

THE TRANSFORMATIVE IMPACT ON INCLUDING SPORTS IN SCHOOL EDUCATION IN INDIA

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ABSTRACT

It is possible to evaluate the development of a culture by looking at how that culture's educational system operates. A major step forward in the development of civilization is represented by the fact that physical education and sports are now required subjects in schools. A shift in policy that will make participation in athletics a mandatory feature of the curriculum for schools is a positive step that may have favourable ramifications for students. This change in policy is expected to take place in the near future. Athletics do not play much of a role in the current educational system in India, and the curriculum does not normally place a high importance on sports as a topic area that is studied. The introduction of sports as a topic within the curriculum would not only compel the students to take part in a specific activity, but it would also teach them about sports in a way that was more complete. As a consequence of this, they will be encouraged to investigate the various options that are presented to them in the field of athletics. In this post, we will explore, in greater detail, a vast number of the reasons why the presence of this phenomenon is not only desirable but also required. There is more at stake in the debate over whether or not to include sports in the curriculum than we give it credit for, and we ought to accept this fact. Taking part in sports on a regular basis not only enables one to achieve a higher level of physical fitness, but it also has a beneficial effect on both the mental and physical health of the participant. When students take part in athletics, not only are their lives made more disciplined, but they are also forced to cooperate with one another, which is beneficial to their growth as potential future leaders. The capacity to accept failure, even celebrate it, and convert it into an opportunity for progress is one of the most major beneficial effects that involvement in athletics can have on the life of a student. This talent may be developed via the student's engagement in athletics. Participation in sports has the ability to operate as a unifier, bringing together and fostering understanding among children who come from a range of socioeconomic situations. In addition, participation in sports has the capacity to bring about positive social change.

KEY WORDS: Curriculum, Physical Health, Discipline, Culture, Participation.

INTRODUCTION

Activities that take place within the context of school athletics have a vital role in the creation of new sports facilities. This is one of the most important considerations that has to be given attention to. The direction that Indian athletics will follow in the years to come will be determined by the manner in which we invest in the necessary infrastructure, which includes include sports in the curriculum. It will be necessary for schools to have access to a variety of amenities, such as basketball courts, track and field facilities, and gymnasiums, in order to implement sports education programmes. In addition to such amenities, we will require others, such as weight rooms. In order to satisfy the need for appropriate infrastructure, monetary investments will be required not only from the federal, state, and local governments but also from the municipalities and community organisations. However, what steps can we take to guarantee that these places continue to operate as intended? Who is responsible for the expenses associated with the upkeep? It is necessary that all communities have access to these places and that they be utilised on a continuous basis for activities that give input about the upkeep of the facilities. It is also essential that these locations be employed for activities that offer input regarding the maintenance of the amenities.

CURRENT EDUCATION SYSTEM

Students in today's schools need to be taught about the myriad of varied opportunities that are available to them in the field of athletics so that they may make informed decisions. If athletics were made a necessary topic in the educational system of India, there would be a considerable increase in the number of employment that are available to young people in the nation. The conventional method of education does not give sports the attention that they should get, nor does it take into account the multiple fulfilling opportunities that can be found in the sports industry (including employment in sports administration, coaching, journalism, science, and entrepreneurship, amongst other fields). Moreover, the standard method of education does not take into consideration the multiple rewarding opportunities that can be found in the sports industry.

There are a number of variables that contribute to the ineffectiveness of our legislation in this area, including the general distaste that people in our nation have for sports as well as a lack

of dedication to the provision of adequate sports education. It was a defining moment in India's long and eventful history when, in 1984, the National Sports Policy was finally put into action. India's history is very lengthy and very dramatic. It was a watershed event that brought to light the significance of athletics and physical education to the expansion and maturation of a society that can operate effectively. It was a pivotal event that underlined the significance of the role that athletics and physical education play in society.

The National Sports Policy went through its most recent series of adjustments in the year 2011, which were carried out in recognition of the capacity of sports to stimulate both individual growth and communal achievement. This shift in course would not have been possible if it weren't for the aid provided by the Khelo India Programme. In spite of the fact that this just gives young people a platform on which to perform and does not actually educate them about sports, including sports into the curricula of schools creates an environment that is advantageous to the production of public policy that is more effective in the area of athletics. This is because the introduction of sports into the curriculum of schools develops an atmosphere that is favourable to the formation of more effective public policy in the field of athletics. This is due to the fact that the incorporation of sports into the curricula of schools creates an atmosphere in which students are more likely to get true teaching on various aspects of sports.

The engagement of children in athletics provides teachers and policymakers with a window into the advantages and disadvantages of the environment that they are striving to preserve via their efforts. When it comes to developing evidence-based policy, it's likely that having this knowledge readily available will prove to be beneficial. We can ensure that the future generation is well-versed on the issues surrounding sports policy and that they will be able to give constructive criticism throughout the process of policymaking by bringing sports into the academic setting. This will allow us to ensure that the next generation is well-versed on the issues surrounding sports policy. Because of this, we will be in a position to ensure that future generations are well-versed on issues that are relevant to sports policy. It will also assist stimulate elections for representatives who have expertise of the sports scene in India and are able to successfully campaign for change. This would be an important benefit. Adding this to the list of benefits would be another one. Having this edge at your disposal would be quite beneficial.

INDIA'S SPORTS INDUSTRY

On the other hand, the sports industry in India contributes close to 4.5% of the country's gross domestic product, which is equal to 14,000 crore rupees. This is a significant increase in comparison to the worldwide contribution of the sports business, which is just 700 billion US dollars, or 1% of the total GDP of the globe. Despite the fact that cricket accounts for 85 percent of India's overall sporting participation, it is worthwhile to consider how much farther we could go if we gave the same level of attention to all of India's many other sports in addition to cricket. P. V. Sindhu & Neeraj Chopra are both outstanding athletes, but in contrast to their counterparts in cricket, they do not have the same level of name recognition. This is because cricket is not as popular in India. This is one of the reasons why P. V. Sindhu & Neeraj Chopra does not have the same level of notoriety as other people. While children are educated about sports while they are young, they will mature into adults who are more tolerant of athletics, which are more likely to participate in athletics, and who have a greater appreciation for others who do participate in athletics. If they promote an atmosphere in which young children are encouraged to participate in sports at an early age, schools have the potential to make a significant contribution not only to the development of excellent athletes but also to the growth of athletic possibilities.

As a direct consequence of this, the entire athletic sector will thrive, which will in turn make a contribution to the expansion of the economy. This will take place as a direct result of this. This includes a wide variety of facets, some of which are as follows: advertising, sponsorship, broadcasting rights, ticket sales, product sales, sports tourism, imports and exports of athletic products, and more. Schools are essential in the growth of thriving athletic communities and serve as the pillars around which successful athletic communities are constructed. They play a crucial role in the establishment of successful athletic communities. Young people are better able to connect with one another and build common relationships when they have a passion for the same sorts of sports and other forms of physical exercise. It is probable that some of these interactions may continue after graduation from high school, which could lead to the development of sports communities.

In the beginning of this year, a well-known sports company debuted their “Let There Be Sport” advertising campaign. Athletes of note like as “Virat Kohli, MC Mary Kom, and Sunil Chhetri”, are featured in the ad. The assumption that extracurricular activities, such as athletics, do not possess the same degree of value as academics was the main focus of the campaign, and its

major objective was to dispel this misconception. Experts believe that kids may develop both their physical and mental resilience via participation in sports, and that these activities should be given a more prominent place in the curricula of schools situated all across the United States.

Due to the country's huge and young population, India has a significant amount of untapped potential to emerge as a global athletic powerhouse. People in India between the ages of 10 and 24 make up around a quarter of the country's total population. Although India has achieved success in a number of fields due to its abundance of talent, diverse cultural heritage, and long history of cultural practise, the country's potential in the sporting arena has not been fully realised. The participation of children in sporting activities at a young age is essential if this potential is to be realised. We can generate a generation of sports enthusiasts who will drive India's transition into a really athletic nation if we cultivate their enthusiasm and produce a new generation of sports lovers. Incorporating sports into day-to-day life encourages a lifetime of physical health and accomplishment, which in turn helps make our nation more robust and contributes to its economic growth. It is absolutely necessary to make investments in necessary facilities such as public parks, sports stadiums, and community centres. In order for this to be successful, it will require collaboration between governmental bodies, educational institutions, and sports organisations. It is possible that the use of a “phygital” platform, which integrates both physical and digital components, would increase the availability of these assets as well as the management of them, and yes, it will democratise access to sporting facilities for all children, regardless of where they reside or what their socioeconomic situation is. Researching the strategies that have been implemented in sports with positive results in other countries might be beneficial to India. Singapore is often held up as an example for other nations to emulate when it comes to the development of its sporting facilities. When it comes to fostering a society that is more sport-oriented and physically active, the ‘ActiveSG’ idea developed in Singapore stands out as a model for what should be done. Because of this programme that was led by Sport Singapore, sports have become significantly more ingrained in the culture of Singapore.

This is the first step in a chain reaction that, in the long term, will lead to the formation of structured sports leagues and local communities that revolve on the participation in sports. In other words, this is the stage when the chain reaction begins. Without communities, there is no way for there to be any decision-making in sports, and there is also no way for there to be any safeguarding,

embracing, or celebration of sports. Without communities, there is no way for there to be any of these things.

CONCLUSION

Incorporating sports into the curriculum of schools in India has a wide variety of positive effects, the most obvious of which is that it helps students become more conscious of the significance of maintaining a healthy lifestyle and engaging in regular physical activity. Students notice an improvement in their capacity for self-development, as well as an increase in their capacity for teamwork and perseverance, as a result of their participation in the curriculum. The combination of these two factors will directly lead to a major improvement in the reputation of the nation as a location suitable for hosting sporting competitions. Not only by fostering the development of a larger number of athletes, but also by acting as the centre of attention for sporting events that are taking place in various regions of the world. It is a strategic decision that is in accordance with national ambitions for India to become a global sports powerhouse in the next century, and one of the ways that this goal may be achieved is by including sports in the curriculum that is taught in schools. In addition, the inclusion of sports in the curriculum that is taught in schools is a choice that is in accordance with national aims. The strategic choice to incorporate sports into the curriculum that is taught in schools is one that is in keeping with the goals that the country as a whole has set for itself. The emergence of a new generation of young athletes, fans, and educated people paves the way for a prosperous future in which sports are accorded the respect they merit and become the primary focus of the nation's efforts to improve its economic standing. This is made possible by the fact that the current generation is the most educated it has ever been. The emergence of a new generation of young people who are interested in sports as participants, spectators, and observers makes this potential future a reality.

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