



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1120-1122

© 2019 Yoga

www.theyogicjournal.com

Received: 01-11-2018

Accepted: 03-12-2018

**Dr. Rajinder Singh Sekhon**  
Principal, MGKM Shahi Sports  
College of Physical Education,  
Samrala, Ludhiana, Punjab,  
India

## Physical education program: A failure or success in Panjab University Chandigarh

**Dr. Rajinder Singh Sekhon**

### Abstract

Physical Education and sports as an integral phase of education, contributing to the development of the individual physically, mentally, socially and emotionally through the medium of selected physical activities, utilizing the physiological and psychological drives of man for activity.

Indian Government has implicated so many programs for the students participations in sports. But inadequate facilities and infrastructure made Government policies a great failure. The present study made an attempt to gather information regarding the existing sports facilities in Degree colleges of P.U. This descriptive type of research was delimited to randomly selected degree colleges of Panjab University in Ferozpur, Fazilka and Muktsar districts.

The problem of the present study is stated as “Physical Education Program. A Failure or Success in Panjab University, Chandigarh. “

The survey is confined to Colleges Pf Panjab University. The study was delimited to the survey of physical education programme of their institutions like physical facilities, equipments, organizational and administrative setup and participation in tournaments.

The study is confined to governments and non-governments recognized colleges of Ferozpur, Fazilka & Muktsar districts. The study is limited to Physical Education subject of the colleges.

There are 8850 students of physical education in there 20 colleges and there was only 32 lecturers, which is not according to the university norms. Actually there should be 104 physical education lecturers for 8850 students. Only 53% lectures are permanent and 47% lectures are working on temporary basis. According to norms, the present survey shown that most of the colleges were lacking the facility of grounds.

It is recommended that Government must survey each and every educational institute for the sports fund taken by the institutions and how they are utilizing their funds. The criteria of sports facilities must be elaborately stated by the appropriate authority, while establishing new institution, must elaborately state the criteria of sports facilities and it should be strictly adhered to. The government should appoint well-qualified physical education personnel in the colleges.

**Keywords:** Physical education, failure, integral phase of education, Panjab University

### Introduction

It is inherited in man's nature to be active and it is only through activity that he develops. Right from the infancy each child is physically active. His movements are random in nature, later they become more purposeful. A study of an individual that man is a physical, mental and emotional being, constantly attempting to adjust to his social environment. The institutions, having as its purpose, the all-round development of the child with major attention on physical, mental, social and emotional development.

Physical Education and sports as an integral phase of education, contributing to the development of the individual physically, mentally, socially and emotionally through the medium of selected physical activities, utilizing the physiological and psychological drives of man for activity. This multidimensional development cannot be realized automatically but will depend in large measure upon the provision of sufficient time, adequate facilities and equipment, a broad program of activities and the leadership of well-trained conscientious teachers.

Indian Government has implicated so many programs for the students' participations in sports. But inadequate facilities and infrastructure made Government policies a great failure.

### Correspondence

**Dr. Rajinder Singh Sekhon**  
Principal, MGKM Shahi Sports  
College of Physical Education,  
Samrala, Ludhiana, Punjab,  
India

The present study made an attempt to gather information regarding the existing sports facilities in Degree colleges of P.U. This descriptive type of research was delimited to randomly selected degree colleges of Panjab University in Ferozepur, Fazilka and Muktsar districts.

### Statement of the problem

The problem of the present study is stated as under: "Physical Education Program. A Failure or Success in Panjab University, Chandigarh."

### Significance of the study

1. This study will help the colleges about the success and effectiveness of the compulsory Physical Education programmes in their institutions.
2. The survey will be able to make attention to the authorities for the adequate or inadequacies existing conditions in terms of facilities and personnel.
3. On the basis of the study, the state government university may be able to make any suitable changes to attain better result.
4. The survey will help in having a clear picture of existing facilities for Physical Education in the colleges of Panjab University.
5. It would help to develop a scheme of finance for improving facilities in institutions.
6. The results of the study might encourage the budding researchers to survey sports facilities of their own institutions.

### Hypothesis

The present study is based on the following hypothesis:-  
Majority of college lecturers will be unsatisfied towards college administration and level of existing over all physical education system.

Majority of college class strength will not be according to the norms of university.

In many colleges class sections will not be according to the norms of university.

In many colleges class periods (theory & practical) will not be according to the norms of university.

### Objectives of the study

To know the existing progress of physical education, its faculties, equipments and other rudiments in the colleges.

To find out how far head and physical educators are interested in health and physical education programme in their institutions.

To find out the main hindrances in organizing the programmes of physical education in colleges.

All facilities are used very well by organizations.

To suggest suitable measure to improve the standard of physical education in colleges.

### Limitations of the survey

The study was limited in the following factors:

The validity of the information supplied by the authorities was dependent upon the honesty and reliability of the concerned persons.

In the present investigations questionnaire survey was carried out to collect the data/information that were based upon the responses of the respondent. Such data could not be considered perfectly accurate but assumed to be accurate. This was considered as limitations of the study.

### Delimitation of the survey

The survey is confined to Colleges of Panjab University.

The study was delimited to the survey of physical education programme of their institutions like physical facilities, equipments, organizational and administrative setup and participation in tournaments.

The study is confined to governments and non-governments recognized colleges of Ferozepur, Fazilka & Muktsar districts.

The study is limited to Physical Education subject of the colleges.

### Collection of data

The researcher personally visited 20 colleges, which were selected to survey under this study and a meeting was arranged and their physical education lectures. In this meeting the purpose of this study, details of questionnaire were briefed to them, so that there was no ambiguity in their minds regarding information required from them. All the principals, physical education lecturers agreed to cooperate wholeheartedly in this study, which was explained to them.

A copy of the questionnaire was distributed to the physical education lecturers of all the randomly selected 20 colleges and they were requested to fill it at the earliest. Duplicate copy of the questionnaire was also given on request. Researcher had a random check and got feedback regarding any difficulties, if found, by teachers to fill the same.

All the filled questionnaires were collected by the investigator and through checking was carried out to ensure that no question was left unanswered.

### Conclusions

The main finding of the study were as follows

There are 8850 students of physical education in there 20 colleges and there was only 32 lecturers, which is not according to the university norms. Actually there should be 104 physical education lecturers for 8850 students.

Only 53% lectures are permanent and 47% lectures are working on temporary basis.

Only 40% colleges has class sections according to university norms rest 60% colleges are not having class sections according to university norms. There is no limit of students for class sections.

Only 20 % colleges are conducting 6 theory periods per week, which is according to norms of Panjab University but 80% colleges are not conducting the theory periods according to university norms.

Only 15% colleges' practical periods (per week) are according to the norms of Panjab University. According to Panjab University 6 practical periods shall be allotted to a class but 85% college' practical periods are not according to the norms of Panjab University.

Only 3 colleges have practical group strength according to university norms. In remaining colleges practical groups were not formed according to university norms.

Only 5% lectures are fully satisfied with the sports equipments and other facilities in their colleges. 85% are satisfied, 40% are partially satisfied and 30% are not satisfied. Nobody is fully satisfied with the syllabus of physical education. 40% are satisfied, 50% are partially satisfied and 10% are not satisfied.

5% lectures are fully satisfied with the administration of college for their views towards physical education programme in their colleges. 25% are satisfied, 50% are partially satisfied and 20% are not satisfied.

10% lectures are fully satisfied with the system governed by Panjab University for physical education. 10% are satisfied, 50% are partially satisfied and 30% are not satisfied.

No one is fully satisfied with the overall status of existing physical education system. 20% are satisfied, 45% are partially satisfied and 25% are not satisfied.

There are 5 colleges having 400 Mtr. Clay Track and other 5 colleges are having 400 Mtr. grassy. Nine colleges are having 200 mtr. tracks and 1 college has no track. Considering this data we can say that 50% colleges are lacking the facility of the track as per norms of Panjab University.

Only 12 colleges fall in the category of 2-4 i.e. they are having 2-4 grounds. 5 colleges are having 4-6 grounds. 3 colleges are having 6-8 grounds. According to norms, the present survey shown that 12 colleges were lacking the facility of grounds.

### Recommendations

As the colleges has mandate and responsibility for enhancing all aspects of growth and development for the students. Thus the colleges must present unique opportunity to provide facilities, time and guidance of physical education and sports to their students.

A comparative study of sports facilities and achievements among various states even among countries can be done.

Similar study may be undertaken involving more information using other research technique.

The findings of the study may serve as clean vital role for the Government to provide required sports equipment and infrastructure to reap high level achievements.

It is recommended that Government must survey each and every educational institute for the sports fund taken by the institutions and how they are utilizing their funds.

The criteria of sports facilities must be elaborately stated by the appropriate authority, while establishing new institution, must elaborately state the criteria of sports facilities and it should be strictly adhered to.

The latest modern equipment facilities must be provided to the colleges along with the latest information.

The government should appoint well-qualified physical education personnel in the colleges.

The government should make some efforts to sensitize the parents towards the importance of sports. So that when they go to admit their wards to any institutions, they must inquire about the sports facilities.

Any student opting to have physical education as an elective subject irrespective of the background of the students (sports or non-sports student) must appear in the physical fitness test. Ranking should be prepared and the top 60-80 students should be offered this subjects. This subject should be offered to the normal students (not to disable one).

Periodical physical inspection of the various colleges must be done to ensure that the teachers student rate is maintained by all the affiliated colleges for this subject as per the University guidelines and for them to ensure that infrastructure (facilities), equipment, books/ professional journals and ground man a game boy are provided as per the requirements of the subject.

For imparting effective teaching, the strength of students in a theory class shall be between 60-80 while it shall be 30-40 students in practical class.

### References

1. Panjab University Calender of Administration
2. Syllabus of BA I, II & III of Panjab University,

- Chandigarh
3. Kamlesh ML. Foundation of physical education Metropolitan book co. New Delhi.
  4. Kamlesh ML. Principles and history of physical education Friends Publications (India).