

## 13. Agencies & Awards Promoting Health, Sports & Yoga

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### Exercise

**Q1) Answer the following questions :-**

**1) Explain the role of agencies at the national level that work for Health and Physical Education in schools.**

**Ans :-** NCERT is the national level agency that works for Health and Physical Education in schools. NCERT is an apex body that includes functioning of Health and Physical Education like all the other subject areas. The NCERT prepared the National Curriculum Framework (NCF- 2005) and made the compulsion of Health and Physical Education subject compulsory like other subjects from class I to class X whereas an optional subject for Class XI and XII. NCERT prepared the syllabus on the basis of NCF 2005 for Health and Physical Education is and is approved by the Steering Committee that works under the Government of India. Some parts of the Health and Physical Education are been included in the pre-service training courses running at RIE's. It contributes the policy formulation process of the Central and State governments related to Health and Physical Education.

**2) Which are the State level government agencies responsible for Health and Physical Education in schools? What roles do they play for the promotion of this subject area.**

**Ans :-** State Council of Educational Research and Training (SCERT), is the government agency/institute that works at state level and prepares the syllabus, and text books for the students studying in the primary and upper primary classes whereas in other states or in union territories State Institutes of Education (SIE), Directors of Education are the government agencies that work at the state level who are responsible in promoting the subject of Health of Physical Education subject in schools area.

This agency also prepares curriculum, provides training to teachers, evaluates the performance of students, etc. As these agencies are responsible for preparing syllabus but they also prepare the text books, and evaluation for secondary and higher secondary section students (of all classes).

These institutions also provide/conduct in-service teacher training for all subjects including Physical and Health Education. There is an institution (DIETs) that

works under SCERT and is responsible for the preservice teacher education for upper primary and primary.

### **3) Write brief notes on the following :-**

**a) Sports Authority of India (SAI) :-** In the year 1984, the government of India established an institution as Sport Authority of India (SAI) whose role was to promote the sport in India and update the skills in sports for the sportsperson of India. There are some the reputed institutions that work under the SAI are Netaji Subhash National Institute of Sport (which is in Chandigarh, Sonapat, Lucknow, Guwahati, Imphal, Bengaluru, Madurai, Kolkata, Patiala and Gandhinagar), Laxmibai National College of Physical Education (i.e is in Thiruvananthapuram).

SAI aims at updating the skills/talents in the sports in India, for which 23 training centers in the entire country are been working for it. Various schemes are promoted and ensuring that all the persons (of all age category) make their participation for junior and sub junior levels. National Sport Talent Contest is one of the scheme that is been introduced by SAI with the intention of promoting the sports in India.

The Sport Projects Development Area, and Sports Hostel Scheme. SAI also runs the Army authorities along with Army Boys Sport Company (ABSC). SAI is also responsible in providing the facilities sport equipment for trainees, kit, stipend as well as coaches. In India, there are nearly eight ABSCs. Sai Training Centers (STC) is the another scheme that has been proposed by SAI. These scheme also works achieving the objectives of SAI. Special Area Games (SAG), Center of excellence (COX) are the ambitious schemes which are producing high level National/International sport.

**b) Netaji Subhash National Institute of Sports (NSNIS) :-** The National Institute of Sports (NIS) was established by the Indian government on May 7 1961 at Motibagh (that time it was known as the palace of the Maharaja of Patiala). The main objective of establishing NIS was to develop the sports in the country and to provide training to the coaches of different sports. The NIS was renamed as Netaji Subhash National Institute of Sports (NSIS) on 23th January 1973, and currently is the best sports institute which is majorly known as “ Mecca- the Indian Sport”.

This institute has produced/ trained many talented and high callibered coaches who made their best in giving their help in preparing the National teams for International competitions. The institute is also providing some courses like Diploma in Sport Coaching and Master Course in Sport Coaching for producing

the talented coaches. The courses related to sports having the period/ duration of 6 months which are offered by NSIS are :-

**(i) Master Degree in Sport Coaching**

**(ii) Post Graduate Diploma in Sport Medicine**

**(iii) Diploma Course in Sport Coaching**

**(iv) Diploma Course in Sport Coaching (i.e will be only for the students residing in North- East Region and Andaman Nicobar)**

**(v) Refresher Course**

**(vi) Certificate Course in Sport**

There are also some government institutions that are promoting health, physical education, sport and Yoga are Laxmibai National Institute of Physical Education (i.e is in Gwalior), Indira Gandhi Institute of Physical Education and Sports Science (University of Delhi) New Delhi, Government of College of Physical Education (i.e is in Patiala) etc. there are many other colleges, departments of Physical Education and Sports working various states and Central Universities that promotes sports games and physical education. There are also some institutions where you can complete the Bachelor's Degree, Post graduate degree, Master of Philosophy in Physical Education and doctorate degree programs whose information you may find by visiting their respective websites.

**c) Sports schools :-** On July 1973 the Haryana government established the sport school in RAI named as Motilal Nehru School of Sport. The school was established to give extra facilities related to sports to the capable students. These sports schools are residential and co-educational. There are also various sports schools in India which are V Raja Sport School in Trivandrum; Maharana Pratap Sport College in Dehradun, Sport College in Lucknow, Sport School in Jalandhar etc. The students can get various facilities, help regarding development in sports and school sector, Scholarships in sports, residential/hostel facilities etc. the students may get the more detailed information of the facilities provided by various institutions from their websites on the internet.

**d) Yoga instituting :-** There are presence of various institutions who performs the work of promoting Yoga by providing the courses or conducting classes/training etc. The style of yoga training/teaching is different as per the institutes/centers. Before joining any of the institutions, first of all you need to explain your requirements. There are some institutions whose work is to promote/offer yoga education are as follows :-

- Ramamani Iyengar Memorial Yoga Institute, Pune
- Krishnamacharya Yoga Mandiram. Chennai

- Bihar School of Yoga, Munger
- The Yoga Institute, Mumbai
- Kaivalyadham Shriram Mahadevji Yoga Samiti, Lonavala, Pune
- Morarji Desai National Institute of Yoga, New Delhi
- Swami Vivekananda Yoga Anusandhan Samsthana (SVYASA),
- Patanjali Yoga Pith, Haridwar
- Malviya Toga Sansthan BHU, Varanasi
- Uttarakhand University of Sanskrit and Yogi Sciences, Haridwar

**4) Which are the national awards that are given to sportsperson in India? What are the bases of giving these awards.**

**Ans :-** The national awards are given to the sportsperson as an honour to them against the best performance or valuable contribution in the field of sports. This award is given by the Government of India where the sportspersons/players/personalities (who has made a remarkable/outstanding performance, for recognizing their skills, for the achievements achieved) from various fields of sports are been invited. There are 7 awards presented every year on 29 August (to celebrate the birthday of hockey's Maestro Major Dhyanchand, and is celebrated as National Sports Day). The 7 awards which are been presented to the sportsperson on National Sports Day are :-

- Rajiv Gandhi Khel Ratna Award
- Dronacharya Award
- Arjun Award
- Dhyan Chand Award
- Maulana Abdul Kalam Azad (MAKA) Trophy
- Rashtriya Khel Protsahan Puraskar (RKPP)
- Tenzing Norgay National Adventure Awards (TNNA).

**5) What awards are given to coaches and senior and retired sports persons? What are the basis of giving those awards.**

**Ans :-** The awards that are given to coaches are Dronacharya Award :-

The Dronacharya Award was formed in 1985, stating the reason for honoring the coaches as appreciation towards outstanding and meritorious work done by them. To appreciate for the raise in the performance standard of sportsperson to the hilarious performance in sports at National and International level. As we

know that Arjuna award is given in the honor of sportsperson and the Dronacharya Award is given in the honor of the coach( As in Ramayana, Dronacharya was the Guru of Arjuna) The coach is been honored/felicited with the bronze statue of the Guru Dronacharya, a scroll of honor and a cash prize of Rs 5,00,000/- (Rupees Five Lakhs) where as Dhyan Chand Award is rewarded to the senior retired persons. Dhyan Chand Award is given for the sports person of India for his life time achievement in the field of sports. This award is named in respect to great Indian Legendary hockey player Dhyan Chand. This award was started to give in the year 2002 by Government of India. The awards consist of scroll of honor, statue of Major Dhyan Chand, and the cash prize of Rs 5,00,000/- (Rupees Five Lakh). This award is given to honor the sportsperson who have made contribution in their sport by their great performance and still continue to contribute more by promoting the sport after getting retired from their active sports career.

**6) Identify those educational and sport agencies that can help you in promoting your abilities and skills in games and sport and explain what kinds of contributions they can make.**

**Ans :-** Do it yourself.

**7) Write the full forms of MAKAR, RGKR, TNNA**

**Ans :-** Do it yourself.