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किं किं न साधयती कल्पलते व विद्या
Khandala Vibhag Shikshan Samiti's

RAJENDRA MAHAVIDYALAYA, KHANDALA

(Arts, Commerce, Science and B.C.A.)
Tal.Khandala, Dist.Satara-412 802
(Affiliated to Shivaji University, Kolhapur)

A ONE DAY NATIONAL SEMINAR
ON

**Empowering Youth Through
Physical Education, Yoga**

Saturday 9th February-2019



Organized by

Department of Physical Education & Sports

Dr.Patane Pratibha
I/C/Principal

Ms.Majagaonkar Savita
Convener

Mr.Mendhapure Pradip
Co-Ordinator

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Value Education through Sports**Mr. Pratap Jadhav**Shankarrao agtap Arts and Commerce
College, Wagholi, Satara**Introduction:**

Education in the 21st century increasingly recognizes the role of values and social skills in tackling global challenges, such as inactivity, obesity, unemployment, and conflict. Dynamic forms of values-based education using sport can be introduced in schools to support teachers deliver curricula actively and cooperatively. The present research paper focused on sports values, and role of sports in developing values.

Value: Rocher (1973), meanwhile, says the value "is a way of being or acting that a person or a collective deemed ideal and makes humans or conducts desirables or esteemed." Values are inspiring attributes of judgments and conducts, anyway they are always relative to the person or collectivity that sustains them. They are, therefore, guiding and shapers principles of social behavior.

Sport values: Sport can teach values such as fairness, teambuilding, equality, discipline, inclusion, perseverance and respect. Sport has the power to provide a universal framework for learning values, thus contributing to the development of soft skills needed for responsible citizenship.

Values offered through Sports:

Values Education through Sport (VETS) programs support active learning, complement cognitive skills and give students increasing amounts of responsibility, and enhance their level of concentration and participation. VETS programs are flexible and

have a strong cross-curricular potential: they can reinforce existing curricula and can be streamed across different subjects, including physical education, civic and moral education, nutrition, biology, arts. Ultimately, these programs help students to transfer and put values into action outside the school environment, by getting engaged in their communities, making informed decisions, being sensitive and respecting the others and the environment. VETS contributes to the development of self-confidence, active and healthy lifestyle choices, and an understanding of rights, supporting the delicate transition to the independence of adulthood.

Skill-building with sport values education:

Sport values education helps to build skill, rounded development and a sense of belonging.

Teamwork:

With the world record-holder Richard Browne onside, the American 4 x 100m T42-47 relay team began the finals of the 2015 IPC Athletics World Championship in pole position. Despite the strong competition, the German team overcame the odds in the closing seconds of the competition to snatch the gold-medal position through teamwork and sheer determination. Claiming collective victory, with the world watching, Johannes Floors' palpable joy and emotion transcends this image – demonstrating the power of positive role models.

Sport as a springboard for social transformation:

Nagpur is a city in Maharashtra, India's second most urbanized state. The city is home to over 400 slums, most of which lack drinking water, drainage, roads and street lights.

Despite the absence of basic facilities in their communities, the smiles of these young boys illustrate the power of sport to bring joy and hope. By promoting healthy, active lifestyles and targeted game-play linked to nutrition, hygiene

and children's rights, NGOs like *Slum Soccer* use sport as a transformative vehicle which has benefitted more than 70,000 men, women and children in over 63 Indian districts.

Sport and empowerment:

Transforming stereotypes Sport is a gateway to rounded development, inclusion and civic engagement. Women's participation in amateur boxing builds self-esteem, character and confidence. Structured grassroots programmes, like *Puños Rosas*, can also provide an entry point to educate and raise awareness on issues such as breast cancer. Learning the discipline and strength to achieve her goals, Marilyn is empowered to challenge convention, overcome setbacks, and forge her own path – fighting sexism in and out of the ring.

Psycho-social support:

The onslaught of armed conflict in South Sudan has consumed the country, killing thousands of people and displacing more than 2.4 million since 2013. Children have been disproportionately affected, with more than 9,000 recruited as child soldiers and hundreds falling victim to sexual violence and summary executions. Sport has had demonstrable success in efforts to reintegrate those impacted by the civil war. Charities, such as *Terre des hommes* (Tdh), use physical activity and games as a vehicle for alleviating post-traumatic stress and delivering values-based education and training. Over the last two years, Tdh has reached over 7,688 individuals using these techniques.

Civic engagement through sport:

Participation in sport can support the delicate transition between adolescence and adulthood; facilitating inclusion and promoting responsible citizenship. Prioritizing the equal participation of girls and boys, *Football for All in Vietnam* offers marginalized communities the opportunity to engage in a sustainable network of non-competitive sport clubs. Leveraging the broad appeal of football, participants benefit

from life skills training, as well as HIV/AIDS and hygiene education. More than 16,000 individuals have benefitted, with young leaders going on to participate actively in local boards and committees.

Social mobilization through sport:

As a community-led initiative recognizing the natural affinity of youth and sport, *Tanzania Street Children* (TSC) Sports Academy Mwanza supports vulnerable street children to redefine their identity and self-worth through football. Providing players with the skills and training needed to see beyond life on the streets, sport becomes a vector for social mobilization.

Positive role models:

Showcasing strength and excellence Champions are bred, not born. Sport is about determination, perseverance and dedication. Competing at Pangani sports grounds in Nairobi, during the 2014 selection of the national team to participate at the Amputee Football World Cup, these young Kenyan athletes challenge negative stereotypes and illustrate equality in action.

Embodying the spirit of 'sport for all':

Sport as a school for human values Sport doesn't discriminate by gender, age, socio-economic background or culture. Providing a common playground, sport has a unique power to mobilize and inspire in every region of the world. Cuba has long since recognized and capitalized on sport's catalytic role as an engine for education and social cohesion. The photo represents an everyday scene from Havana, capturing the pleasure of boys and girls drawn together in active pursuit of a ball.

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