



The Role Of Physical Education In Developing Students Well-Being And Success In Himachal Pradesh

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Abstract

The purpose of physical education is basically to make the body healthy, energetic and strong so that the body can become capable of struggle even in worldly adverse situations and can make life meaningful by becoming a means of attaining Purusharth Chatushtya. Students in physical education receive instruction in physical activities that assist keep them in shape. Students who desire to compete in sports receive specific practice sessions and preparation for contests. The capacity and confidence of a pupil to engage in physical activity are developed through physical education. It was incorporated into the academic programme by the .

The major objective of putting physical education into practice and promoting it is to create physically literate people who have the knowledge and abilities to engage in healthy activities for the rest of their lives. After completing the required training, individuals can continue participating in activities without the assistance of professional trainers. The fundamental goal of physical education is to teach students about how their bodies develop and how to take care of themselves, which includes instruction in everything from basic hygiene to diet management. Knowing exactly what they are doing and why they are doing it requires knowledge. This increases their knowledge in the field of physical education. In this paper we highlight factors that make physical education so crucial and necessary, including how it promotes children's mental health, fosters a spirit of competition, and more. Physical education not only keeps the body in shape, but it also helps children stay healthy physically and mentally.

Keywords: Physical Education, Students, Academic curriculum, Skills, Knowledge

Introduction

There are two aspects of physical education – first theoretical and second functional, it is necessary to emphasize on both the aspects to discharge the remedial, preventive and protective roles of physical education. Correct knowledge of the theoretical side paves the way for the practical side. Along with it, it is necessary to pay attention to another special thing that the form of physical education in Indian tradition is different from western physical education.

In the Indian tradition of knowledge, the relation of physical education is not only limited to development or protection, but it is also related to the development of mind and soul. There is a lack of development of this spiritual aspect in western physical education, so while implementing it in the present time, it is necessary to keep in mind which tradition of physical education we are imparting to the students. It would be worth keeping in mind that the goal of physical education is limited only to making the person strong and energetic or it is also developing the feeling that it is to be used to protect the society and its health. It should also be seen whether physical education is becoming a means of spiritual development or not. If we don't consider these points then probably we will be able to achieve very limited goal only.

Yoga and sports both should be essential aspects of physical education. As far as yoga specially keeps the person in the center, the same special center of sports is the society. Yoga makes a person travel from physical health to spiritual upliftment, the same sports makes a person travel from physical health to sociality. Sports is not a display of conflict, but a celebration of sociality, interdependence, symbiosis and collective joy. It should be taken with the same sincerity. Overall, it would be more appropriate to say that we should try to make physical education a means of social happiness along with all-round development of body, mind and soul of boys and girls.

Need and importance of physical education

Physical education is very important in schools. Students develop mentally with bookish knowledge, but are mostly found weak physically. That's why physical education should also be given to the students. All-round development of the students is possible only when they are physically developed as well. Physical education is very important for the physical development of children. By practical use of physical education, the height and weight of the students will increase, other parts of the body will be curvy, regularity will come in the students and there will be good progeny. Healthy children will be helpful in the progress of the nation.

Physical education programs also provide entertainment to the students. Different types of sports and games which not only develop the body, but also entertain the children. Nowadays physical labor has reduced a lot. Due to machines, a person is not able to do physical labor, due to which he has started remaining backward from the point of view of health. Labor can be compensated by physical exercises. Keeping all these things in mind, physical education in schools becomes even more necessary.

Objectives of Physical Education

Knowledge of the objectives of physical education is also very important. Following are the objectives of physical education:-

- (1) The purpose of physical education is to develop the personality of the students, and to develop a sense of sociality in them.
- (2) The aim of imparting physical education to the students is to develop the body of the students all round. Making the body beautiful and shapely and strengthening the muscles comes in the program of physical education.
- (3) Entertaining the students and inculcating the spirit of sportsmanship can be done through physical education. Programs of physical education should be a difference between the programs of male and female students in the programs of physical education. The program of physical education should be such that it improves the health of the weak students. This program should be made according to the age of the students. Students should be interested in these programs and should not be included in these programs by putting any kind of pressure on them. All those activities should be included in the physical education program which will create a sense of co- operation among the students and make them physically fit.

Physical education in developing students Healthy body

Ensure that the various age groups are catered to in physical education lessons. There shouldn't be too much student planning for the activity. The programme must include very sophisticated prerequisites or talents. Instead, physical education teachers must understand when to inspire their pupils to perform better. In particular at a young age, they can assist kids in developing their physical stamina and strength through physical education. Students' motor demands and development are enhanced, which enables them to maintain their fitness outside of the classroom. They gain an understanding of the value of exercise and develop a fitness mindset as a result.

Diabetes, heart disease, and obesity are all risks that are decreased by physical education. Additionally, frequent exercise reduces the risk of developing several common malignancies, such as endometrial, bladder, breast, kidney, lung, stomach, and esophageal cancers. Patients with cancer can regularly exercise to keep in shape and live healthier lives.

Through physical education, students learn a variety of crucial abilities. During school hours, PE instructors can instruct kids on the value of physical education. Students also learn about the upkeep of their body components. So that they may take care of their partners and themselves.

Healthy brain

Physical activity that ranges from moderate to strenuous is crucial for our brain and mental health. Additionally, it improves the cognitive growth of kids between the ages of 6 and 13 and lessens generalised anxiety disorder in adults. As a result, you help the pupils develop a fitness mindset, and they start exercising to live a healthy, active life.

Numerous studies indicate that youngsters who are physically inactive and lethargic are more likely to

experience sleep difficulties. On the other hand, kids who are physically active have better sleep habits and can handle stress and anxiety better. They also experience improved immune system performance, good mental health, and social wellbeing.

Nutrition and a healthy diet

The teaching of a healthy, balanced diet to pupils is another advantage of physical education. To get energy for their sports, they consume nutritious food. No teacher can discount the significance of a balanced diet and healthy lifestyle for students. Children learn healthy eating habits and dietary avoidances through physical education. Children who are growing require nourishment, therefore they should eat well and understand how it is good for their health. Additionally, they learn about nutritional guidelines, which aid in the planning of a balanced diet that is high in nutrients.

Better academic performance

Better academic performance can be attained with the aid of physical education. After enjoying their favourite outdoor game, kids forget their worries. Sports players are more likely to maintain excellent behaviour, maintain concentration in class, and exercise discipline. Through physical education, athletics, and other physical activities, they can control complex emotions. Most of the physical activities that students participate in at school demand greater concentration, which promotes better behaviour and better academic performance. Additionally, their ability to focus helps them win medals in sports and high academic grades. After all, a healthy body is a prerequisite for a healthy mind.

Self-respect

Participating in team sports in a structured environment helps to develop leadership skills and sportsmanship. They learn new talents and how to respect their peers by assuming various team responsibilities. As a result, they find it easier to work with other players when they have a sense of kindness, understanding, and support. A handshake, a high five from a colleague, and a slap on the back are a few examples of actions that boost self-assurance and teamwork. In a similar vein, receiving praise from teammates and coaches boosts contentment and self-esteem. All of this encourages kids to think they can develop their skills and potential to perform better in their chosen field.

Students are aware that a positive outlook about oneself is unaffected by outcomes, whether winning or losing. Their goals should be to take part in a sport, work as a team, and learn new things. Every win or loss should be used as an opportunity to grow. For our young athletes, whether they are excelling in sports or academics, constructive criticism creates room for improvement.

Moral character

Sports for both individuals and teams help kids develop their natural talents. They develop self-control and a goal-oriented mindset. They are aware that there are ups and downs in every game and that winning or losing is only a part of it. Therefore, there shouldn't be any place for worry or disappointment of any type. Despite unfavourable outcomes, he assumes leadership and motivates the group to keep up its sense of camaraderie. Sports are rife with disputes and disagreements, and only devotion to professional ethics may lessen them.

Any sport requires discipline, whether it be mental or physical, depending on the circumstances. Students must abide by the rules of the game, the coach's directives, and the referee's rulings. As a player, he gains the ability to accept the umpire's often incorrect judgement. Which, in most cases, they find unacceptable. These trying circumstances teach kids discipline, patience, and understanding, all of which are valuable life lessons. Sports help our kids learn values like generosity, leadership, cooperation, compassion, and goodwill.

Freshness

It's important to take a break from your academics and job duties. To avoid any failure, we even chill the machine. Therefore, our kids need a break from school. Machines or humans, young minds in particular, are sensitive to this repetition. Students who are solely focused on their studies require many breaks throughout the school day. Through physical education, these young minds can lessen their tension. Additionally, they can renew your spirit and help you get rid of extra energy that boredom can cause. Games and other activities increase students' attention spans and calm the classroom down.

Conclusion

The goal of physical education and sports programmes in educational institutions should be to enhance students' athletic performance as well as their health and physical fitness. Anybody who is physically healthy and emotionally sound can improve their athletic performance in any sport. Thus, physical education involves using scientific methods to encourage the orderly, all-around development of the human body and thereby preserve very high levels of human fitness. Therefore, physical education is crucial for the society's and schoolchildren's growth of physical fitness.

For students' overall development, physical activity is crucial. Because it enhances students' academic performance and lifestyle, everyone should be aware of the significance of physical education in schools. Physical education encompasses much more than just participating in sports, jogging around a track, or engaging in other physical exercise, despite the common misconception that it does. Physical and mental health are improved by physical education, which aids in living a balanced lifestyle. Obesity is a problem today, especially among young people. One of the main causes of obesity is an unhealthy lifestyle. Continue encouraging children to engage in physical activity because they require a fitness mindset in order to lead an active and healthy lifestyle. Physical education is viewed as a waste of time by the majority of individuals. This way of thinking needs to alter. Our brains are directly impacted by exercise. Exercise strengthens brain cells and improves heart rate control. Then, we can keep our spirits up, control our stress, develop our talents, and work effectively.

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