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## Importance of physical education, sports and yoga in the life of person with disabilities

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### Abstract

According to World Bank, India has some 40 to 80 million persons with disability that translates to roughly about size of population of United Kingdom. As per WHO "Disability is restriction or lack of ability to perform an activity in the manner or within the range considered normal for a normal human being." Precisely, one in twelve households has a member with disability. Although a number of sports events are held by government for disabled like Paralympics and awareness programmes by government regarding sports and disabled, a typical disabled person in a normal Indian household does not participate in sports event nor he does exercises largely due to challenges posed by mobility and health issues along with mental and emotional barriers to exercise and hence, is more prone to diseases due to sedentary lifestyle and illnesses

Research paper aims to emphasize on the importance of physical education, sports and yoga in the life of persons with disabilities and co-creating a society consisting people who are an asset to the country mainly through: Educating the disabled about various exercises and fitness techniques that can be performed easily at home and leads to a healthy lifestyle, Inclusion In Sports, through education and extensive overall sports programmes and spreading awareness among disabled.

Inclusion through Sports, that is improving wellbeing of persons with disabilities and inclusion helping achieve millennium development goals for universal primary education, access, gender equality. Rabindranath Tagore said, "The problem is not how to wipe out the differences but how to unite with the differences intact." Sports can unite all and play a key role in the lives and communities of people with disabilities, the same as it can for people without disability. Persons with disabilities are not persons with "less abilities" but persons with "different abilities"

**Keywords:** Physical education, sports and yoga

### Introduction

Broadly speaking special children are those who are disabled (delayed or retarded) in their physical, social, intellectual or emotional development. Yet, in India, we consider only children with severe physical or mental disabilities as special children. According to the Census 2001, there is 28% in Movement, 49% seeing, 6% Hearing, 7%, Speech and 10% Mental Disability in India which constitute 2.13% of the total population. Hence in our classrooms there is a probability that there are special children. Catering to the needs of this population is the responsibility of educationists.

According to the World Health Organization "Disability (resulting from impairment) is a restriction or lack of ability to perform an activity in the manner or within the range considered normal for a human being". In our society, disability has been divided into four categories i.e. (1) Physical disability, (2) Intellectual disability, (3) Hearing impairment, and (4) Visual impairment.

**Meaning of Special activity for special children:** Special activity for special children within the arena of physical education implies those games and sports that lead special children to major games. These activities are specially designed from easy to difficult and help them to stay physically and mentally healthy.

The distinctive capability of sports to excel in linguistic, and break cultural and social barriers makes it an excellent platform for strategies of inclusion and adjustment. Furthermore, the universal popularity of sport and its physical, social and economic development benefits make

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it an ideal tool for nurturing the inclusion and well-being of persons with disabilities.

Persons with disabilities often face societal barriers, and disability evokes negative perceptions and discrimination in many societies. As a result of the stigma associated with disability, persons with disabilities are generally excluded from education, employment and community life which deprives them of opportunities essential to their social development, health and well-being.

The UN Convention on the Rights of Persons with Disabilities is the first legally binding international instrument to address the rights of persons with disabilities and sport. Article 30 of the Convention addresses both mainstream and disability-specific sport and stipulates that “States Parties shall take appropriate measures to encourage and promote the participation, to the fullest extent possible, of persons with disabilities in mainstream sporting activities at all levels”. It also calls upon Governments, States party to the Convention, to ensure that persons with disabilities have access to sport and recreational venues-as spectators and as active participants. This also requires that children with disabilities be included in physical education within the school system “to the fullest extent possible” and enjoy equal access to “play, recreation and leisure and sporting activities”.

#### Need of special activities for special children

Special children are part of the society and need to be channelized into a normal mode of living. Special activities are needed:

1. To increase the interest of special children towards games and sports in order to facilitate their physical, mental and social development.
2. To change the attitude of society towards special children.
3. To encourage special children to participate in games and sports like normal children and increase their self-confidence.
4. To encourage participation of special children in District, State, National and International competitions.

#### Objectives of special activities for special children

- **Physical Development:** Physical activity is important for special children as it keeps them healthy. It is generally seen that special children do not engage in physical activities which makes them clumsy. Thus special activities are designed for their physical development.
- **Mental Development:** When special children are not bound to the classroom alone and participate in competitions, their mental development is facilitated. Development of their reasoning and thinking is an important objective of special activities.
- **Social Development:** During competitions special children get opportunities to engage with other children (both special and normal), coaches and teachers. This fosters their social development.

#### Classification of Disabilities

In our society there are four types of disabilities:

- Mobility and Physical Disability
- Visual Impairment
- Hearing Impairment
- Intellectual Disability

#### Categories

1. **Physical Impairment:** There are eight different types of

physical impairment:

- **Impaired muscle power:** With impairments in this category, the force generated by muscles, such as the muscles of one limb, one side of the body or the lower half of the body is reduced, (e.g. spinal cord injury, spinal bifida, post-polio syndrome).
  - **Impaired passive range of movement:** Range of movement in one or more joints is reduced in a systematic way. Acute conditions such as arthritis are not included.
  - **Loss of limb or limb deficiency:** A total or partial absence of bones or joints from partial or total loss due to illness, trauma, or congenital limb deficiency (e.g. dyslexia).
  - **Leg-length difference:** Significant bone shortening occurs in one leg due to congenital deficiency or trauma.
  - **Short stature:** Standing height is reduced due to shortened legs, arms and trunk, which are due to a musculoskeletal deficit of bone or cartilage structures. (e.g. achondroplasia, growth hormone deficiency, osteogenesis imperfecta)
  - **Hypertonia:** Hypertonia is marked by an abnormal increase in muscle tension and reduced ability of a muscle to stretch. Hypertonia may result from injury, disease, or conditions which involve damage to the central nervous system (e.g. cerebral palsy).
  - **Ataxia:** Taxis is an impairment that consists of a lack of coordination of muscle movements (e.g. cerebral palsy, Friedreich’s ataxia, multiple sclerosis).
  - **Athetosis:** Athetosis is generally characterized by unbalanced, involuntary movements and a difficulty maintaining a symmetrical posture (e.g. cerebral palsy, choreo athetosis).
2. **Visual Impairment:** Athletes with visual impairment ranging from partial vision, sufficient to be judged legally blind, to a total blindness. This includes impairment of one or more component of the visual system (eye structure, receptors, optic nerve pathway, and visual cortex). The sighted guides for athletes with a visual impairment are such a close and essential part of the competition that the athlete with visual impairment and the guide are considered a team. Beginning in 2012, these guides (along with sighted goalkeepers in 5-a-side football became eligible to receive medals of their own.
  3. **Intellectual Disability:** Athletes with a significant impairment in intellectual functioning and associated limitations in adaptive behaviour. The IPC primarily serves athletes with physical disabilities, but the disability group Intellectual Disability has been added to some Paralympics Games. This includes only elite athletes with intellectual disabilities diagnosed before the age of 18. However, the IOC-recognized Special Olympics World Games are open to all people with intellectual disabilities.

#### Sports for the physically disabled

- Wheelchair Basketball-basically regular basketball played on a wheelchair.
- Wheelchair Rugby-a full contact indoor team sport conducted for players with disabilities.
- Wheelchair Rugby League -a version of rugby league football but played using a wheelchair.
- Wheelchair Tennis-a version of lawn tennis for those who have lower body disabilities.
- Wheelchair Curling- a variation of curling in which

athletes with a disability affecting their lower limbs use a wheelchair to play the sport.

- Wheelchair Dancing-all of the participants of a team perform dance routines while riding on a wheelchair.
- Power chair Football-indoor football for people in wheelchairs.
- Power Hockey-ice hockey played on an electric wheelchair.
- Sledge Hockey-ice hockey on double-blade sledges for people with physical disabilities on the lower body.
- Paralympics Football-the adaptation of association football for disabled athletes.
- Sitting Volleyball-also known as sitting volleyball is for disabled athletes.

**Sports for the Blind**

- Goalball-a Paralympic sport for blind athletes using a ball with bells.
- Tor ball-a team sport for the visually impaired with an inflated ball with bells inside. The aim is to throw the ball through the opponent’s goal line.
- Blind Cricket-a modified version of cricket with a larger ball with bells inside which is designed to be played by blind athletes.
- Showdown-a game for blind and visually impaired people similar to air hockey.

**Sports for the Deaf**

Deaf Basketball-basketball which is played by the hearing impaired. Players use sign language to communicate with each other including the refs.

**Track and Field Events for the Disabled**

- Club Throw-a track and field disabled sports event, the objective is to throw a wooden club as far as possible.
- Softball Throw-a track and field discipline in which you throw the ball as far as possible, mostly used in competitions for disadvantaged groups as a substitute for other technical throwing events.
- Race running-a track and field racing sport for disabled athletes, in which they use a specially designed tricycle.
- Ice Sledge Racing-a winter Paralympics sport in which contestants use a lightweight sledge and propel themselves using two poles.
- Wheelchair Racing-a type of racing in which athletes with physical disabilities compete with the help of a wheelchair.

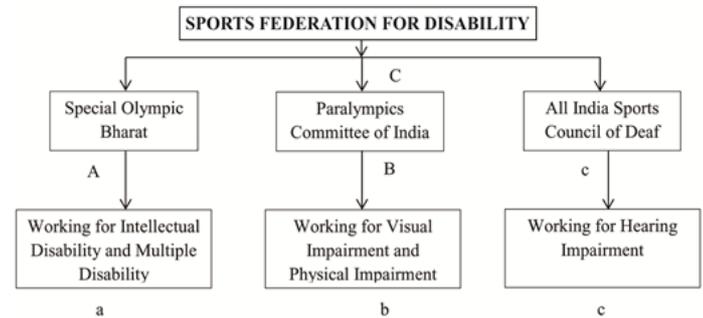
**Individual Sports for the Disabled**

- Wheelchair Fencing-a version of fencing in which disabled athletes fight with thin swords while sitting in wheelchairs which are tightly fastened to the floor.
- Para triathlon-involves a 750 m swim, a 20 km bike with hand cycles, bicycles or tandems with a guide, and a 5 km wheelchair or running race.
- Para-Cycling-cycle racing events using adaptations for disabled athletes, such as tandem bikes and hand-cycling.
- Para-Climbing-Sport Climbing for disabled athletes
- Boccia-a ball sport similar to bocce, bowls, and pentanque for athletes with physical disabilities.

**Disability Sports Organizations in India**

The Ministry of Youth Affairs and Sports, Government of India has recognized three institutions for conducting games and sports activities for special children.

The brief of the institutes are also given below:



The games that are conducted in the above-mentioned organisations are:

	Intellectual Disability	Hearing Impaired	Visually Impaired	Physically Handicapped
1. Athletics	√	√	√	√
2. Aquatics	√	√	√	√
3. Badminton	√	√	√	√
4. Basketball	√	√	√	√
5. Bocce	√		√	√
6. Cricket	√	√	√	√
7. Cycling	√	√	√	√
8. Floor Ball	√	√		
9. Football	√	√	√	√
10. Net Ball	√	√		
11. Power Lifting	√	√	√	√
12. Soft Ball	√	√		
13. Team Handball	√	√	√	
14. Table Tennis	√	√	√	
15. Roller Skating	√	√		
16. Volley Ball	√	√	√	√
17. Unii ed Sports	√	√		

**Winter Games**

1. Floor Hockey	√	√	√	√
2. Snow Showing	√	√	√	√
3. Ice Skating (Alpine Skiing)	√	√	√	√
4. Snow Board	√	√	√	√
5. Figure Skating	√	√	√	√
6. Speed Skating	√	√	√	√

## Athletic Events for Special Children

### Track & Field Events

Event	Intellectually Disabled	Hearing Impaired	Physically and Visually Impaired
50 Metre Wheel Chair Race	✓		✓
25 Metre Wheel Chair Race	✓		✓
10 Metre Assisted Walk (with crutches etc.)	✓		
25 Metre Assisted Walk	✓		
25 Metre Walk	✓		
50 Metre Walk	✓		
100 Metre Walk	✓		
25 Metre Ddash (Run)	✓		
50 Metre Ddash (Run)	✓		
100 Metre Run	✓	✓	✓
200 Metre Run	✓	✓	✓
400 Metre Run	✓	✓	✓
800 Metre Run	✓	✓	✓
1500 Metre Run	✓	✓	✓
3000 Metre Run	✓	✓	✓
5000 Metre Run	✓	✓	✓
Standing Long Jump	✓		
Long Jump	✓	✓	✓
Triple Jump		✓	✓
High Jump		✓	✓
Soft Ball Throw	✓		
Shot Put (2 Kg for 8-11 age group, 3 Kg for 12 and above girls, 4 Kg for 12 and above boys)	✓	✓	✓
Hammer Throw		✓	✓
Discuss Throw		✓	✓
Javelin Throw		✓	✓

In this paper all author have contributed equally.

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