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**CONTRIBUTION OF KHELO INDIA UNIVERSITY GAMES FOR COLLEGE
STUDENTS**

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Introduction:

The human anatomy is such that management and structure of human body always requires some form physical activities so that human can maintain stamina, flexibility, fitness, and elasticity for better performances. Physical activity is not limited to just walking around, roaming, or jogging, but physical activity includes many factors like sports, games, tracking, and other regular activities through which human body can stay healthy, flexible, fit, and active. The importance of sports to stimulate the human body can be seen from ancient times. Ancient literature and epics of India mention wrestling, chariot, and horse racing as well as chess. By the passing time, along with career, sports have also brought other benefits to human beings. When it was realized that a healthy body could have a healthy mind, people began to struggle to keep their bodies fit and healthy, and when they realize that one way to the healthy body was through the playground, they began to crave sports.

Sports provide exercise, strengthen the body; discipline sports also changes life. Cricket is team game, one cannot think about himself or herself alone, one has to think about the whole team. Sport not only excites the mind of human being but also entertains. After studying for 2 to 4 hours, students get bored, after playing for some time, that boredom passes away and get excited towards their study. Due to this, one cannot forget the fact that mind be concentrated through sports. Therefore, it is important to use sports from school level to university level to create exercise and keep the body strong. Acquisition of sound mind through sports activity nurtures study habit to direct their career. Hence conducting more sports events at university level was the need of the society and this need was fulfilled by conducting Khelo Indian University Games since the year 2020.

Khelo India University Games:

C.C. Chengappa (2022) in his article, 'Khelo India Youth Games and University Games: What's the Difference?' attempted to differentiate the two sports events under the title of Khelo India, being launched by the central government and ministry sports in 2017. Khelo India University Games are meant for specifically for university students across the country. The age group targeted in this game forms is for 18-25 years sportspersons studying at different streams and levels of university education. The aim behind this game form is to train the athletes and for the international events in future. Having reference to NEP 2020, Mr. Anurag Thakur, the youth affairs and sports ministers of India, stated that, 'national education policy 2020 emphasized the importance of sports and physical activity to be a vital part of our education systems. Structural changes are in the pipeline to ensure sports-integrated learning will be undertaken in classrooms.'