

**IMPORTANCE OF PHYSICAL EDUCATION IN SCHOOLS TO NURTURE YOUNG GENERATION**

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**Introduction**

Participation in physical activities is crucial for the holistic development of young people to nurture their physical, social and emotional health as well as intellectual side.

At the point when youngsters are lauded or condemned for their nature of work and insight all the more particularly, they build up a settled hypothesis of the idea "knowledge". Consequently, "Knowledge" then gets to be something you either have or you endeavor to get. This is the idea each tyke is endeavoring to accomplish. Therefore, the tyke's improvement encompasses around its prosperity, which generally incorporates just hypothetical subjects till the age of 15 years as significant piece of their instruction.

**Role of Physical Training**

Physical training (PE) as an essential piece of general youngster instruction and advancement has begun getting the due significance in the contemporary world. Be that as it may, prior it was one of the exceptionally disregarded perspectives with regards to general advancement of a tyke. Having said the above, definitely we as a whole can additionally vouch for the way that how sports instills qualities like initiative, train, sharing, cooperation, genuineness, solidarity, resilience and numerous more among its members. In any case, we can't vouch and say that each youngster in a school gets a chance to experience this.

Realizing its importance many schools have woken up and started taking steps in the direction, with many already working with outsourced professional organizations to help deliver systematic PE & sports programs within the school hours of PE periods.

One also notices an interesting shift in the mindset of parents, as now they have become more aware and understand the importance of a physically fit body. Also the realization of the ill effects of today's lifestyle on their children has made parents become more involved in trying and keeping their children fit, they now encourage their children to take up some form of sports or physical activity along with their studies.

**Positive role of The Sports Gurukul (TSG)**

A large number of schools have come up with initiatives where they not only provide the best sports infrastructure to encourage sports education among the young blood of the country but also provide systematic physical education programs by partnering professional companies with specialization in the

field such as The Sports Gurukul (TSG).

TSG is India's first of its kind professional sports and fitness development and training organization promoting sports and physical education amongst children to enable them lead a healthy and active lifestyle through a structured and scientific researched K to 12 PE & Sports curriculum and programs specifically meant for schools.

As indicated by some exploration directed by the TSG in schools over a drawn out stretch of time, we can state that 70 percent of the school-going kids don't get any presentation to any engaged and arranged physical training.

Of the rest of the kids, just those with dynamic slant towards sports get the chance to do somewhat more physical movement and games.

Youngsters start to build up repugnance towards sports when forgotten and this must be tackled if there is an organized program beginning from the essential level of Junior KG and proceeds additionally coordinating each kid in the school.

On the off chance that schools set, a devoted games and physical instruction program so kids are presented to physical movement from youthful and young age, we can guarantee that a colossal number of kids will have the capacity to acknowledge and comprehend the significance of physical training. This would additionally help them in being dynamic for the duration of their lives and will empower dynamic investment in all types of games.

The statistics are alarming and unless there is a nationwide call for action, we will end up creating lop-sided educated children not in a position to conduct themselves in tomorrow's competitive world. The answer to this solution starts from a school and it is time that schools wake up to this silent time bomb waiting to explode which may end up creating a generation of unfit future Indian citizens. Can we afford that?

Increased levels of physical activity are associated with improved health. However, the determinants of an active lifestyle are unknown. Participation in school sports and physical education during childhood and adolescence are frequently mentioned as factors likely to promote more active lifestyles in adulthood. If this is true, public policy should more vigorously promote broad participation in school sports and physical education. The study that provides the strongest support provides information only on sports participation during college, an age at which behavior patterns may already be firmly established. Therefore, more research in this area is needed. Future studies must consider definitions, confounding variables, recall bias, selection bias, content, and quality of school sports and physical education programs.