

Sports and Physical Education are Important in Indian Culture

Mr. Shaikh Azhar Shaikh Babar¹ and Dr. Mohd Rafiq Ejaz Siddiqui²

Research Scholar, Department of Physical Education¹

Research Guide & Supervisor, Department of Physical Education²

Dr. Babasaheb Ambedkar Marathwada University, Aurangabad, Maharashtra, India

Abstract: *Physical Education & Sports forms an important part of educational system even when it never received the importance it deserves. Even though it is included as part of the curriculum from the early stages of education, it has never been taken seriously by the educational administrators, the academicians and the students. Physical Education is the only profession where you talk as well as play / perform. The concept of Physical Education in the mind of general public is big round, play & play and no work. Abraham Lincoln quoted in one of his address, "Sportsman is the best Ambassador of the Nation." Hence, the Physical Education Director/Teacher can also be the best Ambassador of our Institution / University. At present compare to earlier years and now we can come across the decline of physical education in education compare to present is one needs to overcome the hurdles and battles to improve the structure and infrastructure status in around to develop the overall discipline in physical education and sports.*

Keywords: Resistance training, Sport training, physical fitness, leg strength, back strength and Education

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