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CHAPTER II

STATUS OF PHYSICAL EDUCATION IN INDIA

2.1 INTRODUCTION

Physical Education as a part of human education, has always existed in the human society in one form or the other. Since, time immemorial, even before the dawn of civilization and culture, physical exercise has been a very important aspect of human existence.

2.2 THE VEDIC AGE

The ancient sages had not only explored the 'inner' but also they had proved that the human body was important as the soul. The text of Ayurveda was written in India much before Hippocrates and Galen who had expounded the medical theory of physical exercise. The ancient Hindu heroes knew the art of wielding weapons which could be used by even mental powers. There is ample mythological evidence to prove that the Hindu Heroes were far ahead in physical as well as mental powers than the Greek or the Roman warriors. The world owes its gratitude to India for giving to them, the yogic system – which at the elementary level, begins with the principles of personal hygiene and
The world history of physical education is yet to produce an archer like Arjuna, the wrestler like Bhima, the battle axe wielder like Ravana and Parshu Rama, the disc-thrower like Krishna, the mace-fighter like Duryodhana etc. Education in the epic age was an admixture of athleticism, intellectualism and spiritualism. There were no separate teachers of physical education but the knowledge in arms and armaments was imparted by the same teacher who taught philosophy, scriptures etc. Dancing has always been considered as a wholesome physical activity in India since the ancient days. Wrestling occupied place of pride and prominence in the structure of recreational activities during the Mahabharata period.

2.4 THE HISTORICAL AGE

Both the Buddhism and Jainism were found on the principle of non-violence. The active and vigorous life was forgotten. Hunting was prohibited. The monks detested physical activity and military preparedness.

However, during Chandragupta Maurya's period, Megasthenes, who visited India, referred to a very elaborate system of physical and weapon training for the army and for sport purposes. Wrestling, running, jumping, javelin throwing, horse-racing, archery etc., were very common in those days. Chess was an extremely popular recreational activity not only amongst princess but also among masses.
Nalanda was a great seat of learning and along with religious and philosophical discourses, physical education was taught to the students for keeping good health. During the Rajput period, a wonderful system of physical-cum military training was followed and horse riding, javelin throwing, archery, wrestling, hunting etc., were very popular physical activities. Girls were taught how to ride a horse without saddle.

2.5 MUGHAL PERIOD

During the Muslim period physical training was taken care by wrestling schools. Hunting was very popular and wrestling, boxing, swimming and chess were commonly practiced.

2.6. BRITISH PERIOD

During the British period, no attention was paid to the inclusion of physical education in the school education programme. For the first time, it was the Indian Education Commission in 1882, that recommended physical training be promoted in the interest of youth. This spurred the interest in the school children to have physical activities as something enjoyable. Private organisations for physical education like Vyayam Shalas, Akhadas and Keena Mandal contributed to the development of physical activities like yoga exercises, various folk dances, dance, wrestling, kho-kho etc.
Some of the princely states took keen interest in the promotion of indigenous as well as British games like Hockey, Cricket, Horse-polo etc. Hyderabad, Jodhpur, Baroda, Jaipur etc., to mention a few states which were very active in this sphere. The credit must go to the State of Patiala for firmly entrenching in India, the Olympic movement.

Those who were good in sporting activities, practised sports in their free time and were given some encouragement from the school authorities. During school hours, some military drill and physical exercises were taught by some ex-army personnel.

2.7 PHYSICAL EDUCATION COLLEGES IN INDIA

The outstanding development and organised scientific physical education came to India in 1920, when Mr.H.C.Buck founded the Y.M.C.A College of physical education at Madras. The teacher’s training course at this college comprised one academic year and included both theory and practical classes.

In 1931, the Government College of physical education, Hyderabad, and in 1932, Christian College of physical education, Lucknow were established.
2.8 INDEPENDENT INDIA

Under the constitution of India, sports is a state subject. The performance in sports and games in International Tournaments and meets is directly linked with the prestige of the country and hence the Government of India is stressing more importance through adoption of Government policy, implementation of New Educational policy, the sports Authority of India, apart from the strenuous efforts by the states, to improve the standard of physical education. Government of India has been doing their best to promote sports and games. Similarly University Grants Commission and other organisations have also been taking a lot of effort to improve our standards.

After 1947, number of institutions for training teachers of physical education have been come up and new schemes have been put into operation to boost up the standard of sports. In 1948 London Olympic Games, India participated.

Ministry of Education and Government of India set up Central Advisory Board of Physical Education and Recreation in 1950 and All India Council of Sports in 1954 with the express purpose of suggesting the ways and means to improve the standard of physical education and sports in the country. The Netaji National Institute of Sports, Patiala, in 1961 was set up for the development of sports. The credit for laying the foundation stone of Asian
Games goes to India. The First Asian Games were held in India at New Delhi in 1951 and India secured the overall second position. In 1959, Government of India appointed a co-ordination committee under the chairmanship of Dr. Hiradya Nath Kunzuru to examine the various schemes of physical education and in 1963 the committee recommended that there should be an integral programme of physical education at the school level and National Fitness Corps programme was made compulsory for all the students at the age group 9-16. The colleges of physical education were asked to conduct orientation courses and at the college level N.C.C was expanded. State sports councils and All India Council of Sports were setup in November 1974 to evolve and device some common programmes in the field of physical education and sports, and certain guide lines to be followed were issued in 1975.

Though India has not won many laurels in track and field events at Olympic level, there are a few mentionable in 1960 Rome Olympics Milka Singh, the flying Sikh got the first credit to our Nation by winning fourth place in 400 meters flat.

Sri Ram Singh, who won the eight place at Montreal Olympics got the next credit.
Then after a lapse of several years, R. Gnanasekaran, decorated the Asian record by winning gold and silver medals in 250 meters and 100 meters respectively. He was the undefeated sprint king of India from 1974 to 1979.

Our late Prime Minister Mrs. Indira Gandhi was of the opinion that "sports and games are important nationally and internationally, and they are necessary to promote physical fitness." She said that the physical fitness of every citizen in the country is of prime importance. Therefore proper recognition was given to physical education during her period of administration.

Now a day, each and every country in the world is giving attention for winning by their supremacy in various physical education activities.

One should not deny the fact that India with vast population is improving the standard of physical education activities with the efforts of the Government and voluntary organisations are extending their helping hand at all possible ways.
2.9 WOMEN IN SPORTS

Earlier women were not encouraged to participate in sports and even at present inspite of a lot of encouragement from various agencies participants are still inadequate. The field of women sport is still to be explored. It is a lamentable fact that the Indian women are no-where in the picture in the list of successful sports women in world sports competition. Only in the recent past, Indian society has paid attention to women's sports and games.

We do not have research criteria to know which sorts of socio-psychological characteristic are in fact functional to sports success on the part of women students at collegiate level.

Our women are awakened and are doing their best after the 1982 Asian Games held at New Delhi. Tamil Nadu got II place in the All India Physical fitness competitions for women, in 1982. It is clear as crystal that women have come a long way in every aspect of competitive sports. ‘Spirit Rani’ Mrs.P.T.Usha got the first credit in 1984 Los Angles (USA) Olympics, who was the first women in India to enter the finals of Olympic track events. She had secured the IV place in the 400 metres hurdles. 1984 was an unforgettable year in the history of Indian Women Athletics.
Provision in Physical Education for Females in Educational Institutions

Now Physical Education has acquired a new meaning in both schools and colleges and has rightly identified itself with total general education. The sports and games activities improve the social behaviour and the personalities of the students. Sports and games give more satisfaction to the students, give opportunity to exhibit their talents and have become part and parcel of one's day to day life.

Cozens and Stumpt believe that, "sports and games provide a touchstone for understanding how people live, work and think and many also serve as a parameter of a nation's progress in civilization".

At the school level, the girls are grouped as sub juniors, juniors, seniors and super seniors. Sports and games competitions are conducted at the inter school, inter district, state and national levels.

All the colleges situated in Tamil Nadu which are coming under various universities namely Madras University, Periyar University etc., are organising inter collegiate sports and games competitions. Apart from these sports and games competitions, for physical education college students, various colleges...
of physical education are conducting inter physical education collegiate competitions. In the same way Inter Polytechnic Competitions, Inter Medical College Competitions etc., are conducted to polytechnic and medical students respectively. The top most ranked players represent the University, State and Nation.

For the people who are working in different sectors like Railways, banks, Transport Corporations, Police departments, Postal and telegraph departments etc., sports and games competitions are conducted respectively.

State level championship competitions are held by all games and sports Associations of the State. Awards and prizes are given to all the winners.

2.11 JOB OPPORTUNITIES FOR THE BEST PLAYERS

Society wants people with social pioussness, social consciousness, good leadership and fellowship, good citizenship, good sportsmanship, people with co-operative and competitive zeal and social acquaintances.

Top rank players at State, Nation and Asian levels are given preference in the job opportunities in Public sectors like postal and Telegraph departments, Banks, Railways, Life Insurance Corporation of India and Transport Corporations etc., and nowadays, even in Private sectors.
In India, the highest award for sportsman is Arjuna award. Our Government and other organisations offer rewards and awards for sports persons. Government of India decided to give cash awards to outstanding sportsmen and sportswomen.

In case of Olympic games, or world championship in any of the discipline included in the Olympic the awards will be:

- Gold Medal winner - Rs.5 lakhs
- Silver Medal - Rs.3 lakhs and
- Bronze medal - Rs.2 lakhs

The Government has decided to give awards ranging from Rs.50,000 to Rs.5,00,000 to outstanding sports person winning medals in Asian common wealth Olympic or other international events.

2.12 PHYSICAL EDUCATION INSTITUTIONS IN TAMIL NADU
DEPARTMENT OF PHYSICAL EDUCATION

In Tamil Nadu to promote physical education, there are many Departments of physical education in Universities and many colleges affiliated to Universities. They are:
1. Y.M.C.A College of physical education, Madras (Autonomous – Co-education)

2. College of physical education, (Co-education) Annamalai University, Annamalai Nagar, Chidambaram.

3. Maruthi College of physical education for Men - Periyanaickenpalayam, Coimbatore, Bharathiyar University.

4. Sri Sarada College of physical education for Women – Salem - Periyar University.

5. College of physical education, (Co-education) Alagappa University, Karaikudi.

6. Dr. Sivandhi Adithan College of physical education, Co-education – Self financing) – Thiruchendur.

These Colleges of physical education offer the following regular courses.

1. Bachelor of physical education and sports – 3 year course [B.P.E.S]

2. Master of physical education and sports 2 years course [M.P.E.S]

3. Bachelor of physical education – 1 year course [B.P.Ed]

4. Master of physical education – 1 year course [M.P.Ed.]

5. Master of Philosophy – 1 year course [M.Phil.]

6. Doctor of Philosophy in Physical Education – 3 year course [Ph.D.]
College of Physical Education, Alagappa University, Karaikudi, College of physical education, Annamalai University, Chidambaram, Maruthi College of physical education, Periyanaiickenpalayam, Coimbatore and YMCA College of physical education, Madras offer summer courses in B.P.Ed., M.P.Ed., M.Phil., and part time Ph.D.

Sri Avinashilingam Institute for Home Science and Higher Education for Women – Coimbatore and Government Raja’s College, Pudukottai offer B.Sc., in physical education.


Sports Authority of India (SAI) had formulated a scheme for spotting a nurturing of “sports talent in young children in the age group of 8 to 20 years. This scheme is commonly known as National Sports Talent Contest (NSTC) and it is in operation from the year 1985.

SAI has decided to adopt 100 schools during the years 1984 to 1989 to provide additional sports infra structure and facilities with a grant of
Rs. 5,00,000 lakhs and a financial assistance of Rs. 50,000 per annum towards maintenance

The Government of Tamil Nadu recommended three SA1 schools in the state they are

1. Madras Christian College Higher Secondary School, Madras
2. St. Joseph's Higher Secondary School, Cuddalore
3. Sri Sarada Vidyalaya Higher Secondary School for girls, Salem

To catch the young boys and girls in sports and games at rural areas, Rural sports and games centers are opened in each District in Tamil Nadu

2.13 CONCLUSION

This chapter has dealt with the status of physical education in India, physical education colleges in India, women in sports, job opportunities for the best players, and physical education institutions in Tamil Nadu. Review of Related Literature is dealt in the third chapter.
CHAPTER III

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