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IMPORTANCE OF SPORTS TO SEDENTARY BOYS AND GIRLS

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INTRODUCTION

Physical Education and Sports are inevitable to keep fit through life for everyone irrespective of his age, country, caste creed or sex. Modern age expect of everyone to remain fit and disease free and work happily without affecting his her health contributing to his family, state and country and be an useful member of the society.

The infrastructure provided by governments for exercise and games should not merely remain on papers. Otherwise, a lot of group would remain deprived of the benefits of sports and games and ignorant too. Sports and exercises are regarded as right by UNESCO since they have understood the true value of regular exercise and games years ago. Sports like food, shelter, clothing and education should be regarded as daily routine and all the more for those who won't give it any importance of even extract time for simple exercises.

It was Pundit Nehru's observation that great leaders contribute to the nation through their knowledge; they perform great deeds and hence become great; but if the time demands, great works and deeds are also done by the common people be they men or even women; They have to work bit by bit daily without fail and for which they have keep fit and fine. Regular exercise helps to remain healthy and enjoy work and leisure equally refreshes and relaxes.

Chandrapur Sports, game and regular exercise are important to the youth both boy and girl are obviously the care-takers of the family. If they fall sick, the routine of other members get disturbed. Games and exercise are preventive as well as therapeutic. Many girl from rural and urban areas are contributors to family income. So they must get the knowledge of the significance of regular exercise, benefits of sports and games to keep fit throughout in any age and face life talents to the full for their own individual progress and development as well as their children's. Knowledge of nutrition, health hygiene, cleanliness and balanced food and exercise are a must to every girl Education includes not only the knowledge from book but the education of sports and games and exercises. Swami Vivekanada had also emphasized the provision of playgrounds for youth rather than temples to becomes strong which is equally than temples to become strong which is equally true for girl Hence, the sedentary boy and girl concerned in offices and their participation in sports.

OBJECTIVES:

1. To study participation of sedentary boy and girl in sports.
2. To study the reasons poor of participation of sedentary boy and girl in sports.

Participation of Sedentary Boy and Girl in Sports:

In the rural context men work in field and thus they remain busy with cultivation activities throughout the season whereas the girl in addition to household chores are the main base of the agrarian economy. Girl perform agricultural works of cultivation like sowing weeding, harvesting, winnowing, livestock rearing etc. involvement in such activities left in them with little time for leisure and sports.

Girls participated in the indoor and outdoor games which they are not busy in the farming activities; most girl are generally busy with their household chore-cares of signings and similar activities; whereas boys are mostly interested in various games like cricket, football, ball badminton and most other team games where playgrounds are required and they have pastures as their playgrounds.

This is not the case with sedentary boy and girl especially urban boy and girl going to offices busy with their laptops, typewriter, files and other official works. Increasing number of people do sedentary jobs in cities but cities have their tough schedules and let them minimum time to take good care of their physical health; It is clear and obvious that without health there is no wealth; wealth that not only provides people with the basic needs of food, clothing and shelter and a good education but also more resources. The timing of the jobs are not

comfortable, they have to give time to traffic and reaching office and getting back home. People often drive to office instead of using a bicycle or if the office is near enough they won't walk to office for it may be a status symbol to go by a motorbike.

HISTORICAL BACKGROUND

Since ancient times boy participated in various games car racing, archery, wrestling and military related extreme physical trainings; where in ancient times, girl hardly participated in games and sports but the activities or household chores them were full of hard physical activities like grinding, fetching water, household chores; girl generally, played indoor games; some royal girl knew the skill of military or warfares; Thus, the girl were not imparted any time to play games but their work and activities involved intense physical movement and the this phenomena continues even today.

In history there are references of girl from royal families who were imparted military training; but such references are few. In post independence India, Sports and games has been given importance in the curriculums and national education policies. Hence the government had to deliberately encourage the participation girl in sports and games. One of the objectives of the sports policy of 2001 was an enhanced participation of girl in sports.

In spite of governmental policies and schemes, sports, games and physical education are not regarded as a regular routine.

Why participation of sedentary boy and girl low in sports?

1. **Lack of Motivation:** In urban areas working boy and girl are very much busy with their routine that they don't find time for sports and games or physical exercises, thus they lack interest and motivation to participate in sports and games. Most working boy and girl generally play indoor games like carom, judo, chess, etc. studies show that equipments like carom bords, skipping ropes ludo-bords, card and other sports material are lacking. Another factor is.

2. **Insufficient trained sports teachers or sports training:** Or instructors are another barrier affecting the participation of working boy and girl in the sports and physical education. Insufficient number of female physical instructors and coaches is a very obvious reason for lack of less participation of girl in sports.

3. **Lack of space and playground:** In crowded cities is yet another reason for lack of participation of sedentary boy and girl in games. In urban areas, hardly any space is available for playgrounds. Playgrounds if any are ill kept and never constructed or maintained or used only on sports day and other days go without sports and games. The working places don't have facilities for sports and physical exercises.

4. **Traditional Attitude:** Girl prefers indoor games to outdoor games. The only outdoor games they enjoy are badminton, Kho-Kho, Kabaddi and Karate. The games are Kho-Kho, The games are popular as per the availability of equipments, physical instructors and interests of girl. People believe that sports would not help anyone to generate any income; work is more important even at the cost their health. These misunderstanding of sedentary people are regarding sports participation and their lack of trust in physical exercises as remedial or fitness enhancing tools. Sports and games do not generate any extra income and nothing can be said of any main source of income through games and sports.

5. **Recreation mainly important than exercise:** Working boy and girl usually prefer to listen to music, craft, painting, cookery or other hobby classes or reading books or watching cricket or football matches rather than participating in them. The importance of sports and games and regular exercise for the overall benefit to health and fitness is never realized by them.

6. **Ignorance about regular exercise sports and games:** Low priority physical activities are a part of the daily life of boy and girl in all kinds of geographical settings. It is ironical that the significance of the formal education about sports games and physical education, diet, nutrition, health and hygiene has never been a main issue or either had been realized by sedentary boy and girl themselves not the employers who may give medical reimbursements only after some major medical problem is created and thus anyhow paying money thus; this may be preventable.

CONCLUSIONS:

A healthy and fit physique is regarded as an asset of the individual and through the individual contribution of the society too. The society is always blessed by sports and games by name, fame money progress and development.

Sports will always and ever prove as a blessing to those sedentary and working boy and girl who have entered services through their intellectual merit in the same way as it has brought prosperity to the individuals who have entered services sports quota since they have benefitted by sports; but those boy and girl who have not received any jobs through sports quota are also blessed by regular exercises and sports in the form, fitness and

other works and jobs and a disease free state. So participation of working boy and girl should be increased by provided them with those related facilities be it in the form of comfortable timings or infrastructure.

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