

Role of Physical Education and Sports for Healthy Nation**Dr. Bhupender Singh Thakur **Dr. Benu Gupta***Associate Professor, GCS HPU Shimla**Associate Professor KMC University of Delhi*

Abstract: Over the years with new life style having a healthy nation has become a challenge in developing countries. So as the role of physical education and sports has become more important and challenging. The authors critique the negligence of healthy life style by encouraging luxury mechanical life and underrepresentation of physical education and sports in day to day life and in educational curriculum. Absence of physical activity and sports is resulting citizens running to hospitals for health. In this fast faster fastest world physical education and sports is the one most effective tool to bring back the lost the values of the society and make the healthy nation. This paper further contends that Physical Education and Sports can serve as a tool for the women to contribute towards the society in making the nation fit. How it can happen sustainably? Once a woman gets involved in physical education and sports she can sustain her body healthy and simultaneously her mind. A woman can help three generations all together to contribute and sustain healthy nation.

Keywords: Physical Education and Sports, Healthy Nation

In today's world there is no question in importance of Physical Education and Sports in day today life of every individual. The country who spend on physical education and sports need not to invest more for the health department. There is a proverb 'Healthy body keeps healthy mind' but in addition to that healthy mind propagate the healthy environment in the society. How the health comes and why we need to think for health before the individual revolution. The concept of health was limited to dreadful disease like STD, Cancer, and Malaria etc. Health is a state of body, mind and spirit; by health a layman understands a strong body which does not suffer from any diseases. Also the invasion of epidemic disease of the society with the change of climate and natural calamities makes the people worried about their health and survival. As such there is no agreed statement of health though Aristotle health implies "a sound mind in a sound body". It is commonly said that health is poor man's wealth and rich man's blessings. But now a day's every second individual run to the hospital or clinic to attain health in future. Why is it so?

This is because of change in life style occurred in the society and the people are more reluctant and acclimatized with the luxury and unwanted facilities. The abundance of the vehicle and transport system made the people lethargic and restricted their walking to park gardens and stadiums. In ancient time for even 13th Century people use to walk at least four to five miles a day for their routine work including male and female, old and child, etc. The life was not as simple as seems today.

People hardly get the time for specific entertainment and were cordial for each other in the society. They were ready to take up task of others not for any greed or favor but felt happy to serve the community and society. These all acts made them happy internally as well as externally. This makes the fulfillment of motto for healthy mind and healthy body and is the main reason for the people not to bother for the health categorically.

The developed countries in the world have planned to encourage the fitness among people so as to achieve the health in the society. They use to spend a huge amount on physical education and sports activity to motivate the people to be associated and take part in sporting activities. Now days the leisure and recreational activities have a bigger platform where people from all age groups have the opportunity to participate without any fear of incompetency and extreme level of fitness. This makes them active and healthy. In India the government also took the initiative to propagate concept of health through physical education and sports. Government made physical education and sports compulsory in the school education and also give weightage to the same by encouraging the grade of physical education and sports in the marks sheet of the student from long time back.

The fastest way to inculcate the notion of fit nation through physical education and sports is men 'ME' 'Me' means an individual and a woman. A woman considered to be a weaker section of society in Indian culture so as she needs to be empowered and educated through different medium. Government also took initiative and launched different schemes for the women to make them stronger and empower to become independent in term of self respect and finance. Does it serve enough? Empowering women means empowering her with-in and capacity building of a woman. An empowered woman means empowered generations.

Physical Education and Sports can serve as a tool for the women to contribute towards the society in making the nation fit. How it happens? Once a woman gets involved in physical education and sports she can sustain her body healthy and simultaneously her mind. The most

importantly the human is conceived in the womb of a woman if the womb is fit and healthy the inception and evolution of life in it will be healthy and fit. Further she takes the decision to make the family environment pro sporting activity and also could provide opportunity to the members of the family to indulge in sporting activities. This could not only make her fit but also to the other family members along with the proper diet and nutrition and self discipline with be hygiene helps them to be healthy and consequences to the society and nation. Physical Education and Sports promotes social harmony and discipline and contributes in nation building in this competitive era. It not only develops personality of an individual but also promotes peace and mutual understanding.

The innovative physical education and sports activities are the need of the era and next gen wants change and change frequently. The touch screen and friction of second fast civilization people does not want the old specific activities. Since some specific activities could not make the strong output a new sports model Family Olympics can be a very popular way as bringing family together for healthy family.

In this fast faster fastest world physical education and sports is the one most effective tool to bring back the lost the values of the society and make the healthy nation. The need is to focus and innovate and give liberal hand to physical educationists and sports people to serve in the right direction. As quoted by World Health Organization (WHO) "Health is state of complete physical, mental and social well-being and not merely an absence of disease or informality" It's time to revive, revisit, innovate and give much more importance to the role of physical education and sports to achieve healthy nation.

References:

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