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Role of physical education and sports in nation building

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Abstract

Activity involving in physical activity, it keeps you fit physical, mentally, builds your confidence levels and develops all-round personality. It is wrong to believe that sports are a waste of time. Physical activity is an essential element in shaping human personality in maintaining sound body and mind in facilitating peace and brotherhood is a much accepted argument. Despite the broad acceptance of the utility of sports, little is translated into actual promotion and participation in sports by general public. Sports have a positive spin off on the vibrancy of a nation. It is a powerful media to educate the youth on the right lines in channeling their potentialities. It provides a platform for nurturing a spirit of national integration, crossing boundaries of language, tradition and region of the country. The participation in sports and physical education activities for good health a high degree of physical fitness increases an individual's productivity. It promotes social harmony and discipline. So for all these aspects, the role of sports and physical education is a nation building in these competitive era.

Keywords: Physical, mental, social growth, sports, physical education

Introduction

The role of sports for the development of personality and for promoting of peace and mutual understanding among nations should be realized. Sports form an important aspect of life for they play a vital role in bringing about physical, mental and social growth of a nation. The past few decades have witnessed many an innovation in this area.

Physical activity is an essential element in shaping human personality in maintaining sound body and mind in facilitating peace and brotherhood is a much accepted argument. Despite the broad acceptance of the utility of sports, little is translated into actual promotion and participation in sports by general public. Intensive competition in job market, preference for white collar jobs and absence of marked job opportunity to sports persons led to increased concentration in academics and active parental discouragement to potential sports persons. This needs to be corrected in this direction sports did not get the attention is deserves. Each and every individual is being forced to concentrate on the educational and professional schedules and henceforth forcing them to give up all the physical activities. This is the reason we find so many defects in the young blood, very often the young blood and individuals of all ages are suffering from the health related problems. It proves. All work and no play make jack a dull boy.

Activity involving in physical activity, it keeps you fit physical, mentally, builds your confidence levels and develops all-round personality. It is wrong to believe that sports are a waste of time. On the contrary it will bring you success in all works of life. You should have an optimum mix of time spent on education and sports. One need not mention the age old saying a sound mind in a sound body. Sports are an integrating force of any nation. It promotes peace and understands unity and integrity. Sports break the barriers of caste, color and creed. It builds love, friendship and trust. It helps at encouraging and nurturing the talent of the youth of our country.

Sports have a positive spin off on the vibrancy of a nation. It is a powerful media to educate the youth on the right lines in channeling their potentialities. Sports bring together people from various walks of life and create a broad understanding irrespective of their community and profession. It provides a platform for nurturing a spirit of national integration, crossing boundaries of language, tradition and region of the country. Sports facilities lead better social interaction and foster peace, brotherhood and nation building.

Sports is a catalyst for social reconstruction, it is a driving force to hold the youth to develop self-confidence and skills of self-reliance. As a key instrument in human resource development strategy, it can transform frustrated, disgruntled youth into self-confident individuals and channels their energies into constructive activity.

Sports should form an essential part of educational planning. Various countries have adapted to the requirements and needs of different ages from pre school years to the University. Sports should be accepted as a way of life by people of all ages. The role of sports for the development of personality and for promoting of peace and mutual understanding among nations should be realized. Sports form an important aspect of life for they play a vital role in bringing about physical, mental and social growth of a nation. The past few decades have witnessed many an innovation in this area. Sports are becoming increasingly sophisticated technical and re gaining popularity as a separate profession. With the expansion of educational facilities in the country more and more young people are taking sports as a daily feature of their life.

The participation in sports and physical education activities for good health a high degree of physical fitness increases an individual's productivity. It promotes social harmony and discipline. It is the need of every citizen irrespective of age and sex to participate in and enjoy games, sports and recreational activities. It is the duty of central and state governments, therefore, to accord to sports and physical education a very high priority in the process of all round development. They should promote and develop not only traditional and modern games and sports, but also yoga by providing the necessary facilities and infrastructure on a large scale and by inculcating sports consciousness among the masses. By regularly participating in sports and physical education activities the nation is made healthy, fit and strong. A fit nation is an asset and weak nation a liability.

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