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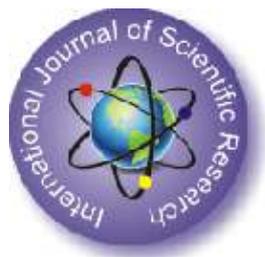
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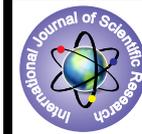
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Developing National Integration In India Through Physical Education Activities



Physical Education

KEYWORDS : National Integration, Unity, Council and Psychology

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ABSTRACT

Unity is a really important thing among people in a nation because it promotes peace and love in a nation. The other importance's are, unity is strength where united people can put efforts in elimination of vices like corruption and tribalism and also to fight diseases by adopting more hygienic standards of living, unity enhance political stability in a nation, unity minimizes and eventually eliminates intercommunity suspicions where it gives people a sense of security for they are able to know each other better and understand each other's ways. Unity promotes collective responsibility in times of need like in funding for the disabled and lastly unity reduces incidence of fear, suspicions and power struggles which reduce incidents like civil war which may affect social economic activities like trade. We can develop unity through physical education activities also. Physical Education is one of the major factors to achieve National unity ie to develop National Integration.

INTRODUCTION

National integration is a psychological and educational cohesion in the hearts of people, a sense of common citizenship and feeling of loyalty to the nation. Process involving the development of a feeling of unity and solidarity.

It is India in the whole world which has to suffer under foreign rulers for more than seven hundred years. The separatist tendencies among people and kings have always resulted in the fall of our kingdoms. Our country was always divided into large number of small kingdoms which were mostly at daggers end. There has been a lack of national consciousness. The internal disputes among the Rajput kings allowed Muslim invaders to establish their foothold here. Then the Britishers were able to create rifts between various kings and princes and thus established their supremacy. But when India came under the British, the English ruler followed the policy of Divide and Rule in order to perpetuate their authority over India. Consequently the racial, the religious and the linguistic groups in the Indian nation first began to disintegrate emotionally and psychologically and then desired to disintegrate territorially. This resulted into division of India into Bharat and Pakistan. India the integrity of the Indian nation is awfully threatened as the communal quarrels are fanned by the hostile neighbors of India. Hence, the necessity of strong national Integration in India has become so urgent at present.

LURKING-DANGERS TO OUR NATIONAL UNITY:

The lurking dangers to national unity of India are the narrow communal feelings. In India, there are different categories of community, such as racial, lingual and religious. The racial communities are generally Aryans, Dravidians, Anglo-Indians and aborigines. The lingual communities are generally those who speak Hindi, Bengali, Panjabi, Gujarati, Maharastri, Oriya, Assamia. The religious communities are generally. Hindus, Muslims, Sikhs, Christians and Parsees. People of these communities fall easy preys to narrow communal sentiments. There are very narrow sectarian feelings as well in the communities themselves. In Hindu community there are sectarian feelings between swordsmen and milkmen and so on. In the Muslim community there are quarrels between Siha Musalmans and Sunni Musalmans, between round cap sect and long cap sect. In India, there are some anti-social elements and political self-seekers who are fanning narrow communal feeling in order to meet their own selfish interests. They create narrow communal feelings in people. They appeal to their communal emotions leading to communal riots, communal discord and communal disharmony. Such activities will no doubt, weaken our national unity. Every Indian should be aware of this danger to the national unity of India.

NATIONAL INTEGRATION COUNCIL

The government has reconstituted the National Integration Council (NIC) which will be chaired by Prime Minister Manmohan Singh. The NIC has 147 members, including Union Ministers, Leaders of the Opposition in the Lok Sabha and the Rajya Sabha, the Chief Ministers of all States and Union Territories

with Legislatures. It also includes leaders of national and regional political parties, chairpersons of national commissions, eminent journalists, public figures, and representatives of business and women's organizations.

Set up in the early 1960s by Prime Minister Jawaharlal Nehru, the NIC held its first meeting in 1962. The council reviews matters relating to national integration and makes recommendations on such issues. The NIC aims at finding ways and means of combating the menace of communalism, casteism and regionalism. It has held 14 meetings so far, with the last one in October 2008 during the first innings of the United Progressive Alliance (UPA) government. The reconstituted NIC will have 14 Union Ministers, Leaders of national political parties and leaders of regional political parties, eminent journalists and Women's representatives.

GENERAL FACTORS DEVELOPING NATIONAL INTEGRATION EDUCATION

Education is one of the potent agencies to bring about national integration. Dr.Radhakrishnan pointed out that, "National Integration cannot be built by brick and mortar. It has to grow silently in the minds and heart of men achieved only by education."

TEACHERS

The teachers have a very significant role in inculcating nationalism in students. The teachers are supposed to possess an emotionally integrated personality, democratic and secular ideas and nationalistic outlook so that they may prepare the pupils for good citizenship. The spirit of national integration can best be imparted in the educational institutions through curriculum. In the schools National integration can be made through Translation, composition, paragraph and Letter writing, Recitation and Drama.

PARENTS

Parents significance in developing attitude for their wards towards nationalism also important considering the multi-societal, multi-religious and multi-lingual character of the Indian society, it is the duty of the parents an elders to prepare the child to appreciate the faiths, customs, manners, practices, norms and values of all belonging to other communities, religions and languages etc. The above mentioned programmes, activities can be conducted to promote National integrator among students in our country.

PHYSICAL ACTIVITY DEVELOPING NATIONAL INTEGRATION

There are many physical activities such as gymnastics, malkham, karate, Indigenous activities, Dance and cultural programmes, which helps to develop National Integrations. When we learn yogic exercises not only we get muscular strength and mental relaxation but also awareness of nation integration. When we practice karate we get muscles strength as well as unity of the persons.

Routine physical activity is also associated with improved psychological well-being (e.g., through reduced stress, anxiety and depression). Psychological well-being is particularly important for the prevention and management of cardiovascular disease, but it also has important implications for the prevention and management of other chronic diseases such as diabetes, osteoporosis, hypertension, obesity, cancer and depression. So a man can develop healthily in India.

The teachers are supposed to possess an emotionally integrated personality, democratic, secular ideas and nationalistic outlook so that they may prepare the pupils for good citizenship. It is the duty of the parents to prepare the child to appreciate the faiths, customs manners, practices, norms and values of all belonging to other communities, religions and languages. We can develop National integration through competitions. Add to competitions, we also learn cooperation, tolerance, unity, union of friendships and non religious nation. By birth we are from different states, different religions, different languages, and different habits different way of mentality. By developing National Integration we people should work united and promote "oneness" that is Indianness, We all are "Indians"

DEVELOPING NATIONAL INTEGRATION IN CHILDREN THROUGH PHYSICAL ACTIVITIES

Proper Physical Growth

Schools that provide physical education from an early age have understood the importance of all round growth. Physical education helps in development of muscles and bones and children kept fit from an early age. Obesity is a problem among many children and this can be partly solved by physical education. Obesity can lead to many problems such as diabetes, heart problems and imbalances in hormones in children. Encouraging physical education in schools will help to contain the problem of obesity to an extent. Children who are enrolled in some form of sport or the other reap the benefits in the long run.

Escape From Routine

Physical education in India also serves to distract the children from a set routine and provides an escape from the tedious hours in a classroom. Short periods of physical activity can be a good way to relieve some of the pressure that is bound to build up in a classroom.

Stress relief

Children have to cope with different types of pressure in a classroom and also among their friends, and engaging in some form of physical activity can be a good way to relieve some of this stress. After a stressful day at school, playing some form of sport

is a good way to release some steam.

Confidence building

Excellence in some form of sport or physical activity will provide children with confidence. Introverted children will be able to express themselves through sports and this is one of the main aspects of physical education in India. Children who are allowed to take part in inter schools games and sporting events, meet new people and this builds confidence and also builds a sense of companionship and camaraderie. Children who take part in team sports will be able to visualize themselves as being a part of a group and this will be beneficial when they are a part of work groups in the future. Physical education in India has to be encouraged and schools have to understand the importance of having a separate period for physical activity.

Students can promote national integration the least by developing a good personality and maintaining good behavior with others. National level sports and cultural meets would help in building national integration among students

By opting for sports, a person not only building self persona between people, but also builds an image among the world... When you compete at national and international levels all over the world, you will be remembered and called by the name of your country rather than your name in sports, people of different sects, strata, and caste and color compete, this brings in unity and helps in bonding.

CONCLUSION

We can see the democratic countries like Indonesia and Switzerland, where people of various races, various religions and various languages have maintained very ideal unity of nations and various languages have maintained very ideal unity of nation. Hence, why can't we do it in India? We can, if we will. So, let us think from this moment that we are the children of Mother India and we are all brothers and sisters.

The Government of our country has founded the Council of National Integration. It is hoped that the people of India will cooperate with it in all its programmes. For this we should stress the children about the importance of physical activity which develop the unity of nation. Teacher and Parents must take the major part for the awareness of National integration in children. They should bring up the children with the feeling of National consciousness. It makes a country to live peacefully and to be united therefore it is very important to have national unity; it also helps the nation to fight their enemies.

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