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Good governance in games and sports: Principle and practice

Dr. Sunil Kumar

Abstract

Education means not for hiring or generating job; it's just for upbringing better life and for better future but without healthy life it's cannot be achieved. Only distinct quality of hobbies is required for every creature of this earth like sports or games which make their life longer, cheerful, wealthy and high morality for discipline to provide assistance in sustainable development. In the words of Herophilus "When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." So the environment of sports and games in School-College, institution, university, and also in villages, towns, district, state leads to change the scenario and built the culture of high productivity with high morality.

Keywords: Introduction, methodology, Selection procedures and diet tips, physical fitness of sports person's, survey report, model of good governance of games and sports, conclusion and suggestions.

Introduction

"Good governance is revealed a path for rebuilt and restructure of public governance , education , institution for better future, only physical, mental and emotional development can built better environment to grow healthy-wealthy life and as well as for development of Nation". Only Youth represent the most energetic and exciting fragment of the population. India is one of the youngest nations in the World, with about 65% of the population being under 35 years of age. The youth in the age group of 15-29 years comprise 27.5% of the population. India is expected to become the 4th largest economy by 2025, only after the United States, China and Japan, contributing about 5.5%-6% to the world GDP. While most of these developed countries face the risk of an ageing workforce, India is expected to have a very satisfactory demographic profile. The Government of India currently invests more than Rs 90,000 crores per annum on youth development programmes, i.e., approximately Rs 2,710 per young individual per year. In addition, the State Governments and a number of other stakeholders are also working to support youth development and to enable productive youth participation. However, there is need for a more concentrated and coordinated effort to empower the youth to achieve their full potential. The National Youth Programmes-2014 proposes a holistic 'vision' for the youth of India, which is "To empower youth of the country to achieve their full potential, and through them enable India to find its rightful place in the community of nations."

Methodology

Both secondary and primary research was undertaken to generate required information.

Secondary Research

Secondary research information was collected on infrastructure, training, availability of finance, problems associated with sports persons specifically at block and district level. The secondary information was required for planning the primary research and preparation of research tools. The other sources that we had consulted were the already existing reports related to the impact assessment and documentation of sports services / Programme.

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Primary Research

The study sought to examine the above aspects by research/investigation in the field of play ground with conducting games and sports. The observations were conducted in a natural setting to supplement the information provided by the beneficiaries (participants) / officials & college representative / opinion leaders / teachers including school/college/institution. Case studies were also conducted to reflect unique cases and highlights important issues of concern and success story. The case study provided better insight and help in assessing the impact of the Programme and highlight process of the Programme.

Objective of Issues

India and many developing country having power of youth generation but still they don't have better team of football, basketball, bally ball and many indoors and outdoors games and sports. Issues of games and sports is not taking as the consideration for only physical development but it's also built scenario of sustainable development of nation. If anyone can bear free of diseases and having better physically feet by his/her own effort than they leave not only better life but they also instate several economic institutional growth and ultimately leads generate of national income. If we provide better policies from the begging than the children, students will be surviving with their own hobby and they must be strong enough to leave happily and energetic life. And the country or nation can get better players for their own country to take participation in games and sports held in the world platform and they keeps rotation of economic conditions as well as prestige's of their nation.

Hypothetical approaches

The relationship between socio-economic development and progress of health is extremely important. In fact an economy has a health component which has an important bearing on the overall economic development. Health not only affects socio-economic complex but is also affected by it. The condition of environment manipulated with pollution of many hazardous and harmful gasses, and contaminated of water and food going from bad to worse day by day which destroying our immunity system, Hence we are losing strong genes ordering and caused with deadly diseases to die or loss real income, and if real income losses than he/she/ may suffer not only he/she whole family can suffer, if family suffer than nation will suffer because they could give their full efforts for economic growth by any means. So for making high immunities there should be better; good governance model for every things from the beginning or from the first step of childish. Make them like ways that they cannot feel better without to their hobby of anything but if they survive with games and sport it leads them better physical, mental and emotional development take place. And they go for better efforts for their surroundings and try every introspection as well as behavioral aspects for better tomorrow. Aptly there is a common saying that "**HEALTHY PEOPLE MAKE A HAPPY NATION.**"

Meaning and concept of health

Health is not only freedom from sickness and disease but also freedom from anxiety and social and psychological tension. According to world Health organization (WHO) 1948, health is defined as "a state of complete physical, mental and social well-being and not merely the absence of a disease or infirmity." Now the condition arises about the physical provisions and

that should obtain by through by physical education like games and sports.

Definition of Sports

Simon Jenkins defines sport, 'A subset of leisure and work activities that involves both physical activity and competition'.

Physical Education

Physical Education is rightly recognized as an integral part of formal education. The existence of man is primarily physical. The word 'physical' refers to body, and indicates bodily characteristics such as strength, speed, endurance, flexibility, health coordination and performance. It seemingly contrasts the body with the mind. The term education when used in conjunction with physical, refers to a process of education that develops the human body especially fitness and movement skills.

Physical education is the process by which changes in the individual are brought about through his movement experience, and it is the sum of those experiences which came to the individual through movements. Physical education is the sum of man's physical activates selected as to kind and conducted as to outcomes.

Definitions of Physical Education

According to *Charles A. Bucher* "Physical education, an integral part of total education process, is a field of endeavor that has as its aim the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome."

According to Webster's Dictionary "Physical education is a part of education which gives instructions in the development and care of the body ranging from simple callisthenic exercises to a course of study providing training in hygiene, gymnastics and the performance and management of athletics games."

Budget 2013-15, and Sports

A National Institute of Coaching Education will be established with the aim of producing quality coaches of international standards for which Rs 250 crore have been allotted in the 2013-14 budget for the Ministry of Youth Affairs and Sports. To establish the national coaching centre, the National Institute of Sport in Patiala will be de-merged from the Sports Authority of India. In all the finance ministry has allocated Rs. 1,219 crore to the Ministry of Youth Affairs and Sports for the new fiscal year, an increase of Rs 214 crore. For 2012-13, the sports ministry was allotted Rs 1,152 crore, which was later revised to approximately Rs 1005.60 crore. Out of the total outlay, Rs 792.72 crore has been kept aside for sports and games while the youth affairs department will receive Rs 301 crore. The Sports Authority of India (SAI) will receive Rs 326 crore out of the total amount sanctioned, while Rs160 crore will be given to the National Sports Federations. Last year, the sports federations received Rs110 crore. Reactions on Budget on SPORTS & Youth Affairs 2014-15 Main Announcements was the Plan and Non-Plan outlay budget allocations to the Ministry of Youth Affairs and Sports are INR 1643.00 crore and INR 126 Crore respectively which saw a rise of INR 561 crore a 46.5% hike.

Selection procedures and diet tips physical fitness of sports persons

1. A hundred meter of race for checking strength and breathing hurdles as well as blood pressure;
2. Medical test report of liver functioning test (LFT), if hemoglobin is low diet tips suggested;

3. Smokers, alcoholics, chewing tobacco are prohibited for participation;
4. The habitats like sexual abusing, undisciplined, unmannered, continues talking or internet surfing with mobile, are not allowed and they are strictly banned to participate in games and sports;
5. Those who break the rules of game they will be throughout from all formats of the game.

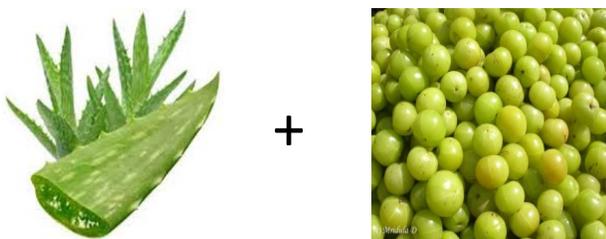
Diet tips

All the participation in games and sports were suggested to change their lifestyle by leaving with some physical exercise and proper balance diet. Which are listed as below:-

- 1 Games and sports person are suggested to make their hemoglobin balance and free from internal diseases by Intec of germinated wheat juice with mixed of three black pepper (piper Nigrum/piperaceae) it's also benefits for incurable diseases;



- 2 In early morning before getting fresh and brushing in place of tea and coffee suggested to take 20ml. of aloe vera juice, the useful parts of aloe are the gel and latex. The gel is obtained from the cells in the center of the leaf; and the latex is obtained from the cells just beneath the leaf skin and mixed with 20ml. gooseberry (amla) juice with a glass of water. If it's used in raw, it's had lots benefits. Precaution not to intake in night hours.



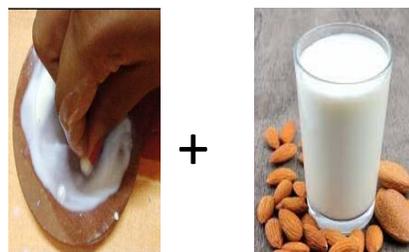
Both these are the nature gifts and it is the blessing of God that we have found such types of medicinal plant and fruits which is benefits for several dieses it's the God medicine for poor's.

- 3 After half an hour of taking above juice take Tinospora cordifolia (Giloi) juce with having two methods: (i) leaf stems with making pest with water than filter it take one cup daily. (ii) take one liter of water 25 leaves/ stems/ root and boiled it upto ¼ cup of water remain just than fry it with hot red iron pouring it, now take empty stomach twice or thrice in a day, one to three days you will free from simple dieses and for incurable dieses take daily. It is a shrub that is native to India. Its root stems, and leaves are used as medicine. Tinospora cordifolia is used for diabetes, high cholesterol, allergic rhinitis (hay fever), upset stomach, gout, lymphoma and other cancers, rheumatoid arthritis (RA), hepatitis, peptic ulcer disease

(PUD), fever, gonorrhoea, syphilis, and to boost the immune system;



- 4 After exercise of one hour take almond mixed milk one glass daily. Just take three to four piece of almond, rub with stone and mixed in milk and then consume daily by which the health benefits of almonds are extensive, and they are frequently used as a healthy solution for relief from constipation, respiratory disorders, coughs, heart disorders, anemia, impotency, and diabetes and called as brain tonic.



- 5 Any time take a teaspoons rub of Turmeric raw or powder mixed with milk which gives you relief from internal pain it is use for arthritis, heartburn (dyspepsia), stomach pain , diarrhea, intestinal gas, stomach bloating, jaundice, loss of appetite, liver problem and gallbladder disorders. It is also used for bronchitis, colds, lung infections, leprosy, fever and cancers.



Some people apply turmeric to the skin for pain, ringworm, bruising, leech bites, eye infections, inflammatory skin conditions, soreness inside of the mouth, and infected wounds.

- 6 Used neem leaf /seeds oil in several teeth disorders or wounds also it's protect from worms and bacteria by brushing our tooth with neem sticks (datoon) its keeps our gums and teeth more healthier and stronger. (Neem) scientific name of Azadirachta indica Some of the most important health benefits of neem include its ability to treat dandruff, soothe irritation, protect the skin, boost the immune system, reduce inflammation, speed wound healing, treat gastric conditions, slow the aging process, increase the health of the hair and scalp, maintain sexual

organ health, treat various forms of cancer, and manage/treat diabetes. it is also known as Goddess tree.



NEEM TREE AND SEEDS

- 7 Every day while taking plain water instead of sweet better to used GUR (jaggery) chewing with teeth sugar cane which includes its ability to cleanse your teeth, body, act as a digestive agent, sweeten your food in a healthy manner, and provide good amounts of minerals. It is helpful those persons suffering from constipation, blood pressure. It is rich in several important vitamins and minerals like potassium, magnesium, iron, zinc, selenium, calcium and phosphorus and antioxidants.



- 8 Take daily half/ full bath with hot water at night time which keeps you body skin healthier and charms and also good sound sleep, relax from pain and burden.
- 9 Last but not least morning and evening walk in fresh environment and air (unpolluted) is quite beneficial is an old saying in Hindi “subah saam ka hawa lakh rupaye ka dava ek brabar hai.”

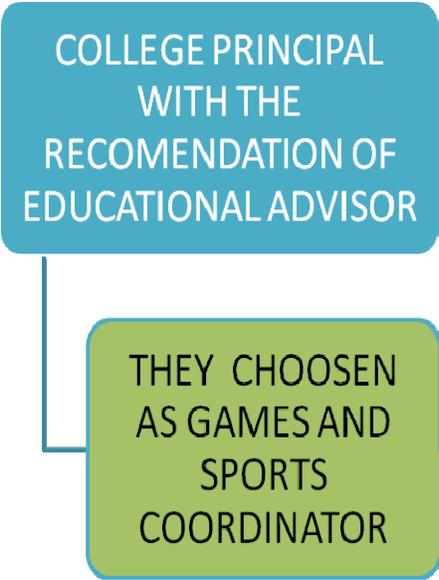
Principle and practices of games and sports in Marwar business school Gorakhpur

Introduction

Marwar Business School is premier post graduate college of Gorakhpur, Affiliated to D.D.U. Gorakhpur University, Gorakhpur Naseerabad, Gorakhpur -273001 (U.P.) India and managed by Sri Marwari Society, Gorakhpur, it was founded in 1999. Beginning from the humble precincts of Naseerabad, the College today boasts of a spacious campus, state-of-the-art infrastructure and an esteemed faculty of scholars trained at leading universities in India and abroad. More than 1200 hundred student enrolled in this college and they do better placement in every sector in domestic as well as abroad. Here is the co-education system.

Organization of sports games in college:

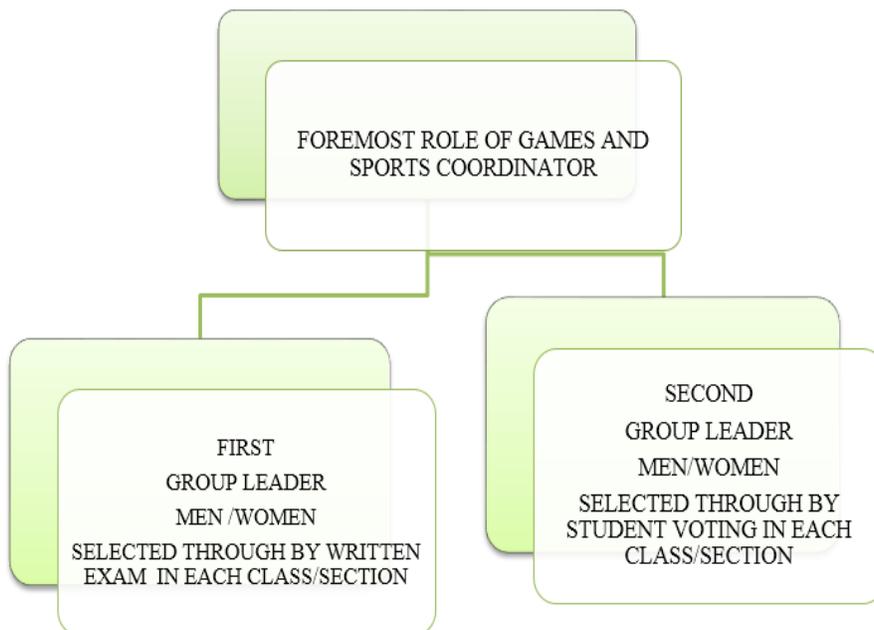
Since from last decade games and sports held in college with the directions of college principal and educational advisor but in 2012 they provide me an opportunity and responsibility to held annual games and sport in college every year.



Annual games and sports

The annual games and sports held from 08/01/2015 to 18/01/2015 in college campus as well as D.D.U.G. University Gorakhpur U.P. -273009 (India) playgrounds. The games and sports held in this competition were Cricket, Football, Volleyball, basketball, badminton, discus throw, shot put,

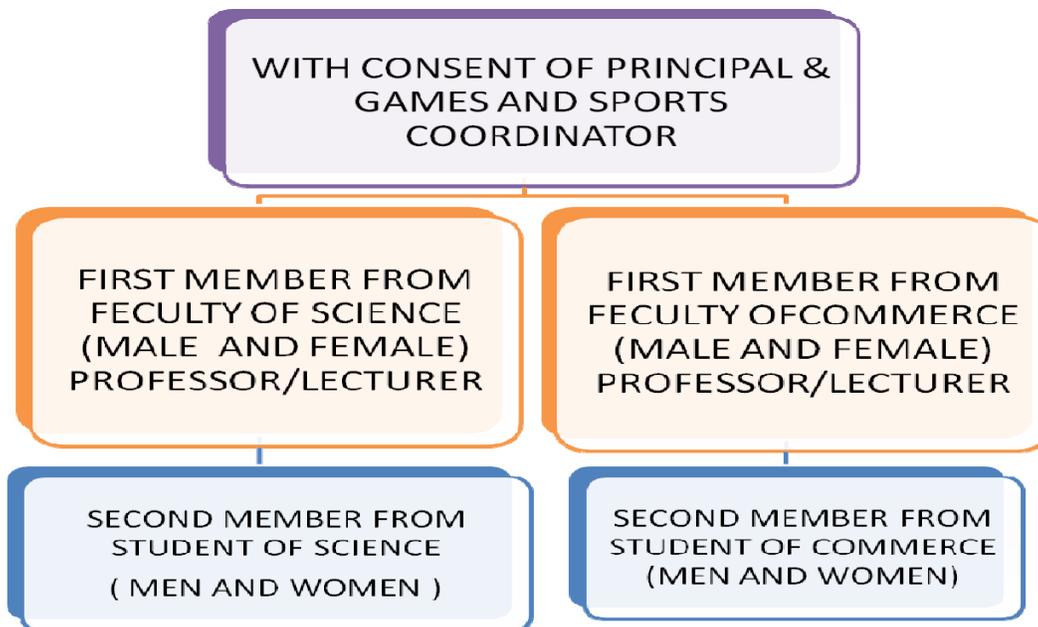
Race, high jump, long jump, and many indoors and outdoors game played. But before the games there are many more obstacles to prepare team and competition between them, for such things, I have selected group leaders from every class and section of different stream by written exam and conducting by voting of student.



The foremost work to select group leaders to leads their team with both the consent of students from every concept and they should believe to their group leader because they selected with the concept of transparency and practicing of good governance.

Selection of faculty group leaders/members of games and sports committee

In the selection of faculty group leader all the class/section group leaders (men/ women) with their mutual concept or by voting we select faculty Group leader and also they serve as a member of games and sport committee. Now the selection of other committee member from the faculty (Science, commerce) we select from the recommendation of college principal.



Risk/Permission certificate for participation in games and sports:

The other most important task after organizing committee is next what precaution about uncertainty of risk / injuries should be taking to avoid the unnatural casualties. So I have make

Risk /permission certificate for participation in games and sports with their parents/guardian as well as candidate. For restriction of outsiders there must be compulsory to attach the fees receipt / identity card of college Zeros copy. Its format is given below:



MARWAR BUSINESS SCHOOL NASHIRABAD GORAKHPUR

UTTAR PRADESH- 273001 (INDIA)

RISK/PERMISSION CERTIFICATE FOR PARTICIPATION IN GAMES AND SPORTS

This is certify that I am the student of..... Name
..... Father Name
..... Mother name
Date of birth I hereby declared that I am volunteer to attend the
sports/Game being held from to..... at my own risk.
And also my father / guardian have given permission to attend in annual games and sports.

(Counter signature of Father/Guardian)

(Signature of student)

Name in Full:

Address:

Contact No.....

.....
.....

Mobile No.

.....
Counter Signed by

(Sport Coordinator)

.....
Signature of Principal
Seal:

❖ Attachment: Xerox copy of fee payment receipt and college Identity Card for verification

- ❖ Dr. AKEEL AHAMED, Assistant Professor in Department of Science.
- ❖ Dr. NAZIA JAVED, Assistant Professor in Department of Science.

Committee members

The committee members of sports and games have versatile knowledge and they look upon as a credit issues and serves very faithfully and they are accountable for every things, authentic trust and confidence they built upon players (men/women). The list is given below:

Members from student sides of games and sports

- KISHAN GUPTA (B.COM III)
- POOJA GUPTA (B.COM III)
- NIKHIL KUMAR SINGH (B.SC III)
- RANJANA RAI (B.SC I)

Members from faculty sides of games and sports

- ❖ Mr. PRIYANSHU VERMA, Assistant Professor in Department of Commerce.
- ❖ Dr. POONAM OJHA, Assistant Professor in Department of Commerce.

Scorer/statistician

- DURGESH CHAUHAN (B.COM III)
- SAKET NATH PANDEY(B.COM III)
- SARITA SINGH (B.SC I)
- SADANAND PANDEY (B.SC I)

Class wise group leaders list:

ANKIT MISHRA (M.COM) SHAKEEL (M.COM) ANJULI SRIVASTAV (M.COM) RESHU SINGH (M.COM) GAREEMA MISHRA (M.COM) MOHINI SINGH (M.COM) DURGESH CHAUHAN (B.COM III) KISHAN GUPTA (B.COM III) POOJA GUPTA (B.COM III) POOJA MADHESIA (B.COM III) NEEKHIL SINGH (B.SC III) AKSH AGRAHARI (B.SC III) SHIVAM SRIVASTAV (B.SC III) SHIVANI SHARMA (B.SC III) NEHA YADAV (B.SC III) SUBODH KANT TIWARI (B.COM II) SHANSHANK TIWARI (B.COM II)	SHYAMLI YADAV (B.COM II) PRAGATI KEDIA (B.COM II) ANJALI RAUNIYAR (B.SCII) SADANAND PANDEY (B.SC II) VIJAY VERMA (B.COM I) ALOK RANJAN RAI (B.COM I) AKINTA TIWARI (B.COM I) RUPAM TRIPATHI (B.COM I) ABDUL KADEE KHAN (B.SCI) DEEPA RUNGTA (B.SC I) PRASANT MISHRA (B.SC I) SARITA SINGH (B.SC I)
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Summary of the performance of students in games and sports

There 20-20 cricket tournament held for both men and women only men /women of the matches and series are given below:

Cricket:

Final match of boys owned by B.Sc.III year by defeating B.Sc II year and in girl’s final match is owned by B.COM II by defeating B.Sc (common)

Table: Man/women of the matches:

MAN OF THE MATCHES			WOMEN OF THE MATCHES	
S.NO.	NAME	CLSS	S.NO.	NAME
a)	AJAY	M.COM II		GARIMA MISHRA
b)	SADANAND	B.SC II		JYOTI
c)	ARUN DEWEDI	B.COM II		DEEPA RUNGTA
d)	MOHAN	B.SC III		GAREEMA MISHRA
e)	SADANAND	B.SC II		POOJA GUPTA
f)	CHANDAN	B.SC I		POOJA YADAV
g)	AKASH AGRAHARI	B.SC III		POOJA YADAV
h)	SUJEET SHARMA	B.SC II		POOJA YADAV
i)	NAVNEET	B.COM I		
j)	MOHAN	B.SC III		
k)	AWADHEES	B.COM II		
l)	ANKIT MISHRA	M.COM II		
m)	CHANDAN	B.SC I		

Man/women of the series/consistent player in 20-20cricket tournament:

- ❖ MR.ANKIT MISHRA (M.COM FINAL) IS MAN OF SERIES IN CRICKET TOURNAMENT
- ❖ NIKHIL KUMAR SINGH (B.SC III) MAN OF THE CONSESTENT SERIES
- ❖ POOJA YADA (B.COM II) IS WOMEN OF THE SERIES
- ❖ DEEPA RUNGTA (B.SC I) WOMEN OF THE CONSESTENT SERIES

Foot ball

Final match played between B.Com second year verses B.Com first year and won by B.Com first year by shooting 4-1 goal, Vijay Verma shoot 4, goal alone. And from the second year side Vipul Diwedi puts 1, goal only. Lastly we choose some of best player as:

- GOLDEN BOOTS: VIJAY VERMA(B.COM I)
- BEST FOOTBALLER: VIPUL DEWEDI (B.COM II)
- BEST KEEPER (GOLDEN GLOVES): ARPIT SRIVASTAVA (B.COM I)

Volly ball:

After ten matches, final match played between `B.Com first year v/s B.Com final year and won by b.com first year with the set of 15-6, 12-15, 15-12. The best players are mentioned below:

- ❖ BEST VOLLYBALL PLAYER: ABHISHEK CHAUHAN (B.COM I)
- ❖ BEST SERVICES : SUBODH KANT TIWARI (B.COM II)
- ❖ BEST ATTACKERS : DURGESH CHAUHAN (B.COM III)

BSKET BALL:

Seven matches played between four team of boys and final match played between B.Com first year verses b.com second year.B.com I year won by scoring 24-20. Valuable players are mentioned below:

- BEST SHOOTER : SHANSHANK TIWARI (B.COM II)
- BEST DEFENDER : VIJAY VERMA (B.COM I)
- HIGH SCORER : SUBODH KANT TIWARI (B.COM)

DISCUS THROW OF BOYS AND GIRLS:

BOYS				GIRLS		
POSTION	NAME	CLASS	Meter/cent.	NAME	CLASS	Meter/cent.
FIRST	SRVAGYA PANDEY	B.SC II	25.69	KRITIKA TRIPATHI	B.COM III	12.00
SECOND	AMARNATH	B.COM I	19.70	POOJA MADHESHIA	B.COM III	10.34
THIRD	GOVIND SHAH	M.COM I	19.63	MOHINI SINGH	M.COM I	9.80

SHOT PUT THROW OF BOYS AND GIRLS:

BOYS (5 KG)				GIRLS (3 KG)		
POSTION	NAME	CLASS	Meter/cent.	NAME	CLASS	Meter/cent.
FIRST	RAHUL PANDEY	M.COM I	09.08	KRITIKA TRIPATHI	B.COM III	06.62
SECOND	NIKHIL KUMAR SINGH	B.SC III	08.39	POOJA MADHESHIA	B.COM III	06.04
THIRD	DURGESH CHAUHAN	B.COM III	08.27	KRITIKA SRIVASTAVA	B.COM I	05.70

LONG JUMP DATA OF BOYS AND GIRLS

BOYS				GIRLS		
POSTION	NAME	CLASS	FEET	NAME	CLASS	FEET
FIRST	VIJAY VERMA	B.COM I	15.90	SARITA	B.SC	08.80
SECOND	SHASHANK TIWARI	B.COM II	14.80	SUMAN SINGH	B.SC	08.30
THIRD	NIKHIL SINGH	B.SC III	14.20	AKANSHA SRIVASTAVA		07.40

HIGH JUMP OF BOYS

Seventy boys participated in high jump but only seven qualified to take jump of 110 cm qualify target and out of them three boys able to make their positions they are:

- **FIRST POSTION - VIJAY VERMA (B.COM I) = 140 cm**
- **SECOND POSITION-NIKHIL SINGH (B.SC III) = 135 cm**
- **THIRD POSITION-DURGESH CHAUHAN AND**

AJAY YADAV (B.COM III) = 120 cm

RACES: GIRLS

It's of 100 meter, 300 meter, 600 meter 12000 meter and fast walking of 300 meters take place. Only hierarchy of first, second and third is given below.

100 METERS RACE :			
POSITIONS	NAME	CLASS	MINT./SEC.
1.FIRST	MAHIMA TIWARI	B.COM I	15.000 SEC.
2.SECOND	RANJANA AGRAHARI	B.COM I	16.000 SEC.
3.THIRD	SARITA SINGH	B.COM I	16.300 SEC.
300 METER RACE:			
1.FIRST	MAHIMA TIWARI	B.COM I	45.00 SEC
2.SECOND	<ul style="list-style-type: none"> • SWEETA SINGH • SARITA SINGH 	B.COM I B.COM I	47.00 SEC
3. THIRD	NARMATA SINGH	B.COM I	50.00 SEC.
600 METERS RACE			
1. FIRST	RUPAM TRIPATHI	B.COM I	1.59 MINUTES
2. SECOND	SONI YADAV	B.SC	2.07 MINUTES
3 THIRD	<ul style="list-style-type: none"> • RANJANA AGRAHARI • RESHMI GUPTA 	B.COM I B.COM II	30.00 MINUTES
1200 METER RACE:			
1.FIRST	SARITA SINGH	B.COM I	4.22 MINUTES
2.SECOND	SHWETA MISHRA	B.SC	4.23 MINUTES
3.THIRD	SARITA SINGH	B.SC	4.49 MINUTES
WALKING OF 300 METERS			
1. FIRST	KRITIKA PANDEY	B.SC I	1.24 MINUTES
2. SECOND	MAHIMA TIWARI	B.COM I	1.31 MINUTES
3. THIRD	RUPAM TRIPATHI	B.COM I	1.37 MINUTES

BOYS/MEN RACE:

Boys race divided in four division of (100/400/800/1600) hundred meters in which only 50 student qualify of (16.5 sec./1.5 min/3.50min/7.00 min.) ONLY FIRST, SECOND AND THIRDS POSITION ARE GIVEN HERE:

100 METER RACE			
1. FIRST	VIJAY VERMA	B.COM I	14.03 SECOND
2. SECOND	SHANSHANK TIWARI	B.COM II	14.47 SECOND
3 THIRD	ALOK RANJAN RAI	B.COM I	14.57 SECOND
400 METER RACE:			
1.FIRST	VIJAY VERMA	B.COM I	01.10 MINUTES
2. SECOND	ADITYA SAHI	B.COM III	1.12 MINUTES
3.THIRD	ANKIT TRIPATHI	B.COM III	1.14 MINUTES
800 METER RACE			
1. FIRST	VIJAY VERMA	B.COM I	2.51 MINUTES
2. SECOND	PRINCE SINGH	B.COM II	2.59 MINUTES
3. THIRD	BALWANT TIWARI B.COM II		3.20 MINUTES
1600 METER RACE :			
1. FIRST	ANKIT TRIPATHI	B.COM III	6.26 MINUTES
2. SECOND	VIJAY VERMA	B.COM II	6.26 MINUTES
3. THIRD	ANSHU TIWARI	B.COM II	6.47 MINUTES

The above data which given above shows that student have such powers to do any things and they work very intently in games and sports to build their physical fitness as well as to shows the best quality of sports person in the country to get international achievement and do better for their nation in

growth of national income by achieving medals. Let’s see above result which shows that **“VIJAY VERMA IS THE SPORTS PERSON AND SPORTS WOMEN IS MAHIMA TIWARI OF THE YEAR 2015.”**





Source: Face book account Id of Marwar business school Gorakhpur and ss_kumar1983@yahoo.co.in

Merit rating certificate issued by college:

For merit rating of participators in games and sports, college Principal with recommendation of Educational Advisor has approved to issue this certificate.



MARWAR BUSINESS SCHOOR GORAKHPUR
AFFILIATED TO DDU GORAKHPUR UNIVERSITY, GORAKHPUR-273009, U.P. (INDIA)

ANNUAL GAMES AND SPORTS MEET-2015 CERTIFICATE OF MERIT

This is to certify that Mr/Ms/Mrs.....
Son/Daughter Shree.....Class.....
Has participated in sports /games.....event.....
Performance.....Place: First/Second/Third/ position. I wish him all success in
his/her life.

Dr. Sunil Kumar
Coordinator

Dr. Santosh Kumar Tripathi
principal

Good Governance in Games and Sports:

If any nation wants sustainability in every sectors of economy than they should have to practices good governance models and have to restructures their rules, procedure and syllabus of school, colleges and institutions. They should have to birth either good genes of generation with physically feet to grow the national outputs or they should have to take precaution of their children. We all know that day by day our environment going bad to worse condition, and we suffer from so many born ad unborn diesis which never been heard. It's just because of global warming and by inhaling bad air and taking contaminated food and water. Such things are not only spoil us but it is also effecting our generations. So it's better to make compulsory for better physical education and practices to strive out dieses and do better for future perspectives in growth of national income.

Applying Four Principles of Good Governance to physical education of games and sports having regard to international best practice, If India decided to apply four good governance principles to examining possible outcome indicators to be used to test the actual progress being made in the growth of its national income and also they can found best players without \any bribery, comradeship, political interference like regional, voting and reservation debates etc.

- ❖ **Accountability-** the obligation placed on government institutions and officials to give answers and explanations and to take responsibility for the impact of their actions on children and youth- this provides the opportunity for citizens to have a voice and to participate in the affairs of Government
- ❖ **Transparency-** this is entails is the free flow of selection procedures in games and sports information that is understandable, reliable and timely;
- ❖ **Participation-** this refers to the opportunities available to children and youth to participate in the affairs of government through mechanisms that give them a voice and influence in policy-making and program delivery;
- ❖ **Predictability-** refers to the rule of law and results primarily from laws and regulations and budgets that are clear, known in advance and uniformly and effectively enforced.

If these four principles are complied with, government is also likely to be efficient in the use of resources and also more effective in the sense of better achieving desired program outcomes. Thus, in applying these principles:

- **Accountability**, can be promoted through mechanisms for requiring that responses be made in respect of institutional conduct, and through appropriate incentives, good supervision, and high levels of games and sports persons participation;
- **Transparency**, can be promoted by regular publication and dissemination of information, as well as through enhanced feedback loops among children and youth about the selection, competition by officials, and policy-makers;
- **Participation**, can be promoted through mechanisms that enable to children and youth sports persons be more involved in the conduct of competition and in selection procedures, particularly through the implementation of appropriate decentralization policies; and
- **Predictability**, can be promoted through consistent application of rules and policies.

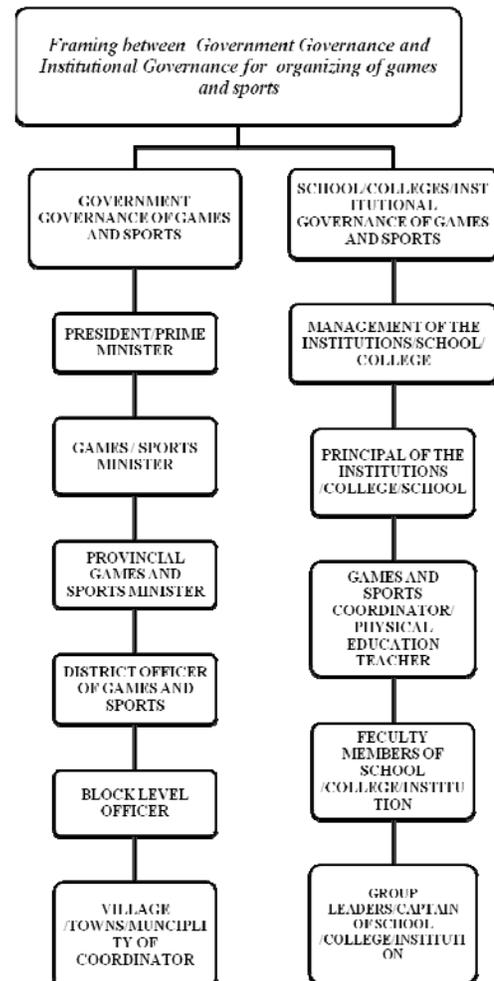
Applying these principles impinges very directly on the issue of what are the outcomes that are being achieved for the

physical condition. They concern what is being achieved in organization of physical education in school children's, colleges and institutions compulsory. The outcomes cannot viewed as naked eyes it's just like a goodwill of company which cannot be asses with tangible eyes its indirectly growth all institutions to bring out from developing to developed nations, and from poor to developing nation. By adoption of these policies a good sports person can increasing their ability to contribute to government; to increased its name fame as well as respect to their nations by making wealth of the nation with many ways like they can increase foreign currency , gold etc.

Model for adoption of good governance in sports and games

Government of any nation can adopt and restructure their concentration of health problem being leaved healthy so the nation grows wealthy. It is quite true even when we are healthy the fees of doctors decreases and our pockets weighted, means income increases. Both from the government sides framing for games and sports is quite necessary between Government Governance and Institutional Governance for organizing of games and sports.

The responsibility is divided in every parts can flow the working condition much better and authentic, transparency, and everyone accountable to create trust confidence towards government as well as children and youth who had participated in games and sports.



Conclusion and suggestion:

As we see the government of India sanctioned lots of budget for games and sports and passes plan as well as yojana but still sports have traveled a long journey on the way of their upliftment in the Indian society. The government of any nation can adopt the framing of good governance in sports and games and also make physical education compulsory in school / colleges and institution for many ways its help to increase its economy institution as well as pride of their nation. Government and Non-Government agencies have worked a lot for the extensive base of games and sports in the country, but a lot is to be done yet in this regard. Children and youth are also getting attracted toward games and sports due to many incentives offered on various stages in the form of cash prizes, and reservation in jobs under sports quota etc. It is a good sign for the country that we are receiving positive results in all the sports especially in athletics and sports persons. With such sincere efforts on the part of both - government and public, we can hope that Indian Tri - colour will soar high because of sports achievements. It happens only after the application of good governance practices:

- * Make compulsory curriculum of games and sports in educational institution as under the subject of physical education.
- * Follow the framing and structure of good governance in sports and games.
- * Provide better environment to government/ non-government institution and proper checkup of sanitation.
- * Proper allocation of budget and sports equipment for sports and games with having responsibility with every stage of officers.
- * Take out outstanding performer in sports and games and give proper training to them.
- * Take them proper diet as prescribed above.

Otherwise

“A vision without action is just a dream; an action without vision passes the time, a vision with action can change the world.”- Nelson Mandela (cited by Gorgen Brown, U.K. Chancellor of the Exchequer, 2006)

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