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Study of Contribution of Bhartiya Vidya Bhawan in Development of Physical Education, Sports and Yoga**Shashank D.Bokare**Ishwar Deshmukh College of Physical Education,
Nagpur**A. P. Karwande**Ishwar Deshmukh College of Physical Education,
Nagpur**1.0 Introduction**

Schools are the nurseries to search talent and subsequently to train such students to get excellence in a particular game for coming generations all over the world (Marshall and Hardman, 2000). Hence the importance of national programs of games and sports to draw the attention of the world to the fact that a national program of physical education training and competitive sports not only helps in developing the health of young people but creates better citizens (Carlson et al., 2013) and promotes development of these character personality and culture (Justin and Gavin, 2003). It is already known that physical education plays an important in shaping the students to get more exposure in sports and games. Although many schools have developed and implemented their sports inculcation related programs, its success is not similar (Bailey, 2006; Seidler, 2006). Moreover, the physical infrastructure needed for the development of sports is also very critical (Jason, 2010; Calbom, 2012). In view of this every school of the Bhawans was also directed to prepare the game's program weekly at the beginning of the term so that the students know what games he or she is going to play well in advance. Furthermore, this was prepared to provide infrastructural facilities to the students for playing different games and also to rotate the games every week so that the students get a chance to play different types of games. Once they are exposed to different games, they can be trained in a particular game in which he or she shows keen interest and aptitude (Verma, 2015).

The Bharatiya Vidya Bhawan established the Department of School Education, with the sole objective to impart physical education to the students at various centres. The aims and objects of the Department was to ensure that the students are physically fit, healthy agile and alert, to be familiar with various games and sports and to achieve excellence in one or two games and also able to enjoy and appreciate the games and sports. In addition to this the promotion of yoga (Singh, 2016) for remaining mentally fit has seen schools taking a lot of interest in improving the infrastructure for the same as well as hiring people to undertake yoga related activities (Rao et al., 2013). Physically activity is especially important for the body and music for the soul. So games and sports have today come to stay as a treasure to the inheritors of our culture (Aprameya and Singh, 2016).

Physical education being an integral part of general education must aim at developing individual into a wholesome personality capable of carrying out physical as well as intellectual obligations as a full-fledged citizen of his country. Moreover, enhancement of knowledge of facts and figures is good in its own sphere but they say "a healthy person is any way better than an ailing one." Such is the importance if physical education and physical fitness in the life of a human being. Only a healthy and happy young man can accomplish the task assigned to him by his superiors, his society or his nation. The comprehensive development of the children is the aim of Bhawan, and hence, in view of this it is necessary to assess the contribution of Bhawan with respect to provision of infrastructural facilities for development (especially in view of physical education, sports and yoga) of the sports culture in general and sportspersons in particular. This investigation was delimited to study of centre of central India.

2.0 Research Methodology

2.1 Selection of Samples

The centers run by Bharatiya Vidya Bhawan which comes under western region i.e. Maharashtra and Madhya Pradesh were selected for this study and the physical education teachers working in these schools were the sample for this study.

2.2 Procedure of data collection

2.2.1 Primary data collection

Survey method was used for data collection. The tools for this study were structured questionnaires. Research scholar personally collected data from all the respondents. In this study, all the measurements were made using standard procedures. The data will be collected from various branches of Bharatiya Vidya Bhawan situated in the study region.

2.2.2 Questionnaire development

The reliability and validity (content validity, construct validity, criterion validity, etc.) of the questionnaire was assessed prior to its use for data collection. All the standard procedures were employed to check the reliability (test –retest method) and validity of the questionnaire.

2.2.3 Secondary data collection

Secondary data was collected from the general publications, scientific journals, publications of various associations, organizations, research institutes and books from National and International authors.

2.3 Statistical Analysis of Data

The primary data collected from the samples was analyzed following standard statistical tools. The descriptive statistics (frequencies, mode, percentage etc.) was determined. All the data was analyzed using SPSS 18.0 software.

3.0 Results of the Study

3.1 Assistance for sporting activities

Table 1
Assistance received from school to support sporting initiatives

Sports Development	No of Respondents	Percent
Yes	24	82.8
No	4	13.8
Don't know	1	3.4
Total	29	100

Above **Table 1** provides data about the assistance received from Bhartiya Vidya Bhavan Schools to support sporting initiatives. Study results show that 82.8% teachers agreed that they receive assistance from school to support sporting initiatives, while 13.8% teachers denied of receiving assistance from school to support sporting initiatives and further 3.4% teachers were unaware of the schools assistance to support sporting initiative.

3.2 Budget of sporting activities

Table 2
Are sporting activities budgeted for?

Budget of sporting activities	No of Respondents	Percent
Yes	24	82.8
No	2	6.9
Don't know	3	10.3
Total	29	100

Above **Table 2** presents information about the sporting activities being budgeted or not in the Bhartiya Vidya Bhavan Schools. Study results show that 82.8% teachers agreed that the sporting activities are budgeted, while 6.9% teachers denied and 10.3% teachers were unaware about the sporting activities being budgeted or not.

3.3 Effectiveness of the current structure and management of the sports program

Table 3
Effectiveness of the current structure and management of the sports programme

Effectiveness	No of Respondents	Percent
Excellent	7	24.1
Good	18	62.1
Fair	4	-
Poor	-	13.8
Total	29	100

Above **Table 3** presents information about the effectiveness of the current structure and management of the sports programme in the Bhartiya Vidya Bhavan Schools. Study results show that 62.1% teachers agreed that effectiveness of the current structure and management of the sports programme was good and further 24.1% and 13.8% teachers each replied that the effectiveness of the current structure and management of the sports programme was excellent and poor respectively.

3.4 Ratio of coaches to players/learners

Table 4
Ratio of coaches to players/learners

Ratio of coaches to players	No of Respondents	Percent
1: 15-20	4	13.8
1: 20-30	2	6.9
1: 30-40	7	24.1
1: 40+	16	55.2
Total	39	100

Above **Table 4** presents information about the ratio of coaches to players/learners. According to the 55.2% teachers the ratio of coaches to players/learners is 1: 40+ while as per 24.1% teachers the ratio of coaches to players/learners is 1: 30-40 and further as per 6.9% teachers the ratio of coaches to players/learners is 1: 20-30. Also for 13.8% teachers the ratio of coaches to players/learners is 1: 15-20.

3.5 Appointment of dedicated staff to provide sporting assistance

Table 5
Appointment of dedicated staff to provide sporting assistance

Response	No of Respondents	Percent
Yes	22	75.9
No	2	6.9
Can't say	5	17.2
Total	29	100

Above **Table 5** presents information about the appointment of dedicated staff to provide sporting assistance. Study results show that 75.9% teachers agreed that the dedicated staff has been appointed to provide sporting assistance by the Bhartiya Vidya Bhavan school while 6.9% teachers did not agree to the statement and further 17.2% teachers were not sure about the appointment of dedicated staff to provide sporting assistance.

3.6 Availability of own sports ground by school

Table 6
Availability of own sports ground by school

Availability of ground	No of Respondents	Percent
Yes	23	79.3
No	6	20.7
Total	29	100.0

Above **Table 4.6** presents information about availability of own sports ground by school. Study results shows that majority i.e. 79.3% schools have their own sport ground, while 20.7% schools do not have their own sports ground.

3.7 Availability of Well -equipped and safe playgrounds

Table 7
Well -equipped and safe playgrounds

Availability of Well-equipped playgrounds	No of Respondents	Percent
Yes	23	79.3
No	6	20.7
Total	29	100.0

Above **Table 4.7** presents information about playgrounds being well equipped and safe. Study results shows that majority i.e. 79.3% schools playground are well equipped and safe, while 20.7% schools play grounds are not well-equipped and safe.

3.8 The condition of sports ground is appropriate (playable)

Table No. 4. 8
The condition of sports ground is appropriate (playable)

Ground is playable	No of Respondents	Percent
Yes	24	82.8
No	5	17.2
Total	29	100.0

Above **Table 8** presents information about appropriate (playable) condition of playgrounds in the school. Study results shows that majority i.e. 82.8% schools playground are in proper (playable)condition, while 17.2% schools play grounds are not in proper (playable) condition.

3.9 Availability of separate playground for various sports

Table 9
Availability of separate playground for various sports like basketball court, volleyball ground, cricket etc.

Availability of separate playground	No of Respondents	Percent
Yes	27	93.1
No	1	3.4
Can't Say	1	3.4
Total	29	100.0

Above **Table 9** presents information about availability of separate playground for various sports like basketball, volleyball, cricket etc. in the school. Study results shows that majority i.e.93.1% schools have separate playground for various sports like basketball court, volleyball ground, cricket etc., while 3.4% schools do not have separate playground for various sports like basketball court, volleyball ground, cricket etc. However 3.4% schools were unaware of the availability of separate playground.

3.10 Adequacy of quantity and variety of the sports facilities in the school

Table 10
Adequacy of quantity and variety of the sports facilities in the school

Adequacy of sports facilities	No of Respondents	Percent
Yes	24	82.8
No	3	10.3
Can't say	2	6.9
Total	29	100

Above **Table 10** presents information about adequate quantity and variety of the sports facilities in the school. Study results shows that majority i.e. 82.8% schools have adequate quantity and variety of the sports facilities, while 10.3% schools do not have adequate quantity and variety of the sports facilities , further 6.9% schools were not sure about the adequacy of quantity and variety of the sports facilities in the school.

3.11 Availability of Yoga room or meditation center in the schools

Table 11
Availability of Yoga room or meditation center in the schools

Availability of Yoga room	No of Respondents	Percent
Yes	21	72.4
No	8	27.6
Total	29	100.0

Above **Table 11** presents information about the availability of Yoga room or meditation center in the schools. Study results shows that majority i.e.72.4% schools have separate yoga room or meditation center, while 27.6% schools do not have yoga room or meditation center.

3.12 Availability of sports equipment's for all sports

Table 12
Availability of sports equipment's for all sports

Availability of sports equipments	No of Respondents	Percent
Yes	25	86.2
No	1	3.4
Can't say	3	10.3
Total	29	100

Above **Table 12** presents information about the availability of sports equipment's for all sports in the school. Study results shows that majority i.e.86.2% schools have sports equipment's for all the sports, while 3.4% schools do not have sports equipment's for all the sports, further 10.3% teachers were not sure about the availability of sports equipment's for all the sports in the schools.

4.0 Conclusions

The basis of sports education or physical education starts in school. Sports education is a curriculum and instruction model designed to impart physical education programmes at the upper elementary, middle and high school level and it also aims to provide children and youth with authentic and enjoyable sports experience. Sports education always complements academic learning as it develops the overall personality of the students greatly. The data collected in this study showed that the Bhawans schools i.e. Bhartiya Vidya Bhavan Schools of central India receive assistance from school to support sporting initiative. Moreover, they also have budgetary provisions for undertaking various sports activities that are effective in promoting the sports culture. These schools have the ratio of coaches to players/learners of 1: 40+ (i.e. one coach for more than forty students), which appears to be low and needs to be better, however, it is evident that a dedicated staff is appointed to provide sporting assistance. The aspects related to the infrastructure availability revealed that most of the Bhartiya Vidya Bhavan Schools have their own well-equipped sports ground and these grounds are in appropriate condition. In addition to above, it is also concluded that the Bhartiya Vidya Bhavan Schools have separate playground for various sports like basketball court, volleyball ground, cricket etc. along with the availability of yoga room or meditation center. Overall, it is apparent that the Bhartiya Vidya Bhavan Schools have satisfactory contribution in the development of sports in their respective branches of central India.

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