



PHYSICAL EDUCATION: A GOLDEN OPPORTUNITY TO DEVELOP THE SPORTS CULTURE AND FITNESS AMONG THE VILLAGE'S SCHOOL CHILDREN

Dr. Vishal Bheemsha Sajjan
Gulbarga University, Kalaburagi.

ABSTRACT

India is vast country with diversity of languages, dresses, religion, castes, customs and tradition along with a lot of differences in respects of their eating habits, religious beliefs. Instead of all the geographical and environment are differ in each and every state of India. Due to that there is raining at dharamshala of H.P. and chirapungi, It is ice cold at Shimla, Ladhaks, Lauhal Sapati, and Shrinagar and in Uttrakhand Hill Stations, very hot in Delhi and Normal Temprature in Bangloure and Patna. It is sure that our fundamental rights that no difference would be there on the basis of religion. But problem is national Integration, mutual understanding and conflicts among different groups, different casts that tension develop and clashes take place. To develop the national integration we have to need strengthened and kept it through games and sports culture and other local cultural activities and through other specific programme of Education. Game and sports play a vital role in the promotion of National Integration. Physical Education programme bring participants hailing from different casts, places and religions as provide a common platform to provide conductive environment.



KEYWORDS: diversity of languages, dresses, religion, castes.

INTRODUCTION :

The contribution by games and sports can make universal brotherhood, peace among nation is well realized by the idea BARON PIERRE DE COBERTIN as the start of modern Olympics in 1896 at Athens. So, it is a universal fruth that games and sports are powerful medium for the development of personality of children and social qualities and physical fitness and wellness. According to W.H.O.:-

"It is not merely absence of diseases in an individual but he should be fit from social and mental well being. Therefore it is golden opportunity towards the villager's children or rural area, because the total population of India todays 80% people are living in rural area and it is great and unavoidable need to develop the sports culture and make physical education as a compulsory subject in elementary and secondary schools of all over India. As per

the journal of Sports Science, 27:3 (July 2004), 37 by Santosh Sharma "Sports, Society and women".

Sports as an activity offers an opportunity for self knowledge, self expression and fulfillment, personal achievement, skill acquisition and demonstration of ability, social interaction, enjoyment, good health and well being. It Promotes involvement, integration, integration and responsibility in society, when sports activities have been

accepted as an integral part of the culture of every society in every nation. Now the our motivation should be turn towards villager's because they have not knowledge and awareness about sports qualities and advantages. Although their body posture is better than urban area children and having the quality Of fitness particular the children of hill area i.e. high altitude with all respective comparative analysis of health related physical fitness components between the students of different altitude levels in hill area. So if we try to give their training as Altitude training which is the heated topic for discussion among athlete's coaches, Physiologist since the 1968 Mexico City Olympics however that altitude training is affective and continue to use this tool in their training schedule.

Many sports are highly depended upon the body's ability to uptake and metabolism oxygen infacts which is most important factor in deciding the quality of the performance. The matter is that the government polices are not affected in particular physical educational and sport field, There is no any training schedule, Trainer, coaches physical educator and infrastructure that makes the sports culture in rural area. It is my personal experience of 34 years services in school cadre as phy.Edu. Teacher the result cannot be find out as sports achievement and skill development without any policy of Govt. of State or Centre, There is a lot of difference and environmental behavior in between Academic or sport concerned. There is no equality in designation and other facilities to provide Phy Edu. Dept. He is only up to the role of morning assembly and Local Block Zonal level tournaments and nothing else is there. Now the trend has been come become the rural children that they can be seen at the morning walk time i.e 4 to 6 a.m. They early get up and running on the road in small groups in different age group. That is the sign of positive and golden opportunity that now interest and sports culture be create and develop in rural area alongwith best policy of Edu. or sports department. Because in high altitude hypoxic studies have shown that when exposed to a hypoxic environment over a period of time organism gradually becomes acclimatized to lower partial pressure (PO) through five means.

- (1) Increased pulmonary ventilation.
 - (2) Increased haemoglobin in the blood.
 - (3) Increased diffusing capacity of the lungs.
 - (4) Increased Vascularity of the tissues.
 - (5) Increase ability of the cells to utilize despite the low P02
- "J.E. Councilmen, as cited by Hardayal Singh (Sports Training and Methods.)

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