



Career In Sports In Context Of Indian Education System

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Abstract

A sport integrates the mind, body, and spirit, helps one to let go of their negativity, and thus gives them strength. The Indian sports ecosystem has undergone significant transformation over the past few decades. Sports have evolved from a simple weekend nights get-together to a thriving, professional, lucrative industry. Hi-tech gyms, specialized sports academies, sports colleges, and universities, as well as high-profile league matches, have been sprouting, reiterating that the Indian sports industry's growth trajectory will continue to be upward in the years to come. Sports as a profession are a righteous job that offers only pure entertainment. It promotes societal advancement, provides a solution to a number of social ills, and is a sacred activity for the welfare of people. The Honorable PM of our nation sat in on Fit India Movement.

According to the International Physical Education and Sport Charter of 1978, as set out by UNESCO in 1978, every person has a basic right, which is crucial for his personal development, to be able to participate in sport or exercise. Both within the educational system and in other spheres of social life, the freedom to develop one's physical, intellectual, and moral faculties through physical education and sport must be guaranteed. Future career options include those in sports medicine, exercise physiology, sports management, sports event management, sports tourism, sports law, sports journalism, sports nutrition, sports physiotherapy, sports massage, etc. Sports universities and institutions are being established at the state and federal levels to assure these requirements. In order to maximize their potential and accomplish their goals, today's athletes rely on a large network of support personnel for their expertise, direction, and advice. Modern athletes must be prepared in part by science, nutrition, medicine, psychology, rehabilitation, strength training, and conditioning. Institutional Capacity Building is being worked on to ensure that exceptional athletes represent the state in National Games and/or Championships and go on to win medals at International Events.

Keywords- Sports, professional sports, Fit India, sports universities, capacity building

Introduction

"If you don't plan, you're planning to fail," the saying goes. Spitz, Mark I agree with this statement, but I also think that "preparing" for the future is just as important as living in the here and now. India only managed to survive the sudden attack of COVID-19 because the country was ready to maneuver the unexpected. Therefore, people must take advantage of the strengths and capabilities provided by every domain, including sports, in order to adapt to and adopt the "new normal"! Sports have always played a significant role in boosting national pride, enhancing the nation's prestige, and

instilling in the populace a sense of national pride and unwavering resolve.

Children and sports have an instinctive bond-

Sports provide children with the break they need from the "rat race" in today's rapidly changing, competitive world. Sports, however, are more than just a way to pass the time; they also help children and young people, the future of the country, grow and develop. As a result, encouraging them to develop in good physical and mental health is crucial and is easily accomplished through active participation in sports. In addition, no book or curriculum in the world can ever

teach certain values and morals that sports teach.

The negative effects of the pandemic have been discovered while assessing the impact of COVID-19 on young people's mental health. Therefore, creating efficient psychological interventions for youth groups has never been more crucial. Sports, which are known to be therapeutic, should be incorporated into youth and child occupational training and educational levels. It's interesting to note that numerous scientific studies have suggested that kids who participate in sports tend to have larger hippocampuses, a part of the brain that helps students develop strong learning abilities and good memories. Sports are therefore crucial for students' efforts in their academic endeavors as well.

Physical advantages of participating in sports-

The WHO has made it clear in the "British Journal of Sports Medicine" that engaging in the weekly recommended amount of physical activity can reduce the health risks linked to prolonged sitting. Spending a lot of time sitting still results in serious health problems and diseases like diabetes, obesity, weak bones, and high blood pressure, all of which can be fatal. Being involved in sports will therefore benefit people's muscle strength, bone density, flexibility, and stability, decreasing their risk of suffering an accident injury in the future, especially as they get older.

In the "British Journal of Sports Medicine," the WHO made it abundantly clear that getting the recommended amount of physical activity each week can lessen the health risks associated with prolonged sitting. Spending a lot of time stationary causes serious health issues and diseases like diabetes, obesity, brittle bones, and high blood pressure, all of which are potentially fatal. As a result, participating in sports will increase a person's muscle strength, bone density, flexibility, and stability, lowering their risk of getting hurt in an accident in the future, especially as they age.

Psychological advantages of involvement in sports-

"One in four patients visiting a health service has at least one mental, neurological, or behavioral disorder, but the majority of these disorders are neither diagnosed nor treated," according to a WHO estimate. Children have recently been at risk for

experiencing stress, just like adults, especially given the current unnatural circumstances. Mismanagement of stress can cause mental health problems, such as anxiety disorders that lead to depression. Conveniently, sports are also a simple solution to these issues! It is noteworthy that the human body releases neurotransmitters like endorphins and dopamine when actively participating in some type of outdoor sport, which have a positive impact on one's mind and mood. Therefore, when kids are involved in sports, they can effectively manage their stress levels on their own without making a conscious or deliberate effort.

Furthermore, it is a well-known fact that what can be learned outside of the classroom cannot be learned there! People frequently view sports as a coach for life skills. Through real-world, "on-the-field" experiences, one learns values like discipline, patience, teamwork, and unity. People need these values throughout their lives, in both their personal and professional lives. All things considered, it is impossible to ignore the importance of sports as an integral component of the Indian Educational System. Everyone has a sacred duty to the next generation to help them develop into better people, more compassionate, and more determined people. This is a step that will help the society and the country as a whole.

Why sports education is important for India?

Sports education is more than just engaging in an enjoyable recreational activity or repeating a predetermined routine. Additionally, it is about developing life skills that are difficult to theoretically teach. It is also impossible to underestimate how influential sports are on a global scale. It has the power to define a country's overall development.

Indian Education's View of Sports have historically not been incorporated into the Indian educational system as a whole. Researchers (regretfully) have all encountered a circumstance when our beloved Physical Conditioning courses were subverted by there under science teacher pretext of "syllabus completion". Whenever it came to playing at home, the parents didn't offer much encouragement either. One can least blame them because they live in a rigid society where high percentages are a sign of intellectual prowess.

The rigid organization of the nation's educational system is primarily to blame for this predicament. It's not that sports aren't taught in school; they are. In fact, sports are a broad theme for Class X on the majority of state and national boards. But that is the extent of its significance. Sports are only included in just for sake of curriculum decorum. It all boils down to respect, and that's it. The majority of the time, sports are considered to be unworthy pastimes for students to enjoy. Even when they excel in a particular sport, students are still considered to be among the class's most "distracted" lost.

Sports education's importance- Sports are essential for developing inner strength in kids and teaching them the value of keeping their bodies healthy and fit. It promotes the growth of focus and concentration, which benefits academic performance. Children's wellbeing is directly impacted by sports education, as is the development of their physical endurance. Strength, muscle memory, and overall physiological synchronization are all improved. There is a common misunderstanding that sports only aid in physical development. It imparts a variety of life lessons, such as cooperation and teamwork. A well-played contest has the capacity to instill virtues like a spirit of self-motivation, discipline, leadership, and taking responsibility for both successes and failures.

Government Initiatives for Sports Education

The Indian government has made significant efforts to advance sports education in the nation, realizing how important it is to the improvement of students' overall development. The decision to revamp the Khelo India program at a cost of Rs 1,756 crores over four years was approved by the Union Cabinet in September 2017. 2017-18 to 2019-20. The program's goals are to promote sport as a means of fostering personal growth, community development, economic growth, and national development. The program aims to award meritorious people who excel in sports with scholarships worth up to Rs 5 lac .

Research Methodology

Objectives of the Research

This is a theoretical research article based on abstractive facts collected from referred sources. The researcher has preferred the topic to find out the following aspects

1. Performance at the past sporting events.

2. Budget allocation for sports at grass root level
3. Awareness among parents regarding sports as a career
4. Steps and schemes initiated by the central and state governments towards making sports a core part of academics.

Methodology -

Secondary data available from these sources are the basis for this research article. Due to the constraints in terms of real time data analysis, physical movement and other factors, it was necessary for them to rely on secondary data.

Research advantages-

- The most important benefit of the use of secondary data is its ability to save money. The analyst doesn't have to sacrifice time, money, resources or effort in getting the information because it was done before.
- Another significant benefit of using secondary data is that it allows for a wide range of information available. The federal government has carried out a number of substantial, nationally relevant investigations which would be difficult for independently investigating scientists to gather data from.
- Another important benefit of using secondary data is the fact they often retain a level of professionalism and skills which may not be available to only investigators or small academic research.

Research limitations-

- Lack of significance : From secondary research, it will not always be possible to obtain all the information you need. There is a risk that the objectives and method for secondary data collection are inappropriate in this case.
- Lack of Precision- The research design may cause the secondary data to be inaccurate and incomplete
- Design and sources for sampling
- Approach to data collection

Inferences

Sports are a part of the curriculum in every school because they recognize how important physical activity and health for the youth. The significance of sports, however, ends there because their inclusion is merely a formality. Khelo India's plan through programs like the Khelo India School Games, the government is promoting sports at the

grassroots level as part of the Khelo India scheme.

- Sports are a part of the curriculum in every school as per NEP 2020 because they recognize how important physical activity and health are. The significance of sports, however, ends there because their inclusion is merely a formality.
- Twelve areas, including community sports, coaching for excellence, competition structure, and the sports economy, have been identified under this program that will have an impact on the entire sports ecosystem.
- Young people spend a lot of time in schools and colleges. During these formative years, it is equally important to place an emphasis on sports and physical education programs in addition to providing high-quality instruction. Environments in schools must encourage students to be physically active.
- A 2014 national study found a link between school sport participation and lower rates of drug, alcohol, and tobacco use. Youth who play sports are also more likely to be against their friends abusing drugs.
- There has also been an intriguing shift in 62% parents' attitudes; they now recognize and value the value of a biologically toned body.
- Nearly 60% of respondents in a PricewaterhouseCoopers (PWC) survey from 2017 strongly concur that in India, emphasis is placed more on education than on sports.
- Bangalore's Sportz Village Schools created the resources required to modernize India's sports education system. They are the top sports education organization in India, serving 7,00,000 kids at over 1200 schools spread across 250 locations. To help organizations customized services for schoolchildren, they collaborate to create content, offer to schools, and co-opt the current physical education teachers.
- India still has a long way to go in sports compared to other nations, despite producing world-class athletes in sports like cricket, badminton, tennis, etc. We won't catch up, though, until measures are taken to provide aspiring athletes and sportspeople with the necessary infrastructure as well as the financial assistance, nutritional support, physical

support, and emotional support they need, starting at the grassroots level.

- There are as many as 69% Govt. and Private schools that lack amenities like a playground, tools, techniques, strategies, qualified coaches, etc. Despite having the largest population under 25 years old and being the youngest nation in the world, India has not made a significant impact in the world of sports.
- India is a talent-filled country where one can witness many aspiring sports stars in the winding lanes of small towns. Talented people ought to be fostered and encouraged. These abilities need to be developed and guided by providing examples of how to excel in their athletic abilities.
- Lack of qualified coaches. Because coach training programs are discouraged in India, there aren't enough trained coaches to staff schools.
- Academics are over prioritized. Students spend the majority of their waking hours in coaching or tutoring facilities for higher classes, which prevents them from participating in sports at the high school level.
- The government official in charge of the different sporting sports committees and associations must lead them with efficiency if the nation is to overcome the difficulties associated with delivering sports education.
- Budgetary allocation for sports, which falls under the Union Ministry of Sports and Youth Affairs, is insufficient when compared to nations that perform well at the Olympics and other international sporting competitions.
- In comparison to India smaller countries like Kenya, Zambia, Uzbekistan, Kazakhstan even Jamaica, Taipei and Haiti are winning medals at international level events like Asiads, Olympics and Commonwealth Games. The reason is sports DNA in their education eco system. Sports and other co- curricular activities are taken seriously at academic level hence it reflects in their international achievements despite many hurdles.
- In the recent past the Indian sports has witnessed few significant achievements at global level with emergence of non-cricket sporting icons like Neeraj Chopra in javelin throw, P V Sindhu and Saina

Nehwal in badminton, Mary Kom and Zarin Nikhat in boxing, Sania Mirza, Leander Paes and Mahesh Bhupati in Tennis, Sakshi Malik and Phogat sisters in wrestling and many more unsung heroes contributed to the growth of sports in India.

- According to reports the penetration of media into Indian households and growing viewership of dedicated sports channels are also responsible for the growing popularity of sports among youth in India. The youth viewership of non-cricketing sporting events has grown by 15% year on year for the last three years.
- According to ASSOCHAM reports the fan following of professional sports leagues like Pro Kabaddi League, Pro Volley League, Indian Soccer League, Ultimate Table Tennis, Premier Badminton League etc have contributed to the universe of professional sporting arena resulting in increasing awareness at educational institution levels.

Findings

- India had its best-ever Olympic result at the recently finished 2020 Tokyo Games. Seven medals were won by the Indian delegation, which is also the largest Indian delegation to ever compete in the Olympics. This consists of 4 Bronze, 2 Silver, and 1 Gold medals. They outperformed their previous effort in terms of medals earned at the London Olympics in 2012, when India took home 6 medals—2 Silver and 4 Bronze—for their efforts.
- The Ministry of Youth Affairs & Sports (MoYAS) had get Rs. 2,500 crores in funding for the fiscal years 2021–22. This amounts to about 0.07% of the year's actual and budgeted spending, or Rs. 34.8 lakh crores.
- Budget projection from the previous year, which was 2.82 billion rupees. It made up 0.09% of all Budget Estimated Spending. This has been lowered in the revised estimate by around 1.02 billion crores, or Rs. 1.8 thousand crores, or almost 0.05% of the total revised spending for 2020–21.
- According to the actual facts for 2019–20, the MoYAS actually spent Rs. 2.6 thousand crores in that year, or 0.10% of the overall actual spending for the year. Throughout the past ten years, this allocation is the greatest in terms of both

the overall sum and the share of total expenditures.

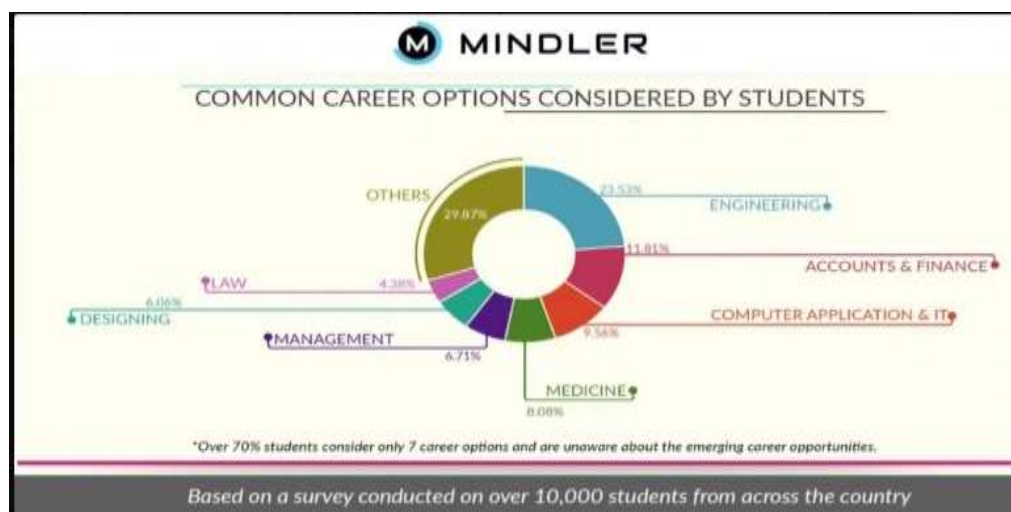
- The total funding allotted to the MoYAS has gradually increased since its existing NDA administration took office in 2014. Nonetheless, this amount increase is proportional to the overall rise in total government spending. Throughout the current NDA rule, the MoYAS' allocation share stayed between 0.06% and 0.08%.
- The Minister for Youth Affairs & Sports recently answered a question in the Lok Sabha by outlining the funding distribution under the nation's numerous sports-related programmes. According to this data, the allocation for 2019–20 was Rs. 2000 crores, which is significantly more than it was for 2018–19 and 2020–21 combined. 1,989.38 crores of this rupee have been spent.
- **Sports Authority of India (SAI):** From Rs. 395 crores in 2018–19 to Rs. 615 crores in 2019–20, SAI received a larger allocation. With Rs. 612.2 crores, the allocation remained at this level in 2020–21 as well. The 2020 Olympics are to blame for this surge in funding for SAI. In comparison to the year before, SAI received an allocation of 438 crores rupees in 2016–17. The money given to SAI is almost entirely used.
- Khelo India Scheme: Khelo India Plan was introduced by the Indian government in 2016–17 to promote and develop sports throughout the nation. This Program was created by combining the Rajiv Gandhi Khel Abhiyan, Urban Infrastructure Program, and National Sports Talent Search, three other Programs created with the same goals. In 2018–19, over 500 crores were allotted, but only 342 crores were actually used. In 2019–20, a larger budget of Rs. 578 crores was allotted, of which Rs. 575 cores were actually used. The grant was decreased to Rs. 328.77 crores for the following year, 2020–21.
- Assistance to NSF: A significant portion of the money goes towards helping National Sports Federations (NSF). In 2018–19, Rs. 245 crores were allotted, rising to Rs. 300 crores in 2019–20. The budget was drastically reduced in 2020–21, though, to just Rs. 132 crores. One of the main causes of the decreased overall allocation in 2020–21 is due to this. The underutilization of Khelo India's allotment in 2018–19 was made up for by

the use of Rs. 125 crores for the CWG–SAI Stadia Renovation, which was given any amount previously.

- The Northeast's National Sports University (NSU) and National Centre of Sports Science and Research (NCSSR) will receive less money in 2020–21 than they did in 2019–20. The allowance for the categories "Pensions to Distinguished Sports People" and "Special Cash Awards" has also been decreased for the years 2020–21. One of the factors contributing to the rise in total funding during 2019–20 is the allocation of Rs.

77.15 crores to the NSDF (National Sports Development Fund), for which the funding during the preceding years was quite low.

- While there are more than 250 different types of jobs accessible in India, a recent poll by Mindler, an online career-counseling platform on career option knowledge among Indian students found that a startling 93% of students out of a sample size of 10,000 aged between 14 to 21 were only aware of seven career alternatives.



The career survey graphic shows 23.53% of respondents are aware about engineering as a career which is the highest followed by 11.81% aware about finance and accounts as career and 9.56% of youngsters are aware about computer application as a career option. Sports as a career is nowhere in the top 10 career option list. This reflects how the youth of the nation is ignorant about sports as a career.

Conclusion

No doubt the activities, steps and intention at the Government level is clear regarding the sporting glory of the country. Everyone concerned is quite aware of the fact that sports is not only about recreation and fitness rather it is about national pride and glory in the world arena. A country is identified globally by its sporting excellence. For example a tiny nation Jamaica is world renowned by multiple world record holder multi time Olympic winning sprinter Usain Bolt. He has inspired a generation of youngsters at school level to take up athletics as a career and the Jamaican Govt. is keen to invest in building infra at school, college and

university level to produce a perennial source of next generation champions. Historically all the sporting glorified nations have their roots of success at school and college level. The all American inter university level games the NCAA tournaments are far ahead of even Indian National games in terms of quality and standards. The recently initiated Khelo India Games is a bright step forward. Let's all join hands to bring a positive change in the mind set and attitude towards sports as a core subject in academics and believe sports too could be well rewarded career as well as bring laurels to the country.

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