

LEARNING THROUGH SPORTS FOR ALL: DEVELOPING PERSONALITY

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ABSTRACT

Sports are an essential part of our lives. This needs to be practiced and cherished. In turn we have a physically fit and strong body. Children of today are the future of tomorrow. If our children will be strong, fit with sharp minds, they will lead the country to the heights of success. This study is based on marginalized children who have come to Delhi from various parts of India, with their parents. Parents who are less educated with limited income and resources. These children come to Jan Gyanodaya to study as well as play. Jan Gyanodaya was started with limited resources to help such children get education with sports. It also helps children to get admission in formal schools and colleges, trying to change their world. Trying to save them from crime and give them safety from this cruel world by developing their personality.

Key Words: *Sports, Fitness, Education, Jangyanodaya, Positive self image, Developing personality.*

INTRODUCTION

Every great man Indian or foreigner has expressed that children of today are the citizens of tomorrow and in order to have good citizens (physically, mentally and intellectually) every one needs to invest in making children good human being and in turn citizen.

The JanGyanodaya is a wonderful dream of a group of teachers of the University of Delhi and founded by Dr Anita Ghosh with Gandhian thoughts. It is a good vision adopted to educate the unseen society and make the youth self-sufficient with sound mind and sound body for their future.

The purpose of this project is to inculcate playing attitude among children and develop healthy citizens to the green world through physical activity, culture and education.

India is famous for its physical Activities and education.

From the Ancient times kings and rulers such as King Siddhartha (lord Buddha), King Chandragupt Maurya, Queen of Jhansi, King Ashoka, to name a few) have shown their exclusive interest in Sports and Physical workouts.

Jan Gyanodaya realizes that the highly competitive world has turned down the easy chances of jobs in the global world, our high examination center, nature of educational system and universally flowing economy coupled with a high-tech environment whereby particular jobs and skills are made absolute. Therefore, several youths are facing problems securing jobs resulting into frustration, depression, aggression and bad society which lead to juvenile mood and creates defective society and weak generation.

The result could see very recently a juvenile came to seek a job in Delhi from small place, not much educated but was trapped by criminal minds where he played a key role in raping a young girl of 23 yrs, along with 4 adults on Dec; 16, 2012. The Hindu, dated 13/9/2013 published that the death sentence had been pronounced to the adults but the Juvenile justice Board had given 3 years jail with corrective measure to the juvenile. The incident generated national and international coverage (**print the electronic media**) against the administration, protesting to seek adequate security for women in the country.

Important Question is How to protect juveniles from the criminal world and give security to females (minor & adult).

The great numismatic scholar & thinker Chanakya said that "Youth and beauty are the strength of a country".

Although, today's youth is lured by easy money new cars & motorcycle, stylish and expensive mobiles, expensive jackets etc. And eventually we find that youth is always in forefront in all the unwanted activities, so "what we sow we get", They are full of energy, which needs to be channelized in a positive direction, for the betterment of society and for their own self.

As Hitler stated in 1942, "History teaches that all conquerors who have allowed their subject races to carry arms have prepared their own downfall by doing so".

Actually, it is commonly realized that Sports and Physical activity always gives pace to the mind to acquire knowledge peacefully to excel in the event, so here the gun is not important, the only important thing is to involve the youth in vigorous sports exercises through cheerful psycho-therapeutic trainer, it can be cultural, and intellectual too, and this length of work is obtained through regular practices.

Physical Education is one of the most rewarding subjects for both teachers and students, as children become self-actualized individuals

without positive self-image and self-concept. Eventually, sports teach children to understand themselves, their strengths, their weaknesses and their environment in terms of both how they think and how they feel.

It was realized during this study, that the youth nowadays is more involved in an artificial and lethargic lifestyle which lacks body movement and having only mental exertion sitting in front of their televisions, computers and mobiles. The youth of today is diverting their physical strength towards all sorts of crimes, to have easy money. They are becoming luxurious; they want branded things and to fulfill their desires and wants they get trapped by criminals.

Jan Gyanodaya worked out with "Sports for All" and started training youth (boys and girls) to design their preformed energy saving them from their dropout lives, sedentary situation, cooling their aggression, removing hunger and thirst through Education by having regular activities. Through sports and culture inculcating discipline in their lives. Need of the hour is that the trainer should have personal involvement in the activities designed.

Children are always curious to see what is next/on the other side of the mountain/ in the prohibited area/inside the locked room and then have a strong desire to touch and feel.

Jan Gyanodaya worked with the children of workers of university of Delhi, making them aware of physiology and anatomy, presence of mind, patience, generating courage to fight with might and utilize body energy at the right path for developing the personality with good mind set, making Sports for all a reality. Ofcourse, this has been experienced nowadays that parents are also interested in sending their children to sports. Children's capabilities need to be defined and developed, which in turn involve the coordination of thought and bodily movements. Any sport involves physical stamina, endurance, knowledge of rules of the game, skills and physical dexterity, knowledge of one's own capabilities, ability to plan, coordinate as a team, assess the other team and make strategy to win.

ACCORDING TO NCF

“The importance of health and physical education to overall development needs to be reinforced at the policy level with participation by administrators, other subject teachers, health departments, parents and children. Recognizing sports and physical education as a core subject and a compulsory subject from primary to senior secondary stages. It needs to be given equal status with other subjects; a status that is not being given at present.” (NCF 2005, Chap 3, p57)

This study is based on 50 underprivileged children who stay in and around the University of Delhi who are getting training to become a good citizen of the country with specialized skills. These students belong to a wide range of lower economic background, they come from the rural areas from all over India.

Jan Gyanodaya provides opportunities to the children to meet the new challenges which they may face. This effort is made for children to explore in the field of education, maybe in academics, sports etc. This organization helps them to get enrolled in the formal Education system. These children are supposed to help in the household work like cooking, keep their small siblings playing with them, washing clothes and utensils etc., then study and play sports.

The Methodology adopted was to collect data. The Sample size was 50 children both boys and girls in between the ages of 10 to 15 years. Questionnaires were used with socioeconomic and academic information. The data was collected through a written questionnaire and Interview along with a practical test for traditional games and physical activities in the playground. The materials used were chalk powder, whistle, measuring tape, and questionnaires.

The answers to the last question on — “Kheloge kudoge hoge kharab; Padhoge likhoge banoge nawab”. (if you play and jump you will be spoilt, if you read and write you will be a king). Some

of the interesting answers given by the students to various questions and to this line is voiced here:

Babita: who studied in class V said that both sports and studies are important. It helped me to concentrate.

Janaki: studied in class VII said that these lines are not correct as both sports and studies are important in our lives. By doing sports our physical strength increases and the mind sharpens. Sports and studies help us in getting jobs. If we do not study then we will not get respect. So both are important.

Samar Singh Mondal: class X said that the lines are wrong as if we will not do sports then we will become lazy and we will not be healthy. So a sport is essential for health and also we should study because it is also necessary. He said, “agar padhenge nahi to hum phir banenge kharab, padhenge kudhenge to banenge Nawab”, (In English; We will be bad if we don't study, if we study and play will be king).

Dheeraj: a student of class VII said this is not correct. It is not necessary that only by studies we can be “Nawab”-(king) but by sports also we can achieve that.

Geeta Kumari: a graduate in History had joined Gyanodaya in 2005 and since then she was doing sports with her studies. She said when she joined this institute she did not know how to play and used to feel ashamed playing various sports. Gyanodaya helped her learn kabbadi and taekwondo. She used to feel lazy earlier, did not know how to talk to others but after coming to this institute she is confident in talking to others and does not feel lazy, does her work fast. According to her, she manages both sports and studies. Sports helps in building concentration, coincidence, self-esteem and also communication skills. It also enhances health, stamina and energy level. So, we should give importance to both studies and sports.

Vinod: was also a student in Gyanodaya and said that We should devote time equally to sports and studies as it helps us concentrate in studies. We do not feel bored, we feel healthy. I feel

strong after doing sports and have learnt how to behave, talk to people and above all I scored good marks in my studies. According to him, a sports person is intelligent and disciplined. After doing sports, concentration power is enhanced and so we can study well. We should devote equal time to sports and studies

Sachin: said after joining Gyanodaya I had felt a lot of difference in me. I feel more active and healthier as here we study as well as play and teachers also play with us which gives us a good feeling. I have learnt to talk to people. He feels that a sports person should speak softly with others, he should be humble and should have patience. He says sports enhance self-esteem, confidence, concentration, and communication skills. We always celebrate our Patriotic National Festival which inspires us to be **good**, and also help in personality development.

Renu Mondal: who had joined Gyanodaya, played and did her studies here. She said doing the right things at the right time helps her cope with sports and studies together. She added that whatever you do you should put full concentration and 'mehnat'(hard work) in that. With sports I feel confident and I am able to concentrate on my studies. According to her, a sports person is disciplined and organized in everything which helps her take things in a positive way. She added that doing sports increases confidence, communication, will power, self-determination, self-discipline, learning achievement, physical strength, taking up challenges and also personality development. Play and studies both are important and should go hand in hand so it should be -----" kheloge kudoge hoge bharat ki shan, padhoge likhoge karoge desh ka vikas" (in English: "You will be pride of India if you play & jump, you will develop country if you read & write".

Reshama: a graduate in Political Science was also a student of Gyanodaya since class X and started playing since then. I gave equal importance to studies and sports and try to have coordination

between these two. Sports keep us healthy physically whereas studies keep our mind healthy so it is important to have both. A person doing sports should have discipline, patience and should be humble in her/his behavior. A sport enhances concentration, confidence, self-esteem, communication and social appearance. When doing sports, we forget unnecessary things and we only concentrate on sports so these qualities automatically are learned and imbibed in a sports person. Sports and studies go together so we should give importance to both as these two can not be separated from one another. It also teaches to be a good citizen and above all good human being.

CONCLUSION

After going through the answers, it was found that the youth of today felt that Sports inculcates discipline, self esteem, patience, communication skills, confidence etc. It takes care of their overall personality. Also, they know that nowadays Sports can fetch them name, fame and money, which will make our country proud of them.

Overall, we can say that physical Education and sports can bring about a lot of change in the life of a student. As NCF has advocated the need and importance of sports for all and [physical activities for all channelize the surplus energy of youth and leads towards personality development.

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