

Seventeenth Loksabha

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Title: Need to introduce compulsory sports curriculum in all schools.

SHRI T. N. PRATHAPAN (THRISSUR): Sir, majority of our population is young in our country. Unfortunately, most of our youth in the country are becoming spiritually inactive, physically unfit and increasingly overweight. In the long run, this physical inactivity will affect India badly. It will spoil our decades long progress that we have achieved in life expectancy. It will also affect our health care budget.

So, promoting participation of youth in physical activity and sports is very important. This will shape our life style. This will contribute wellness to our entire socio-cultural aspects. But, at present, there is no importance given to sports and physical education in our schools and colleges. The syllabus of our schools is focused primarily on making students as doctors, engineers, lawyers, IT professionals only. I do not generalise this. Still, it is a wide reality. There is no emphasis for minimum physical activity in our schools.

Hence, it is high time that we should make physical education as mandatory in all classes at school level. We should take concern for physical literacy in our people. There should be separate compulsory sports curriculum in our schools with a minimum of three periods per week for all classes from 1st to 12th standard.

The minimum qualifying marks should be prescribed for physical education. It should be considered as a mandatory qualification for promoting to higher classes. It should be both practical and theoretical.

माननीय अध्यक्ष : यह 377 नहीं है, यह जीरो ओवर है ।

SHRI T. N. PRATHAPAN : My last point is that if we make it seriously, the physical health along with mental wellness of our population will be at the best. In another way, it will give a good healthy workforce, job opportunities and great name in the world sports map.

I request the Central Government to direct all the State Governments, national education boards and other educational agencies to make physical education mandatory in the curriculum.