
Peace through Health and Physical Education and Sports

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Abstract

This study was undertaken to construct awareness among the students about Health and Physical Education and its role in the development of peace, equality and brotherhood. Health and Physical Education is increasingly being adopted as one of the strategies in international and national development with an aim to promote peace building initiative in many post conflict zones and developing countries. The contribution of Health and Physical Education is based theoretically on the thesis of specific activities. However in the development work, sports have been integrated in peace building, reconciliation, and conflict management initiatives within the development context. Health and Physical Education have been used as part of humanitarian response during emergencies for psychosocial support. Sports programs have been adopted to promote and advocate for gender equity and social inclusion of vulnerable groups of society such as the disabled people.

Keywords: Health and Physical Education, Peace, Students, sports

INTRODUCTION

Health and Physical Education is a compelling tool to promote peace, tolerance, and understanding, bringing people together across boundaries, cultures, and religions. Its values such as teamwork, fairness, discipline, and respect are understood all over the world and can be utilized in the advancement of solidarity and social cohesion.

Sport is an attractive part of Health and Physical Education. Sport is not limited to the practice of physical activities. It is in fact, a recreational space where a healthy lifestyle is promoted, through physical and mental development. It is a place where individuals converge to improve their social skills, strengthen cultural values and adapt to rules. Physical activities improve individual health and wellbeing, both physically and mentally, and teach important values and social skills. But sport doesn't just empower on an individual basis; it also unites and inspires people collectively, which builds communities. .

Along with the progress of human civilization, human activity has increased constantly. People are getting tired of running to get through life and improving the quality of life. There can be no alternative to sports for a little break in the busy life of busy people

seeking success and fortune. It goes without saying that sports are necessary for a healthy body and a healthy mind. The importance of sports is immense for people struggling with life to enjoy life at least for a while, as well as to give some physical and mental peace and peaceful co-existence in society.

According to Plato, childhood play is the foundation of knowledge in later life. The main purpose of the game is to have fun. But in explaining how important play is to child development, Satney Smith says that children's play consists of the four main processes by which we gain knowledge about the world—imitation, exploration, experimentation, and construction. Along with the physical development, the importance of sports is also very important in the mental, social and emotional development of the child. Children's creativity, imagination, social skills, cooperative attitude and leadership skills are developed through play.

“Where there is peace, there is sports; where there is sports, there is peace. Peace is what allows us, especially young people, to dream, go after one's goals and prepare you for the next challenge in life”. - Kim Yuna.

OBJECTIVES OF THE STUDY

Following are the main objectives of the study

- To create awareness among the students about the benefits of sports.
- To explore the concept of students regarding Physical Education and sports and their role in the development of peace, equality and brother-hood.

TOOLS AND METHODS

Usually through sports

1. A child's mental development is accelerated,
2. Socialization is integrated.
3. Sports in personal life make people honest, brave, self-confident, hardworking and persevering.
4. Again, sports in national life make unity, solidarity, patriotism, nationalism among people.
5. Sports play a supportive role in building a sense of world brotherhood.
6. Promotes good inter-country relations.
7. Relations of brotherhood, friendship, trust, cooperation and trust between different countries are created through sports.

SPORTS IN HARMONY AND ESTABLISHING PEACE:

A bond of harmony is formed between people through sports. While playing sports, one has to take help from one another; as a result, trust and confidence are strengthened. That relationship is one of cooperation, camaraderie and harmony. Through sports, a bond of

harmony is created not only among the players, but a kind of harmony and friendship is created among the spectators and supporters of the game.

Sports play a positive role in strengthening the bonds of love between countries and states. For example India and Pakistan - India Pakistan Cricket or Hockey plays a very important role in establishing alliance between the two countries. But the biggest convention of peace and friendship through sports is the Olympic Games. Thousands of sports participants from almost all countries of the world participated in this huge conference and through this people all over the world realized that apart from one and the same Olympics of mankind, multi-sport events help in maintaining international harmony and peace.

SPORTS IN SENSE OF NATIONALITY AND BROTHERHOOD

The aim of all independent countries is to create national unity and sense of nationhood because without national unity the progress of the nation is not possible. The aim of national integration is to create an atmosphere of peace which can be easily done through health and physical education. The role of physical education is very important in creating national integration. National unity and peace is easy to maintain by carrying out various programs of physical education.

Sports players are not seen as Hindus, Muslims, Sikhs, Buddhists, upper castes or lower castes. All players, regardless of caste, creed, caste, unite with other players. All players come forward in support of each other and fight shoulder to shoulder for victory. As a result, there is no religious bigotry, racism, casteism, etc. among the players and these qualities of nationalism help to live peacefully with everyone in the society.

A sense of nationalism is created through sports and an atmosphere of peace is created. Because,

1. Through sports we come together in victory and defeat.
2. Irrespective of religion, caste, caste, caste, men and women all march under one flag.
3. Sports is an effective medium in creating world brotherhood in present times.
4. People-to-people relationships are established through sports.
5. Sports are enjoyed by everyone regardless of age, gender or race
6. Even the ongoing disputes and crises between the two countries are settled, friendly relations are established through sports.
7. Development of relations between two countries at state level through sports. As a result, brotherhood developed between the two countries.

BUILDING PEACE THROUGH SOCIAL DEVELOPMENT

If there is no development of society or society, peace does not come or peace is not established, so peace can be established through the development of social qualities of individuals and in this regard, health and physical education and sports play a special role such as:

Through participation in various programmes of Health and Physical Education and Sports-

- The individual's learning or collaboration improves
- Social qualities like sympathy, courtesy, brotherhood, sympathy, etc. are awakened. This helps in personality development and building a prosperous society.
- Develops spirit of cooperation through competition.
- Sports reflect social relations and help in acquiring mental qualities.
- Physical education develops leadership skills.
- Introduces the culture of the country and society.
- Inculcates the student's liberal mindset and sense of responsibility to the society.
- Discipline, self-restraint, honesty, self-confidence etc. are developed through physical activities.
- Children are not born social beings. Appropriate social environment is where his socialization takes place.
- Reflects social qualities and different types of social relations through sports.
- Distinction between rich and poor, high and low is eliminated in the playground.
- Sports develop cooperation, brotherhood and cultural aspect
- Sports are the best form of recreation and leisure.

PEACE THROUGH VALUES DEVELOPMENT

Peace depends on the values of the individual so development of values can be developed through health and physical education and sports especially important for peace. Such as-

Through health and physical education and sports, individual values are awakened such as respect for elders, love for children and establishing friendly relations with friends etc. Besides, various values of the individual are developed through sports.

Personal values are acquired –

- Ambition • Cleanliness • Dignity • Practice • Excellence etc

Spiritual values are developed like-

- Moderation • Self-purification • Endurance • Yoga Prashanthi etc

Behavioural values are developed such as:

- Environmental • Cultural • Ethical • Professional values • Economical • Social etc

Development of democratic values in individuals such as:

- Independence • Equality • Justice • Judgment etc

Ethical values develop such as:

- Sincerity • Integrity • Philanthropy • Self-control • Love and patience

Addressing current problems and building peace through health and physical education and sports:

A variety of immediate problems act as obstacles to peace. Such as violence, anxiety, hatred, etc. through sports development of various emotional qualities, as a result of which one can easily get out of the above problems. The ability to control emotions increases through sports. In sports, there are losers, when you lose, you feel pain and when you win, you feel joy. Therefore, sports teach us to control our emotions like happiness,

sadness, anger, etc. The learning that is later reflected in daily life, besides, on the field of play, when a player of his own or the opposing team is sick or injured, any player easily lends a helping hand to him because sports develop various resilience qualities of the individual.

- Person is able to control emotions
- Can adapt to any environment
- Friendly attitude is created
- Learns to create a peaceful environment
- Develops the qualities of cooperation and empathy

Sports and Cultural Exchange:

The playground brings the whole world together. Cultural exchange takes place between the people of different countries.

“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.”

– **John Wooden, Basketball**

Role of sports for differently abled people:

Sport changes the individual with disability in an equally profound way by empowering persons with disabilities to realize their full potential and advocate for changes in society. Through sport, persons with disabilities acquire vital social skills, develop independence, and become empowered to act as agents of change. Sport teaches individuals how to communicate effectively as well as the significance of teamwork and cooperation and respect for others. Sport is also well-suited to reducing dependence and developing greater independence by helping persons with disabilities to become physically and mentally stronger. These skills can be transferred into other new arenas including employment and advocacy work further helping to build self-sufficiency. Sports play a significant role in helping people with disabilities get out of the confines of their homes. Through sports, the communication with the disabled people increases and they get a better idea about their own abilities and at the same time, the misconceptions about the disabilities of the people in the society disappear. So sports create a peaceful environment among differently abled people.

DISCUSSIONS

As the saying goes, sports is strength, sports is body-mind, world is won in sports, beautiful mind in healthy body. Besides, from the moral and humanitarian values of the students in physical education, sports and health sciences, it tries to inculcate the sense of equality for all irrespective of history and tradition, consciousness, consciousness of the great liberation war, sense of art-literature-culture, patriotism, nature-consciousness and religion-caste-tribe and men-women. Physical education, sports and health science are mainly based on the philosophy of healthy body, sound mind. Through the practice of

different sports of the country and abroad, the students are able to develop themselves as efficient citizens as well as to create an atmosphere of peace.

The IOC was founded in 1894 on the belief that sport can contribute to peace and to the harmonious development of humankind. The Olympic Movement continues to work on a daily basis to use sport to promote peace and the Olympic principles around the world.

The IOC and the United Nations believe that sport is a positive way of creating a spirit of peace, goodwill, healthy competition and cooperation. The IOC and the United Nations are committed to using sport as a means of social change. Both organizations have a joint program in this regard. Both organizations are leveraging global sporting events such as the Olympic Games for peace, cultural understanding, education, and health, economic and social development.

Sport is the most unifying and inspiring development and peace tool in the world. No other social activity brings people together in such great numbers.

CONCLUSION

Regardless of age, gender or ethnicity, sport is enjoyed by all; its reach is unrivalled. More importantly, though, sport promotes universal values that transcend language and culture. We can use it as a tool to improve the welfare of the planet and its people. Through its values, we can teach teamwork, leadership, humility, tenacity, and determination. But we also use sport to shine a light on social issues, harnessing its influence and reach to draw attention to matters that are impacting society

Sports also promote equality and serve as a platform to promote the value of diversity. Sport-based public awareness campaigns can promote awareness towards climate protection and can stimulate enhanced community response for local environment preservation. The role of sports in promoting gender equality is also critical. Sports help girls and women build self-esteem and develop skills needed to become equal participants and leaders in their various communities.

Sports have a fundamental human demand. They can connect people across cultures, religions, nationalities, languages, and other divides. When people participate in sporting activities, they learn to respect the dignity of their opponents, the values of teamwork and tolerance, and the importance of fair play and regulations. Sports can, in a few words, be an important tool for peace building and reconciliation.

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