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## Brief History of Physical Education : A Study

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Before working in any field, if we know its historicity, then perhaps marriage work will become very easy. The possibilities of stability and improvement in that work will be more than before. Whether it is a field of study or research, historical knowledge is essential in all. It is very important for us to know the subject in which we have to research and the problem on which we have to research. Therefore, we must know briefly about the historicity of physical education. If we want to understand the history of physical education in the simplest form, then its historical journey can be divided into two sections – First is the global history of physical education and second is the Indian history of physical education. First of all, if we discuss the ancient period of physical education, then we will find that this period is even before the ancient times, which we used to call the stone age. The use of stone weapons began in that most important period of the human era. In the beginning they were very clumsy, but gradually they improved. That journey took thousands of years. We know these years by the name of Pali Liik Age (Complete Stone Age), Paleolithicage and Neolithic Yoga (Neolithic Age) . In the Complete Stone Age, we knew how to make rough weapons of stone and in the Neolithic period, we knew how to make sophisticated weapons of stone. Axes, spears, digging tools made of stones, knives, discs such as round wheels, hammers, etc. are still being found during excavations at various places. At that time, people were vegetarian in the Palaeolithic period. In the Neolithic period, human civilization started moving towards Traditions like invention of clothes, painting, hunting, rearing of animals, dancing and singing started.

After studying the above, if it comes to the first or oldest civilization, then Indian civilization is considered paramount. If we have to study physical education in Indian civilization, then we have to understand the following periods of civilization.

1. Pre-Vedic period ( 2500 BC) From the excavation of Mohenjodze, we get a complete idea of that immortal period of India in which human civilization has made a lot of progress in the field of education, special work in the field of weapons manufacturing, entertainment, and lifestyle. Had developed Mass participation was started in archery, shooting, horse riding etc.

2 - Vedic period: - In this era, a big change is seen in the living, food and activities of Aryans, at that time animal husbandry, vegetarian food and were physically powerful. rural civilization in that period had arisen. In the same period, people started using the yoga called Pranayama for worshipping God. A sequence of physical actions was named Surya Namaskar. At that time, in the form of physical education, horse riding, weaponry, eyes (hunting) and dance and stunts after getting intoxicated used to do what is called the modern era. in gymnastics.

3- Epic period: - 1000-600 BC This was the period in which events like Ramayana epic Mahabharata are described. It was a very turbulent period. In which physical activities like archery, wrestling, mace fighting, javelin projection, fencing dance, swimming were done. The game of Choga-like game which resembles modern and horse-poles started. In the Mahabharata period, a game like Chaucer started being played.

Wrestling was played or used to happen according to the rules at the end of the arms war. During this period centers like Takshashila, Pataliputra, Kannauj and Mithila were established. In the Mahabharata period, wrestling used to go on till the death of a warrior.

4- Historical period: - During the birth of Mahatma Buddha in 1560 BC, self-governance system emerged in India. That's why that period is known as historical period. In that era, wrestling, horse- riding and its additional competitions were organized during peace. Apart from this, swimming, elephant riding, boxing, plowing fields were organized. Yoga Vidya was very popular in that period. It was used to improve the body as well as to keep the citizens healthy.

## **Medieval Period of Physical Education in India Indian History**

Indian history is considered to be the oldest or ancient history . Looking at the richness of the history of Indian history, they divide it into three categories of ancient, medieval and modern times, which makes it easier for us to study it.

The origin of physical education in Indian culture is believed to be from the ancient times. Due to which Indians have been becoming physically and mentally sharp. The medieval era in Indian history is considered to be from 1206-1757, in which the Sultanate period and the Mughal period come. With the arrival of foreigners, our empires ended but helped in the establishment of all kinds of new physical activities. New games were given to the public by the Mughals. Apart from traditional games, people started showing interest in new games. That At that time, all the small states used to entertain the public in their own way. Horse riding, weaponry, hunting, " epic period" wrestling, archery, mace fighting, fencing, chaugan, " historical period" swimming, running, jumping competition, Yogasanas of Nalanda period, Surya Namaskar, Rajput period swords Katar, " Sultanate period, Mughal period, sword fighting, boxing, hunting, swimming, chess, chaupar etc. Sports Indian citizens were very fond of sports. In all of them, the period of change in the field of physical education is said to be from the point of view of the history of Indian education.

In the same medieval period, Mughals entered India and ruled for 600 years by taking advantage of the differences of small princely states . During that reign there were changes in all kinds of cultures. Since caste disharmony did not result in much mixing, yet there were many activities in which consensus was reached. From those activities, there were akhadas, gymnasiums established as centers of physical education . Where fighting skills like wrestling, fencing, javelin throwing were taught which was a part of education.

## **Physical Education in India after Independence**

600 years of Mughals and 200 years of British subjugation, when the country became independent in 1945, it became economically, socially and educationally weak and powerful or prosperous. The prosperous culture had suffered a great loss. Destroyed the traditional form of gurukuls and akhadas (vyamshalas) and imposed European sports culture on us. Any game was considered to be of elite class only.

Keeping all these things in mind, the first government of independent India started many welfare schemes in which physical health was kept paramount. Some such important activities or schemes are as follows-

### **1- ( Physical Education Committee Tarachand Committee)**

In 1948, the Government of India formed this committee with a view to the development of education. On whose suggestion Rani Lakshmbai Physical Education College was established in 1957 .

## 2- Central Counseling Board

In the year 1950, the Central Advisory Board was formed for the development of physical education and recreation. Among the members, representatives of all the states, physical education experts nominated by the Government of India and chairman and secretary nominated from the Ministry of Education. His work was to advise the Central Government for the improvement of programs of physical education and to suggest programs related to sports, recreation and youth.

## 3- First Asian Games

To attract more and more youth towards sports and physical education in India, the biggest sports competition of Asian countries was organized in the capital Delhi in 1951, which is the first competition in the history of Asian Games. Since then there has been a revolutionary change in the field of physical education and sports in the nation.

## 4- Princess Amrit Kaur Coaching Scheme: –

1953 in the name of the then Health Minister Rajkumari Amrit Kaur with the objective of providing training in sports. To meet the shortage of qualified coach, the responsibility of training was given to the well-known aspiring players of various sports. Some foreign coaches were also called for level training.

## 5- All India Sports Council

year 1954 with a view to provide contact and financial grants to various sports organizations. His objectives were to create coordination between the union and the government, to improve the level of sports, to establish a sports training center, to do scientific and technical research in the field of sports, the benefits of which were seen. Sports developed in rural areas and systematic training camps were organized.

## 6- University Grants Commission

year 1956 on the basis of grant and quality standards for the prosperity of education and sports in universities and colleges.

## 7- Establishment of Physical Education College

1957, Lakshmbai Physical Education College, Gwalior (Madhya Pradesh, which has now been upgraded as a university) was established to promote physical education and sports. Hui. A center for the same was established in Trivandrum (Kerala) in 1985 and Guwahati (Assam) in 2010 .

**8 - National Discipline Plan** It started in 1954 . Later, its directorate was opened in 1960 in Alwar, Rajasthan and to meet the growing demand for trained teachers, a directorate was also opened in 1963 in Barwaha (Madhya Pradesh).

## 9 Netaji Subhash National Institute of Sports ( NSNIS)

The establishment of India's largest sports coach preparation institute in the name of NSNIS in 1961 Happened in Patiala in the state of Punjab. Later three more centers were opened in Kolkata, Bengaluru and Gandhi Nagar (Gujarat).

## 10- Sports and Youth Welfare Department

in 1958, is to conduct sports activities across the country and welfare of the youth. programs were to be administered.

## 11. Formation of Ad-hoc Committee

LNIP Gwalior MP will be established only on the recommendation of this committee formed in 1958 . Their work was done to test and evaluate the quality of educational and sports level of educational institutions. This committee gave suggestions regarding short-term and long-term training programs, new working methods of sports organizations to prepare good coaches, etc.

Similarly, other institutions and schemes were made by the then Government of India. Which are as follows-

12- Kunjuru Committee ( 1959)

13 National Fitness Corps ( 1965)

14 National Cadet Corps ( )

15- National Sports Talent Search Scheme (Rural Sports 1970-71)

16- Nehru Youth Center ( 1972)

17- National Self Service Scheme ( NSS1964))

18th Asian Games ( 1982)

19- SAIF Games ( 1988)

20- Sports Awards

- Arjuna Award-
- Dronacharya Award
- Rajiv Gandhi Sports Ratna- 1991-9
- Dhyan Chand Award

The result of all the above efforts is that where we used to get Olympic medals in our national game hockey, today we are also winning medals with excellent performance in almost all sports. Along with the increase in the sports incentive amount and sports prize money, the establishment of sports universities and colleges as well as movements like Khelo India and Fit India are currently being run by the Government of India, the benefits of which are directly visible. We will get the benefit of these schemes in future also, because it is said

that if the foundation is strong then the building is also strong. The government has started by planting the seeds of a scheme like Khelo India at the school and university level.

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