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THE ROLE OF PHYSICAL EDUCATION AND SPORTS IN NATIONAL DEVELOPMENT

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ABSTRACT

India is our country and it has been known by many other names such as "Bharat", "Bharat-varsh", "Hindustan", etc. It is one of the biggest countries in the world. It ranks 7th from area point of view and 2nd from population point of view in the world. The history of such a huge country reveals that, from the time immemorial this country has remained great with its own identity as a "Golden Bird".

There are many references available in the literary and other evidences which prove that our country has a strong

philosophical and social footing. It has inherited rich, superb and genius cultures and traditions of its own. From the past thousands of years, our country has achieved a tremendous progress and development in all walks of life and it has given lot of things in various forms to the entire human community of the world.

Today our country has succeeded in doing all the things that every developed countries are doing in various fields such as Agriculture, Horticulture, Space Technology, Information Technology, computers, Missiles, Satellites, Bombs, Electricity and Telecommunication, various Arts and Sciences etc. In spite of this condition, unfortunately our country has not been given the status of a developed country. In this situation, to acquire the status of developed nation has to achieve the



national development.

KEYWORDS: Physical Education , National Development, strong philosophical and social footing.

INTRODUCTION:

National Development:

National - All aspects related or concerning to the nation for various areas belonging to a nation are called as National.

Development - The improvement or advancement achieved in certain areas is known as Development. Thus National Development is nothing but the development of various aspects or areas concerning to a Nation.

Every nation to have its own identity and dignity in the world, it have to have the status of either a developed country or of a developing country. This means if any country gets the status of an undeveloped country, then that country will not be given much value in the world.

The Status of a Developed Country:

There are certain criteria and the country which fulfills them is given the status of a developed country. In case, your country does not fulfill all those criteria, but few of them are being achieved and you are excelling in the remaining ones, then your country will be given the status of developing country.

Criteria:

1. Fully developed resources - Man, Money & Material
2. Self-sufficiency in every aspect.
3. High quality of fitness and health.
4. Sound financial condition.
5. Low morbidity and mortality rate.
6. High per-capita income.
7. High rate of efficiency & productivity
8. Well established infrastructures in all fields
9. Full development in science and technology
10. High Literacy rate

It is the population that helps to fulfill the above-mentioned criteria. So, if we could achieve the full development of Human resources i.e., of the total population, then we can easily achieve the fulfillment of all the criteria.

Thus for achieving the National Development, first of all we need to achieve the Human Resource Development (HRD).

Human Resource Development (HRD):

1. Development of total Physical fitness and sound health.
2. Development of Mental, Emotional, Social, Intellectual, Cultural aspects of personality. (i.e., total development of personality).
3. Development of Basic skills and efficiency.
4. Socialized culture and traditions.
5. Complete integration among the population.
6. Decrease in malpractices and corruption.
7. Technical development of an individual.

CONCLUSION:

In order to achieve above aspects, the education plays a very important role. The education system in our country was developed by the Britishers during their regime a century ago. After the independence the same educational system with little bit of modifications is being followed. Thus the

nature of education in the initial stage of both theoretical and practical. During the British regime the Physical Training and Military Training was a compulsory subject in the total education system. After Independence also the same educational system was followed, the physical education and sports was given the same importance. But as the days passed the importance of physical education and sports gradually decreased. Presently more importance has been given to intellectual development only. As a result of it, on one hand we see a great deterioration in physical and mental fitness, total health, emotional imbalance, increasing psycho-somatic diseases and on the other hand the sports performance of Indians is going down in general.

It is therefore, to achieve total National Development, we will have to implement a planned programme of physical education and sports effectively at all levels of the educational system.

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