONS:

Sports and games from childhood from school level enhances the challenging attitude, competitiveness, heroism, healthy mental attitude among children. In educational institutions, students will participate in games and sports both indoor and outdoor and they also participate academic competitions, like group discussions, debating, elocutions, general knowledge current affair topics, and in essay writing competitions for testing and self-assessment how far they will get success and to develop confidence levels with much zeal and interest. These participations will enrich the knowledge and develop competitiveness among students and a winning attitude.

Team spirit and collective decision making is a democratic concept, and it leads to accomplishing group goals, and predetermined targets in the minds of students. Healthy lifestyle, physical/psychological attitudes, food habits. Systematic academic environment, physical exertion activities, self-discipline will shape a meaningful dynamic physical body. Challenging attitude of youth create a competitive India....

STATEMENT OF THE PROBLEM:

For the growth and development of Healthy India, the physical exertion is essential activity for the youth. For example, labor should work manually and hardly for the reaching the production activity in factories and in manufacturing concerns. With hard of workers only the target of productivity, sales will be achieved.

In the same way for the healthy development of a nation and the role of physical education, yoga, pranayama, breathing exercises, with some physical exercises sports and games are very essentially needed to every human being specially students and for youth for their health and fitness of body. For participating the youth and students in games and sports, gymnastics, indoor and outdoor games, physical education activities are essentially required in the educational institutions. Participating and practicing yoga, meditation, breathing exercises also very much helpful for having sound mind and healthy thoughts among youth and even elders both genets and ladies Through all these exercises, disciplined life, sound mind, body fitness will be maintained.

This paper will study and examine the significant role of physical education, in schools, colleges and university higher educational institutions in shaping youth for nation building. As Swamy Vivekananda recognized the strong, iron and steel muscle youth are required to shape the future developed nation, the government of India through sports Authority of India, train, and coach the students and youth in physical education games and sports in their educational institutions and shape them as most dedicated and useful tools and equipment for the future developed nation.

It should be our dream which should be real through our powerful young Indian generation.

ROLE OF SPORTS AUTHORITY OF INDIA(SAI) IN ENCOURAGING GAMES AND SPORT TO STUDENTS AND YOUTH:

The sports Authority of India (SAI) was set up as a society registered under Societies Act 1860 on 25th January 1984 of the department of sports, Government of India with an intention to promote the sports and games in the educational institutions and under the coaching Sports academies and coaches to the young students of India to participate as players in national and international levels. The following are the objectives and strategies and, objectives of establishing of Sport Authority of India.

1. Getting International Collaboration for the promotion and development of Sports and games.
2. Establishing a systematic organization for identifying the talented young Indian to pool up for the training for Olympic disciplines and events.
3. Encouraging for active involvement of corporate sector in developing sports academies.
4. Improvement of coaching development programs and supervision.
5. Strengthening scientific and technical support for young sport persons.
6. Ensuring the manufacturing and availability of sports quality equipment for the development of indigenous sport industries.

7. Focused attention on areas and regions having potential excellence in the talented sports and games, **athletes to young Indians.**

Through the following 7 schemes, the sport authority of India, government of India promoting the physical fitness sub junior, junior and senior levels all over the country.

1. Through NSTC, National Sports Talent Contest scheme: government providing Scouts and Sports. Scientific training for junior level students under the age group of 8-14. In this scheme 805 boys and 255 girls total 1060 will be trained in 14 regular adopted schools, and 10 schools adopted indigenous games and martial arts.

2. Through ABSC, Army Boys Sports Company Scheme: with the SAI collaboration with Indian Army. the sports Authority of India, using available infrastructure and disciplined environment of army, provide training to the students under the age group 8-16 to achieve excellence in sports. Presently this excellent training is being provided for 1049 boys trainees in 18 centers in India.

3. Through, SAI training Centers STC Sai training centers:

Both central and state governments work together for the development of sports to remove the regional imbalances in sports infrastructure, games, and sports equipment. steps were taken to provide infrastructure and equipment for encouraging sports and games to Junior level talent scientifically taking the excellent talent from sub junior level. At Present there is a total strength of 5394, (3807 boys and 1587 girls) were trained in various games at junior level.

4. Extension Centers of STC/SAG:

have been launched and started to cover the schools and colleges, 2005 to develop the standards in sports and games providing infrastructure and sports equipment to the students of 12-18 (under 19) group of various schools. Presently 70 STC/SAG extension centers trained 1183 (775 boys and 408 girls).

5. Special Area Games Scheme:

(SAG) with an intention to promote and training in modern competitive sports and games., and in martial arts specially to tribal, rural and for coastal area school students for achieving excellence in in sports talent by tapping the talent in the indigenous games and martial arts to student who re age group 12-18 under 19. At present, through 19 SAGs a total of 1676 Both from 961 boys and 715 girls were trained in the country.

6. Centre of excellence (COX) Scheme for (Senior Level trainees):

This started in 1997 which is meant for the introduction of most talented sportspersons at Senior level for participation in National level competitions. For which continuous and strict advanced and disciplined training at all 15 regional level centers has been provided 330 days in throughout country to 556 trainees (288 boys and 268 girls) with all Special excellent coaching camps.

7. The Come and Play Scheme:

This scheme has been provided and initiated for the maximum utilization of SAI sports equipment and excellent playgrounds infrastructure in New Delhi from the different parts of country identifying meritorious young sportspersons for the participation of National and international level sports and games competitions with special coaching facilities.

**LATEST INFORMATION REGARDING THE DEVELOPMENT OF INDIAN SPORTS AND GAMES:
VARIOUS SCHEMES FOR THE DEVELOPMENT OF SPORTS IN INDIA:**

1. FIT INDIA MOVEMENT: This Program launched and inaugurated by Hon'ble Prime Minister Shri Narendra Modi on August 29th, 2019, for motivating the people to give fitness high priority in the lifestyle. Young Indian must habituate healthy and eco-friendly lifestyle for their health.

2. KHELO INDIA: The Khel Maha Kumbh, which takes place in Gujarat state in the participation of 27 various sports and games events at school level institutions throughout the country stood as inspiration motivating Khel India 2020 program. It has been sponsored by the Indian Ministry of Youth Affairs and sports. It will provide continuous disciplined coaching for athletes.

3. TARGET OLYMPIC PODIUM SCHEME (TOPS): The main intension of this scheme to prepare, train, coach, and to encourage the contestant sportspersons for the Olympic and paralympic games and sports. Olympic champions in 2028, was also be introduced by the central government in 2020.

4. THE NATIONAL SPORTS DEVELOPMENT FUND: This fund helps to support in developing I infrastructure and to engage coach, to purchase equipment and for other supporting activities and for travelling to event places.

5. VARIOUS SCHEMES IMPLEMENTED BY (SAI) FOR THE DEVELOPMENT OF SPORTS AND GAMES:

For the development of sports and games, scouts and guides government of India under Sports Authority of India implementing 7n(seven) schemes for the sub junior., junior and senior level to the age group under 19, school's students in the indigenous games and martial arts with coach and by providing infrastructure and equipment for students.

BENEFITS OF SPORTS AND GAMES TO YOUTH:

As the following benefits were recognized and developed the following concepts by the PCSFN Science Board on September 17, 2020.

Many research studies, observed and found after detailed study of youth who participated in games and sports from the school and colleges days that they gained long term benefits with physical and mental health, social movements, leadership qualities, team spirit, coordination skills., sportive nature will be habituated. Also, it reduces physical, mental, and emotional balance and reduces the suicide tendency among youth for simple reasons and failure incidents.

Body immunity will also be developed with good physical health. Healthy blood circulation will be regulated. Emotional bondage among team members will be developed. Bone density will be strengthened. Cholesterol will be under control. With the participation in sports and games from childhood, physical activity will regulate the body growth. Physical Stress and strain will be released to adults in participating games and sports regularly. Even brisk walking, jogging, cycling, swimming also controls the abnormal growth of the body.

Moreover, for the youth who are in regular sportsman activities, physical activities having creative minds and innovative thoughts and strategic plans.

The following benefits also will get to youth participating in sports and games:

1. Sound Sleep mental and physical relaxation.
2. A strong and healthy heart rate.
3. Youth participating in games with all groups irrespective of caste community, religion, Region without discriminating with gender sex and age.

- 4.Improved lungs capacity and function breathing with fresh oxygen.
- 5.Increased confidence levels reducing stress and strain, stage fear.
- 6.Improves mental health.
- 7.Habituates challenging attitude.
- 8.Improves mental health and brain power.
- 9.Sports and games make leaders.
10. Develops relations among team members.

VARIOUS GAMES AND SPORTS STUDENTS PRACTICES IN EDUCATIONAL INSTITUTIONS:
OUTDOOR AND INDOOR GAMES:

OUTDOOR GAMES

- 1.Foot Ball
- 2.Volleyball
- 3.Basketball
- 4.Cricket
- 5.Badminton
- 6.Shuttle cock
- 7.Tennis
- 8.Through ball
- 9.Skating
- 10.Golf
- 11.Tennis
- 12.Kho-Kho
- 13.Boxing
- 14.Wrestling
- 15.Discus through
- 16.Horse race
- 17.Kabaddi
- 18.Household rural games



By playing the above games, players will get physical exertion, muscles will be strong, body movement will be flexible, regulates heart beating improves physical stamina.

INDOOR GAMES

1. Table Tennis.
2. Carroms
3. Chess
4. Household rural games

By playing these game mental strategies will be improved to players.

STATISTICAL INFORMATION:

In the year 2021, the total number of active sports and fitness participants hit its highest level in six years at 232.6 million. Up 7.8% from its low point of 215.8 million in 2016.

While 40% of 18-21 years old and 41% of 22–25-year-old currently participate in games and sports and only 26% of 26-49 years adults are playing sports and 20% of adults aged 50 + also play sport.

About 48% to 50% of adults do moderate formal exercises, yoga meditation, Surya namaskars, breathing exercises, pranayama in a sitting posture due to their advanced age and chronic rheumatoid arthritis.

Merely 5.56 % of the Indian population is having sports literacy. About 57 Lakh people out of 125 crore people are engaged in various sports directly and indirectly.

It is estimated that 317.8 million i.e about 23% of Indian population are playing at least one outdoor sports activity in their life.

Most of the Indians and world population are the spectators witnessing cricket wasting their valuable working hours losing their hard-earned money. But A few sports persons are playing cricket both national and international levels. It occupies the top-most sport among other sports and games.

The Indian Hockey federation approved Hockey as national sports in 1925.

Nethaji Institute of Sports and games is the largest Asian Institute has been established in Patiala.

The kabaddi is one of the fastest growing sports in Asia. Village games also giving good exercises, entertainment, and physical exertion to the participants. Human cordial relation also be developed in participating village level games.

FINDINGS., CONCLUSION SUGGESTIONS:

Through the above conceptual framework of physical activity games and sports, its known that youth and young generation having dynamic personality with sound mind and with healthy thoughts. Patriotic thoughts will be developed through N.C.C. It is also observed that in cricket, hockey, kabaddi, kho-kho, badminton, etc., like outdoor games, the players will participate in group games with much coordination, cooperation team spirit and with winning target, they play with strategic minds. Leadership qualities, team spirit, sportiveness., will be habituated.

After completion of education the outgoing batch of students will have a strong vision of their future life and face the problems, career problems and competitive exams with a challenging attitude. They have a clear mission and vision about their future life. They feel that every failure in life is a lesson and leads to success in future life. 'Failure is the steppingstone for success'.

They won't feel any depression and they will not commit suicides in life for every simple reason.

Patriotism will be developed. They feel by active participation in social activity N.S.S, and N.C.C. and scouts and guides activities.

SUGGESTIONS:

1. During the present days educational institutions are becoming commercial organizations.
2. They are collecting Lakhs of rupees from parents even for Nursery L.K.G and primary level of education.
3. They prefer to provide computer education, information technology with Artificial intelligence equipment tools and techniques.
4. But no private educational institution provides sufficient space for playground and no physical education environment prevailing in those convents.
5. Complete school, working hours with their subject instruction through computers, heavy homework burden to small children. With heavy competition prevailing among educational institutions, they are inculcating competitiveness, ranks grades to their students. Even parents also want their children to be at top level ranks though they are able fit for that.
6. This type of tendency and situation must be changed. Physical education, games and sports, creativity should be in all the educational institutions. Regular games should be conducted. Regular practice of games and sports must be in schools and colleges.

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