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Contribution of sports and games for the promotion of health and sanitation in India

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Abstract

In India, health and sanitation in sports and promotion of sports are major concerns and are high on the GOI's (Government of India) agenda for the country's growth and development. The importance of health and sanitation and its current state in India are discussed in this article. Sanitation is interwoven with different areas of development, including economic losses due to lack of sanitation, health issues, aesthetic appearance for tourists, and so on. The Union Budget allocated more than 2.23 lakh crore for the Ministry of Health and Family Welfare for the financial year 2020-2021. These huge budgetary allocations imply that Indian Government views this area as a crucial parameter for the country's progress. The interrelationship between health and drinking water sources is examined referring to the Arsenic and Lead poisoning found in various regions in India such as West Bengal, Bihar, Delhi, Mumbai etc. In this article we will see that through sports and games various policies have been run by the GOI which will promote health and sanitation in the rural and urban areas.

Keywords: Union budget, health and sanitation, sports, GOI (Government of India)

Introduction

According to the International Monetary Fund (IMF), Indian economy is 5th largest economy by nominal GDP and 3rd largest by Purchasing Power Parity (PPP), which holds its own place in the world. Along with sports, India has also achieved its own position in health and sanitation (Wankhade, K. 2021) [1]. For example, if we talk about corona pandemic. India has made its mark removing basic infrastructural bottlenecks in the field of health and sanitation. Almost 100 crore population in the country got vaccination. When we participate in a physical activity, it becomes necessary for us to introduce good hygiene and he/she can take his physical fitness to a higher level that he/she can show his best potential.

For sustainable development, it is necessary to increase the awareness of health and sanitation among people not only in India but also at the global level so that diseases can be avoided and the money that is spent on people to cure diseases in the country can be used judiciously. It has been seen that during Covid-19 a person having co-morbidities, bad eating habits and very less participation in physical activities is seen to be at disadvantaged position as compare to a healthy person (Perry, H.2020) [5]. Over the period of time when the goal of promoting health and sanitation could be achieved effectively and the extra budgetary allocations of GOI in health could be diverted towards achieving other sustainable development goals of the country such as reducing malnutrition, poverty, inequality etc.

Significance of the study

Why does health and sanitation matter?

Organizational and individual hygiene practices are critical in preventing the spread of infectious diseases and allow us to participate in the sports and physical activities of our interest. Everyone participating in sports and games has a role to play in society including those who maintain and operate on courts, fields, grounds and sports facilities.

Importance of sports in health and sanitation

Games are played in different ways and formats which also affect your health and mind. Games that are played both physically and mentally and both are a mental help and physically help for us.

Like in physical game we can name volleyball basketball handball kabaddi kho-kho etc. but in mental game we have different types of games like carom snooker etc. are played that affect our help both mentally and physically. Sharing equipment is not a good idea. Personal things such as towels, water bottles, and cell phones, as well as personal sporting equipment such as tennis rackets, should not be touched by others.

Wounds should be cleaned and covered

Any scrapes or abrasions should be cleaned and covered as soon as possible to prevent the entry of debris or filth that can cause infection Purohit, (B. C. 2014) [6]. To guarantee a quick response when a wound arises during an activity keep your first aid box easily accessible and packed with a good quantity of plasters.

Some important areas where development about health and sanitation required at priority bases

- Quality education starting from school level to national level aiming at promotion of health & sanitation.
- First aid or dispensary facilities for sports persons nearby there practice places.
- Social awareness about health and sanitation by the means of radio broadcasting, nukad natak, door to door awareness programme etc.
- Awareness among tribal women about mensuration cycle and sanitary pads, which leads towards prevention of various disorders like abnormal uterine bleeding, vaginal infections and rashes etc.
- Personal equipments for athletes.
- Work should be done on creating a sustainable infrastructure for sports where there is no biasness among students and coaches over diet.

Conclusion

Although India still has a long way to go in terms of meeting international health and sanitation standards, the introduction of new government schemes and initiatives aimed at improving sanitation in public places, rural households, and other areas gives citizens renewed hope for a cleaner and better tomorrow as long as they do their part. According to the 2011 census, the percentage of homes with water closets, pit latrines, and other latrines increased significantly in both urban and rural areas across the country, in both urban and rural areas. Swachh Bharat Abhiyaan, a government-run sanitation programme, has resulted in the construction of 31 lakh household toilets and 11 lakh public toilets. The primary goal of Nirmal Bharat Abhiyaan, which was to eliminate open defecation in the country by 2020, has been achieved by making 531 cities open defecation free. Thus, the quality of our health and sanitation is determined by our attitudes and values toward our way of life, which we instill and pass on to future generations, and which in turn, represent the nation's progress.

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