INTRODUCTION

1. Introduction:

Education is a process that continues in human life. It makes the social and psychological development of a person, which gives a shape to the thoughts of a human being that helps to make a person social. This motivates a human being to enhance its attitude to get and use the knowledge. Physical education and sports occupy a significant place in human life in accordance with its educational progress. Healthy body, balanced psychological development and the satisfied family would certainly elevate the gross national income. Various subjects are included in the school level syllabus with an intention to make intellectual development of the students.

In ancient times, human being was in a barbarian state and used to wander to feed him. Man had to chase the wild animals to hunt them. Many times, he had to run and jump across the valleys and mountains. He used to throw different types of tools to hunt the running animals. Thus, a human being in uncivilized state had to make physical movements like running, throwing and jumping for his livelihood. Likewise, he had to make these movements to protect him from the wild animals or fight with the animals. Thus, self-protection was a purpose behind these physical movements of human being. In all, man in the ancient times had to make the physical movements like running, jumping, throwing the different things, aiming toward the target, swimming, climbing on the trees, chasing the enemy, fighting with enemy across the valleys and mountains in order to protect himself from the enemy and wild animals, to protect his family and community, and also for his livelihood.

As human society became stable, human life began to become artificial and it became more artificial in the age of technology. It differentiated the human life and education. Today, man is physically not so strong and healthy as he was before. He began to find out artificially designed physical movements, exercises to become strong and healthy like before, which gave birth to the Physical Education.

Mediaeval age is called as Dark Age, which was between 5th to 15th century. Asceticism had spread during this mediaeval period. Many developed countries had to face the disasters, which made the people unaware of their physical development; whereas, the people of the north
in uncivilized state were strong and cruel. They were expert in horse riding, hunting, wandering and archery. On the contrary, physical education was not a part of an education in developed countries. Similarly, during mediaeval period, the nature of physical education was not in order in the world, especially in Europe. However, during mediaeval time, the kings and the educational institutions attempted to brighten up the physical education to some extent. People used play and enjoy various games for their entertainment such as, horse riding, archery, hunting, swimming, wrestling, jumping, hens’ fight, fishing, hunting birds, etc.

The significance of physical education went on decreasing during the British rule. Before the arrival of British in India, there were three departments of the physical education such as war-oriented, power-oriented and entertaining. British rulers made attempts to create a new force of clerks to facilitate their administration and stabilize their empire permanently. The games of military forces and entertainment programmes during Maratha regime, which were being played and organized in India, became obsolete. These traditional games were replaced by modern western games, such as, Tennis, Cricket, Hockey, Billiard, Drill, etc. These modern western games were being taught in the colleges, due to which, traditional games, especially games played on the ground lagged behind. However, people with patriotism have attempted to survive the exercises and games played in India; similarly, they taught Indians to play western games. Moreover, they helped to advertise and spread the different games among the society. Physical education was included in school education.

Mahatma Gandhi insisted students to carry out the traditional types of exercise, such as Pranayam and various types of Aasan. The linguistic subjects such as, Gujarathi, Sanskrit, etc. are worthwhile; therefore, we necessitate them in our education system. Likewise, exercise and sport are also important. According to him, the importance of both should be recognized and should be given proper place in education.

Mahatma Gandhi recognized the significance of physical exercises, through which the physical wealth could be achieved, when he used to pass over the classes of sports when he was in secondary school. Healthy mind resides in the healthy body. Our science tells us that a student, who wants to do exercise and use it for his/her well-being, has to follow the sexual
restrictions. Gandhiji has clearly expressed his opinion regarding it that every student should strictly follow the sexual restrictions up to the age of twenty-five.