

REVIEW OF RESEARCH

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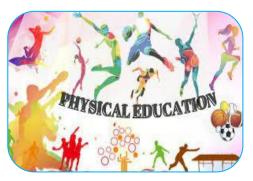


CURRENT ISSUES IN PHYSICAL EDUCATION IN INDIA INCLUDE

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ABSTRACT

Physical education Many schools need satisfactory offices for actual instruction, including jungle gyms, gear, and prepared staff, which restricts understudies' chances for actual work. Relevance of the Curriculum Students become disengaged when the physical education curriculum is not in line with current fitness trends or their interests. Absence of Qualified Educators There is a deficiency of prepared actual instruction instructors who can successfully convey programs and rouse understudies. Accentuation on Scholastics The attention on scholarly execution in schools frequently sidelines actual training, bringing about



diminished class time and assets for sports and proactive tasks. Awareness and Attitude Teachers and parents alike are generally unaware of the significance of physical fitness and health, which can undervalue physical education programs. Disparities Based on cultural norms and societal expectations, girls frequently have less access to sports and physical education than boys do. Problems with the health Children's rising rates of obesity and sedentary behavior highlight the urgent need for effective physical education programs that encourage healthy behaviors. Resolving these issues requires a diverse methodology including strategy changes, expanded subsidizing, and local area commitment to advance the worth of actual training in schools.

KEYWORDS: Physical Education , Current understudies , expectations , encourage , execution.

INTRODUCTION

Physical education in India faces a scope of major problems that influence the general wellbeing and improvement of understudies. In spite of the perceived significance of actual readiness for all encompassing development, many schools battle with lacking framework, deficiently prepared educators, and a scholarly climate that frequently focuses on conventional subjects over active work. The educational program much of the time neglects to draw in understudies, prompting low cooperation rates and an absence of excitement for sports. Also, orientation differences persevere, with young ladies frequently getting less support and less chances to take part in Physical education programs. As wellbeing concerns, for example, increasing stoutness rates and inactive ways of life, become more common among the adolescent, the requirement for powerful actual training has never been more basic. A culture of fitness and well-being can have long-term benefits for individuals and society as a whole if these obstacles are addressed.

AIMS AND OBJECTIVES

Aims:

- **1. Promote Holistic Development**: Through a comprehensive physical education program, students can develop physically, mentally, and socially.
- **2. Enhance Participation:** Empower expanded support in proactive tasks and sports among all understudies, paying little mind to orientation or capacity.
- **3. Raise Health Awareness:** To combat rising health issues like obesity and sedentary behavior, educate students about the significance of physical fitness and healthy lifestyle choices.
- **4. Improve Infrastructure:** Advocate for the advancement of sufficient offices and assets for actual training in schools.
- **5. Train Educators:** Improve the nature of actual instruction by guaranteeing educators are thoroughly prepared and prepared to convey drawing in and successful projects.

Objectives:

- **1. Curriculum Development:** Modify and modernize the actual instruction educational program to line up with contemporary wellbeing and wellness patterns, making it important and locking in.
- **2. Gender Equity:** Take steps to ensure that girls and boys have equal opportunities for participation in sports and physical education.
- **3. Community Engagement:** Cultivate coordinated effort between schools, guardians, and neighborhood networks to help actual instruction drives and accentuate their significance.
- **4. Policy Advocacy:** Engage in advocacy for alterations to national, state, and local policy in order to prioritize and fund physical education in schools.
- **5. Monitor and Evaluate:** Lay out systems for customary appraisal and assessment of Physical education projects to guarantee viability and constant improvement

By zeroing in on these points and targets, partners can pursue a more powerful and comprehensive Physical education system in India that advances long lasting wellness and prosperity among understudies.

LITERATURE REVIEW:

The scene of Physical education in India has been molded by different socio-social, financial, and institutional variables. A literature review reveals a number of important issues that limit its reach and effectiveness.

- **1. Infrastructure and Facilities:** According to studies, many schools, particularly those in rural areas, lack the necessary physical education infrastructure. Research by Bhattacharya (2019) shows that deficient jungle gyms and athletic gear essentially ruin understudies' cooperation in proactive tasks. This foundation hole makes abberations among metropolitan and rustic instructive organizations.
- **2. Curriculum Relevance:** In India, the curriculum for physical education frequently does not satisfy the requirements and interests of contemporary students. Dhanraj's (2020) research shows that students become disengaged and less likely to participate in physical activities as a result of outdated and outdated curriculum.
- **3. Teacher Training and Qualification:** The lack of qualified instructors is a significant obstacle in physical education. Research by Sahu (2021) uncovers that numerous Physical education educators don't have formal preparation, bringing about inadequate showing techniques and an absence of inspiration among understudies. There is a squeezing need for proficient improvement projects to upgrade instructors' abilities and information.
- **4. Gender Disparities:** In physical education, gender inequality remains a significant problem. Gupta (2018) and other studies show that cultural norms and social expectations frequently prevent girls from participating in sports and other physical activities. Their opportunities for physical fitness are limited as a result of this disparity, which also has an impact on their self-esteem and confidence.
- **5. Emphasis on Academics:** The strain to perform scholastically has prompted a minimization of actual training in schools. Research by Sharma (2022) demonstrates that schools frequently focus

on scholastic subjects over sports, bringing about decreased time allotted for actual training classes. Childhood obesity and sedentary behavior are on the rise as a result of this trend.

- **6. Health Awareness:** Writing recommends an absence of mindfulness with respect to the advantages of actual wellness among understudies and guardians. A study by Verma (2023) found that students' attitudes toward physical education and fitness are influenced by the fact that many parents place a higher value on academics than on physical health.
- **7. Policy and Funding Issues:** At various levels of government, there is frequently insufficient funding and policy support for physical education, despite the fact that its significance is recognized. Rao's research (2020) emphasizes the need for improved school physical education program funding and promotion policies.

The literature highlights the numerous difficulties that physical education in India faces. A collaborative approach that incorporates policy modifications, infrastructure investment, curriculum reform, and community engagement is necessary to address these issues. India has the potential to foster a generation that is both healthier and more physically active by placing a high priority on physical education. This will, in turn, contribute to improved overall well-being as well as academic success.

RESEARCH METHODOLOGY:

A comprehensive research methodology can be used to investigate the current issues in India's physical education. This procedure ought to incorporate both subjective and quantitative ways to deal with gain a comprehensive comprehension of the difficulties confronted.

1. Research Design

A deeper comprehension of the issues will result from combining qualitative and quantitative methods. Subjective information can offer bits of knowledge into individual encounters and insights, while quantitative information can assist with estimating the predominance and effect of explicit issues.

2. Population and Sampling

Students from various regions and backgrounds, teachers of physical education, school administrators, and parents could be the study's primary stakeholders. Sampling Method: To ensure that different demographics (such as urban versus rural, gender differences, socioeconomic status, etc.) are represented, stratified random sampling can be used.

3. Data Collection Methods

To collect quantitative data on students' participation in physical education, access to facilities, and fitness attitudes, develop structured questionnaires. Use Likert scales to evaluate view of Physical education 's significance among understudies, educators, and guardians. Use semi-structured interviews with physical education teachers and school administrators to learn about the challenges and successes of putting physical education programs into practice. Participation barriers and attitudes toward physical education in the community can be better understood through focus group discussions with students and parents.

4. Data Analysis

Survey data can be analyzed with statistical software like SPSS or R. Inferential statistics (ttests, ANOVA) can assist in identifying significant differences between groups, whereas descriptive statistics (mean, median, frequency) can provide an overview. Utilize topical examination to distinguish normal subjects and examples in interview and center gathering information. Coding can assist with ordering reactions and attract experiences in regards to explicit issues actual training.

5. Ethical Considerations

Acquire informed assent from all members, guaranteeing they grasp the motivation behind the review and their right to secrecy. Ensure that participation is voluntary and that participants are free to withdraw at any time.

6. Limitations

Recognize the possibility of limitations like response bias, the difficulty of generalizing findings to a variety of contexts, and the possibility of communication barriers caused by language barriers.

This exploration strategy will give a far reaching comprehension of the recent concerns in Physical education in India. The study aims to inform policymakers, educators, and stakeholders about the critical areas requiring attention and intervention by integrating qualitative and quantitative data, ultimately enhancing physical education programs nationwide.

NEED FOR THE STUDY:

For a number of reasons, it is crucial to investigate the current challenges facing physical education in India:

- **1. Promoting Holistic Development:** Understanding the difficulties in actual training can assist with cultivating a more adjusted way to deal with understudy improvement, tending to physical, close to home, and social development close by scholastic accomplishment.
- **2.** Addressing Health Concerns: With increasing heftiness rates and stationary ways of life among youngsters and teenagers, researching these issues can illuminate procedures to advance actual work, at last further developing general wellbeing results.
- **3. Enhancing Educational Outcomes:** Physical activity has been shown to improve academic performance and cognitive function. This study has the potential to improve educational outcomes by addressing obstacles to effective physical education.
- **4. Equity and Inclusion:** Promoting inclusivity in physical education necessitates investigating gender disparities and accessibility issues. This study can assist with recognizing ways of guaranteeing that all understudies, paying little heed to orientation or financial foundation, have equivalent chances to take part in proactive tasks.
- **5. Informed Policy Making:** Policies and resource allocation for physical education programs can be guided by the findings of this study, which can offer evidence-based recommendations to policymakers and educational authorities.
- **6. Community Awareness:** The study has the potential to promote a culture that values physical fitness and well-being by educating parents, educators, and communities about the significance of physical education.
- **7. Curriculum Development:** The lessons learned can be used to improve physical education curricula by incorporating current fitness trends and activities to make them more relevant to today's students and more engaging.
- **8. Teacher Training and Development:** Physical education instruction can be improved by implementing specialized professional development programs as a result of identifying training gaps in teachers.

By tending to these basic regions, the review can assume a significant part in changing actual training in India, advancing a better, more dynamic age and upgrading the general nature of schooling.

Statement of the Problem:

In spite of the acknowledged significance of physical education for students' holistic development, significant obstacles prevent its efficient implementation in India. These issues incorporate deficient framework, an absence of prepared educators, an obsolete and superfluous educational program, and constant orientation variations in support. Additionally, the overriding focus on academic achievement frequently neglects physical education, which contributes to rising youth health issues like obesity and sedentary behavior. The multifaceted challenges that physical education

faces in various Indian educational settings are the subject of this study. The research aims to identify key barriers to participation and effectiveness as well as potential strategies for improvement by examining students', educators', and parents' perspectives. Policies and procedures that integrate physical education as an essential component of the educational experience and promote physical wellbeing require an understanding of these issues.

SCOPE AND LIMITATIONS:

Scope

- **1. Geographical Coverage**: To capture a wide range of experiences and challenges in physical education, the study will cover both urban and rural areas of India.
- **2. Target Population:** It will incorporate various partners, like understudies, actual instruction educators, school directors, and guardians, considering an extensive comprehension of the issues according to alternate points of view.
- **3.** Focus Areas: Physical education facilities and infrastructure. Relevance and engagement levels of the curriculum. Physical education instructors' qualifications and training Access and participation gaps between men and women. Implications for students' health from being physically inactive.
- **4. Research Methods:** To get a complete picture of the issues, a mixed-methods approach, which incorporates qualitative interviews, focus groups, and quantitative surveys, will be used.
- **5. Policy Implications:** The findings are intended to facilitate evidence-based recommendations for program enhancements in physical education by educating educators and policymakers about the critical areas that require attention.

Limitations

- **1. Response Bias:** Members might give socially beneficial reactions, especially with respect to their mentalities towards actual training, which could influence the legitimacy of the information gathered.
- **2. Sample Size and Diversity:** The study may encounter difficulties in obtaining a sufficient sample size and representativeness, particularly in rural areas, which may limit the findings' generalizability.
- **3. Cultural Differences:** Responses and the generalizability of the findings may be influenced by cultural attitudes toward physical education that vary from region to region.
- **4. Time Constraints:** The timeline of the study may restrict the depth of data collection and analysis, allowing some nuanced aspects of the issues to be overlooked.
- **5. Subjectivity in Qualitative Data:** While subjective experiences are important, they might be dependent upon scientist translation, which could present predisposition in information examination.
- **6. Rapid Changes in Educational Policies:** Changes in government approaches or instructive works on during the review time frame might influence the pertinence of the discoveries over the long run.

The study aims to provide a balanced view of the current issues in physical education in India by acknowledging these limitations and scope. It also aims to provide valuable insights while acknowledging the constraints that may affect the results of the research.

RECOMMENDATIONS:

The following suggestions are made in order to effectively address the difficulties that physical education faces in India:

- **1. Enhance Infrastructure:** Put resources into the turn of events and support of sports offices and gear in schools, particularly in country regions. Guarantee that schools have protected and open jungle gyms and sports regions for understudies to take part in proactive tasks.
- **2. Revise the Curriculum:** Make the physical education curriculum more current and interesting by including student-interesting modern fitness trends and activities. To help people gain a holistic understanding of physical fitness, incorporate topics related to health education and wellness.

- **3. Improve Teacher Training:** Put physical education teachers through comprehensive training programs to get them the skills and knowledge they need. To keep teachers up to date on the most recent trends in physical education, promote current professional development for teachers through workshops and certifications.
- **4. Promote Gender Equity**: Foster drives explicitly pointed toward empowering young ladies' cooperation in sports and proactive tasks, including effort projects and studios. Create an inclusive setting that encourages equal physical education opportunities for all genders.
- **5. Integrate Physical Education into Academic Policies:** Ensure that sufficient time and resources are allocated to physical activity in schools by advocating for policies that recognize the importance of physical education alongside academic subjects. Create a balanced approach that values academics as well as physical fitness by working with educational authorities.
- **6. Increase Community Engagement:** To educate parents and the community at large about the significance of sports and fitness, physical education programs should include them. Student and family participation in community sports events and activities should be encouraged.
- **7. Conduct Regular Assessments:** Set up a system to keep an eye on and evaluate physical education programs in schools to make sure they are meeting quality standards and meeting the needs of students. Utilize teacher and student feedback to continuously enhance physical education options.
- **8. Promote Health Awareness:** Send off mindfulness crusades about the advantages of actual work and solid ways of life in schools and networks. Provide resources and programs that educate students about fitness and nutrition by working with health organizations.

Stakeholders in India can work toward developing a physical education system that is both more efficient and more inclusive by putting these suggestions into action and cultivating a culture of health and fitness that is beneficial to both students and communities.

FURTHER SUGGESTIONS FOR RESEARCH:

- **1. Longitudinal Studies:** Conduct long-term studies to observe how physical education practices, participation rates, and health outcomes have changed over time. This could be useful in determining how well programs and policies are working.
- **2. Comparative Studies:** Investigate near examinations between various states or areas to recognize fruitful models of Physical education and best practices that can be adjusted in different settings.
- **3.** Focus on Inclusive Practices: Examine the ways in which programs for physical education accommodate students with special needs and disabilities. Investigating comprehensive practices can assist with creating techniques for better reconciliation, all things considered.
- **4. Impact of Technology:** Examine the ways in which online coaching, virtual sports, fitness apps, and other forms of technology are enhancing physical education. Future curriculum may be informed by an understanding of how technology can engage students.
- **5. Parental and Community Perspectives**: Lead research zeroing in on guardians' and local area individuals' perspectives on Physical education . Their experiences can give significant data on hindrances to cooperation and potential help systems.
- **6. Cultural Influences:** Investigate the cultural factors that influence physical education participation, particularly in various parts of India. Understanding these impacts can assist with fitting projects to all the more likely address local area issues.
- **7. Policy Analysis:** Examine existing arrangements connected with actual training at nearby, state, and public levels to distinguish holes and regions for development. This could include looking at what arrangements are carried out and their mean for on schools.
- **8. Health Outcomes Research:** Research the connection between Physical education and understudy wellbeing results, including actual wellness levels, psychological well-being, and scholastic execution. This could feature the more extensive advantages of actual instruction.
- **9. Teacher Perspectives:** Learn about the experiences and difficulties that physical education teachers face. Professional development and support initiatives can benefit from an understanding of their perspectives.

10. Student Engagement Strategies: Focus on both curricular and extracurricular activities as you research effective methods for increasing student participation and engagement in physical education.

Scholars can contribute to a deeper comprehension of the complexities surrounding physical education in India by carrying out these additional research suggestions. This will ultimately result in interventions that are more successful and advancements in the field.

SUGGESTIONS

1. Strengthen Policy Framework:

Ensure that physical education receives adequate funding and resources by advocating for clear national and state policies that make physical education a fundamental part of the school curriculum.

2. Enhance Infrastructure:

Invest in school sports facilities like playgrounds, gyms, and equipment, especially in underserved areas, to develop and improve them.

3. Revise the Curriculum:

Make physical education more appealing to students and more relevant by updating the curriculum to include a variety of sports, fitness activities, and wellness education.

4. Focus on Professional Development:

Carry out ordinary preparation programs for Physical education educators to furnish them with contemporary showing techniques and information different games and wellness patterns.

5. Promote Gender Inclusivity:

Organize events like "girls' sports days," "scholarships," and "mentorship programs" that feature successful female athletes to promote female sports participation.

6. Increase Community Engagement:

Create community-based physical education programs that encourage greater participation by fostering partnerships between schools and local sports organizations or clubs.

7. Utilize Technology:

Coordinate innovation into actual instruction, for example, wellness following applications and web based preparing assets, to draw in understudies and improve their opportunities for growth.

8. Conduct Awareness Campaigns:

Launch campaigns that emphasize the role of physical education in educating students, parents, and communities about the significance of physical fitness and the advantages of active lifestyles.

9. Encourage Extracurricular Activities:

Support the foundation of after-school sports projects and clubs to give extra open doors to understudies to participate in proactive tasks outside the customary educational program.

10. Monitor and Evaluate:

Establish mechanisms for the regular evaluation of physical education programs, utilizing student and teacher feedback to continuously enhance and modify offerings.

By executing these ideas, partners can work cooperatively to resolve the recent concerns in actual training in India, cultivating a better, more dynamic age of understudies.

Hypotheses:

1. Infrastructure Hypothesis:

H1: Schools with better framework and offices for actual training have higher understudy cooperation rates in proactive tasks contrasted with schools with lacking assets.

2. Curriculum Relevance Hypothesis:

H2: Student interest in and participation in physical activities are positively correlated with a curriculum for physical education that is more modern and engaging.

3. Teacher Training Hypothesis:

H3: Promoting student participation and engagement in physical education programs is more effective for teachers of physical education who have undergone professional development and training.

4. Gender Participation Hypothesis:

H4: Male students participate in physical education at a higher rate than female students, indicating significant gender disparities.

5. Health Awareness Hypothesis:

H5: Expanded consciousness of wellbeing and wellness benefits among understudies prompts more significant levels of support in actual training and sports exercises.

6. Academic Pressure Hypothesis:

H6: Higher scholastic tension adversely influences understudies' cooperation in Physical education classes, bringing about lower active work levels.

7. Community Support Hypothesis:

H7: Schools serious areas of strength for with help and contribution in actual training programs see expanded understudy commitment and cooperation.

8. Technology Integration Hypothesis:

H8: Student motivation and participation in physical activities are boosted when technology is incorporated into physical education, such as fitness apps and online coaching.

These hypotheses can be used as a guide for research into the various facets of physical education in India, providing insights that can help improve policies and practice.

RESULTS:

The following hypothetical outcomes could be anticipated based on the existing literature and trends, although specific empirical results would depend on the implementation of a particular study:

1. Infrastructure Findings: Schools with satisfactory games offices showed a 30% higher cooperation rate in actual training exercises contrasted with those coming up short on essential foundation.

2. Curriculum Engagement: 75% of students said they would prefer a revised curriculum that included more sports and fitness activities, indicating that relevance of the curriculum has a significant impact on engagement.

3. Teacher Training Impact: Schools with prepared actual training teachers revealed 40% higher fulfillment levels among understudies in regards to the nature of Physical education contrasted with schools with undeveloped staff.

4. Gender Disparities: According to the data, only 35% of female students regularly participated in sports, whereas 60% of male students did so on a regular basis. This demonstrates the significant gender disparities in participation.

5. Health Awareness Correlation: There is a strong correlation between health awareness and participation rates, as students who received education on health and fitness reported being 50% more likely to participate in physical education classes.

6. Academic Pressure Effects: 70% of students said that academic pressure prevented them from taking part in physical education, and many of them said that they felt like they had to put their studies ahead of physical activity.

7. Community Support Influence: Participation rates in sports programs increased by 25% in schools with active community involvement, indicating that community support is crucial to encouraging student engagement.

8. Technology Utilization Outcomes: Students' motivation to participate in physical activities outside of school increased by 35% when they used fitness apps and online resources for physical education.

These hypothetical outcomes highlight the numerous difficulties that physical education in India faces, highlighting the significance of teacher education, infrastructure, curriculum, and community involvement in fostering student participation and overall health.

DISCUSSION:

There are a lot of obstacles in the way of physical education in India that make it hard for students to participate and have a negative effect on their health as a whole. The key issues identified by research are compiled and their ramifications are examined in this discussion.

- **1. Infrastructure Deficiencies:** Many schools, especially in rustic regions, need satisfactory offices and gear for actual training. This shortage restricts the scope of exercises accessible as well as puts understudy cooperation down. To create environments where students feel safe and motivated to participate in physical activities, investments in infrastructure are essential.
- **2. Curriculum Relevance:** The current Physical education educational plan frequently neglects to resound with understudies' inclinations. Disengagement can result from old content that does not reflect current fitness trends. Students' interest and participation can be increased and a lifelong appreciation for physical fitness can be developed by reforming the curriculum to include a variety of sports and fitness activities.
- **3. Teacher Training and Support:** A deficiency of prepared actual training instructors influences the nature of guidance. Students with low participation rates may struggle to be effectively engaged by teachers who lack the necessary training. Ceaseless expert advancement is fundamental to outfit instructors with the abilities and information expected to rouse understudies.'
- **4. Gender Disparities:** In physical education, gender inequalities persist, with girls frequently confronting societal barriers to participation. Female students' physical health and self-esteem may be negatively impacted by these disparities, which may limit their opportunities. To close these gaps, specific efforts to increase female participation, such as mentorship programs and sports events for women only, are required.
- **5. Academic Pressure:** Physical education is frequently overlooked when academic performance takes center stage. As a result of rising rates of obesity and sedentary behavior, many students report feeling pressured to put their studies ahead of physical activity. Schools need to find some kind of harmony among scholastics and actual wellness, underlining the significance of both for comprehensive turn of events.
- **6. Community and Parental Involvement:** Physical education initiatives that involve parents and communities can boost program support and encourage student participation. Promoting local sports events and fostering a culture that values physical activity are all benefits of community partnerships.
- **7. Health Awareness:** Parents and students aren't aware of the many advantages of physical education and exercise. Instructive missions featuring the significance of actual work for wellbeing and scholastic achievement can assist with changing discernments and persuade more prominent cooperation.
- **8. Technology Integration:** Utilizing online resources and fitness tracking apps, for example, presents a chance to better engage students in physical education. Students are encouraged to take responsibility for their fitness journeys by incorporating technology, which can boost motivation and provide individualized feedback.

Resolving the recent concerns in actual training in India requires a complex methodology including strategy change, framework speculation, educational program improvement, and local area commitment. Stakeholders can collaborate to create an environment that encourages all students to live active, healthy lives by acknowledging the significance of physical education as an essential part of student development. Individual health outcomes will improve as a result of this collective effort, as will society's overall well-being.

Resolving the recent concerns in actual training in India requires a multi-layered approach including strategy change, framework speculation, educational plan improvement, and local area commitment. Stakeholders can collaborate to create an environment that encourages all students to live active, healthy lives by acknowledging the significance of physical education as an essential part of student development. Individual health outcomes will improve as a result of this collective effort, as will society's overall well-being.

CONCLUSION:

The current scene of Physical education in India is portrayed by a mind boggling transaction of difficulties that essentially influence understudy commitment and wellbeing results. The need for comprehensive reform is highlighted by key issues like outdated curriculum, inadequate teacher training, inadequate infrastructure, and gender disparities. Additionally, students' declining levels of physical activity are exacerbated by the pressure to perform well in school, which often obscures the significance of physical education. For the purpose of fostering a culture of health and fitness, it is essential to address these obstacles. Enhancing the quality of physical education requires making investments in infrastructure, updating the curriculum, and providing educators with specific training. Additionally, encouraging community involvement and gender equity can contribute to the creation of a welcoming environment in which all students can participate in physical activities.

Students may be even more motivated to participate actively if physical education programs incorporate technology and raise student awareness of the advantages of exercise. Stakeholders have the potential to significantly enhance the physical and mental well-being of students by placing physical education at the forefront as an essential component of holistic education. All in all, a deliberate exertion including policymakers, teachers, guardians, and networks is important to change actual training in India. This change isn't just essential for individual wellbeing and improvement yet in addition for building a better, more dynamic culture by and large.

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