

Status of Health & Physical and Yoga Education in Schools

Prof. Saroj Yadav

**Dean, National Council of Educational Research &
Training (NCERT), New Delhi**

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**Dr. (Mrs.) Saroj Yadav,
Professor and Dean
NCERT, New Delhi**



India at a Glance According to Census - 2011

16.7% of the world population with 2.4% of land area lives in India

India is a federal system with 29 States and 7 U.Ts

Variables	Total	Male	Female
Population (Millions)	1210	624	586
Literacy (%)	74.04	82.14	65.46
Life Expectancy (Years)	68	67.3	69.6
Level of Urbanization (%)	31.16 %		

Demographic & Education Profile

Population of India 121 Crores (2011)

Population of Children

Students population	6-13 Years	I-VIII	20 Crores	Brazil
	6-17 Years	I-XII	30 Crores	USA

Number of Teachers – 8.5 millions

Schools	Numbers of Schools	Total
1. Primary	7.91 lakhs	14.25 Lakhs
2. Upper Primary	4.01 Lakhs	
3. Secondary	1.31 Lakhs	
4. Higher Secondary	1.02 Lakhs	

HEALTH AND EDUCATION

- Health and Education important overall development of children
- Reciprocal relationship between health, nutrition and education
- Health and nutritional status crucial for enrollment, retention and completion of school education



Health Needs of Children



- Prevalence of under-nutrition, having cascading effect
- Among children below age three, 75 % are anaemic, over a third stunted and a sixth underweight(NFHS3 – 2005-06)
- Respiratory infections major cause of death in the age group 5-14
- Obesity an emerging problem
- Reproductive and sexual health needs of adolescents
- More than 50% of new HIV infection cases belong to adolescents
- Increasing incidence of drug abuse

Efforts in Education

- **Health and Physical Education**
- National Population Education Project
- Adolescence Education Programme
- Sarva Shiksha Abhiyan
- Mid-day meal
- Aanganwadi Scheme
- Kishori Shakti Yojana

Health and Physical Education in School Curriculum

- *Curriculum Framework, 1975*: Health and Physical Education as a compulsory subject
- *National Curriculum Framework, 1988*: Compulsory at primary, upper primary and secondary stages and optional at higher secondary stage
- *National Curriculum Framework for School Education, 2000*: Art of Healthy and Productive Living at primary stage. Health and Physical Education at upper primary and secondary stages, optional at higher secondary stage

Status of Health & Physical Education in India

Stages	Number of States/UTs	
	Compulsory	Optional
Primary (I-V)	34	02
Upper Primary (VI-VIII)	31	05
Secondary (IX-X)	26	10

Status of Allotted Period Per Week

Stages	Number of States/UTs having periods							
	1	2	3	4	5	6	7	Total
Primary	-	4	7	7	7	2	1	28
Upper Primary	2	17	7	3	2	--	--	31
Secondary	3	9	10	3	1	3	--	29

Status of Examination

Stages	Number of States/U.Ts assessed in final examination	
	Yes	No
Primary (V)	17	19
Upper Primary (VIII)	23	13
Secondary (IX-X)	19	17

National Curriculum Framework 2005

- *National Curriculum Framework, 2005*: adopts a holistic definition of health within which physical education and yoga contribute to the physical, social, emotional and mental development of a child
- Comprehensive Health Programme to include, medical care, hygienic school environment, school lunch, health and physical education

Specific objectives:

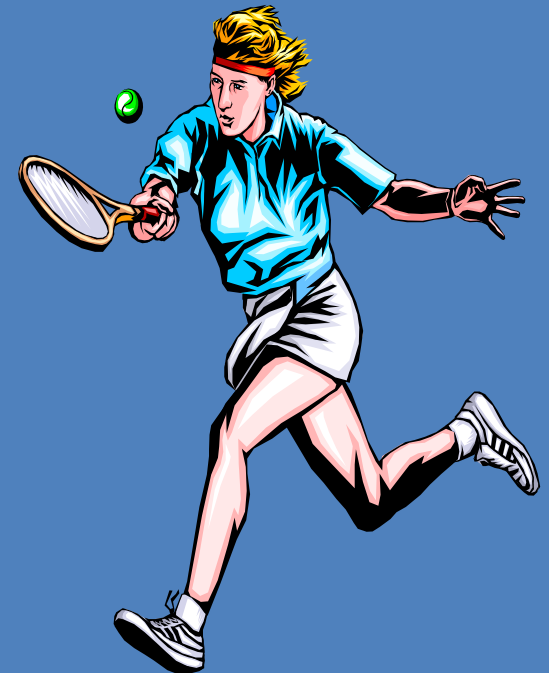
1. To help children know and accept individual and collective responsibility for healthy living
2. To help children know their health status, identify health problems and be informed for taking appropriate remedial measures.
3. To create awareness among children about rules of safety in appropriate hazardous situations to avoid accidents and injuries. To acquaint them with first-aid measures about common sickness and injuries.
4. To help children learn correct postural habits in standing, walking, running, sitting and other basic movements so as to avoid postural defects and physical deformities.

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- 5 To help children improve their neuromuscular coordination through physical activities
- 6 To help children strive for excellence in games and sports.
- 7 To provide skills for dealing with psycho-social issues
- 9 To inculcate in them through games values and skills in order to promote self-control, concentration, peace and relaxation to avoid the ill effects of stress, strain and fatigue of routine everyday life.
- 10 To address the physical, psycho-social needs of differently abled children in an integrated fashion.

Health and Physical Education :Major Themes

- **Human Body**
- **Physical Education**
- **Yoga Education**
- **Food & Nutrition**
- **Safety & Security**
- **We & Our Environment**
- **Social health**
- **Consumer health**
- **Orientation to Sports Skills**



The Approach

There have been three components of this subject particularly since National Curriculum Framework 1988 was operationalised:

- Health Education,
- Physical Education and
- Yoga Education

It is based on the framework of holistic definition of health within which physical education and yoga contribute to the physical, social, emotional and mental development of a child

Health & Physical Education: Focus

Stages	Concept/Themes/activities
Primary Stage	Awareness about body, its organs, movement awareness, locomotion, rhythm, exercises, sports skills (jump, throw), Kho-Kho, Kabaddi ,Martial Art – Judo/Karate/Track Events and crouch simple hurdles)Jumps (running long jump, relay, high-jump, Throws ,Cricket ball throw physical fitness ,food, harmful effects of junk food, healthy habits, hygiene and cleanliness, safe disposal of plastic, proper use of toilets, safety in schools and play grounds, concept of family, and health, copying skills, inter-personal relations, survival skills.

Upper
Primary
Stage

Body functions – process of growing up, myths & misconception, mental health, psycho-social development, abuses, Fundamentals of track & fields events - 100 m. run, 600 m. run/walk Basic gymnastic Balance, on one leg, jumps, Games (As per available facilities) : football, hockey, basketball, cricket, kho-kho, kabaddi ,badminton, volleyball, swimming, judo, wrestling physical fitness – games & sports, sports training, yoga, yogasanas and kriyas, safety & security, first aid, health programmes and role of media , need for nutritious food, environment pollution & health, need of water conservation, gender sensitivities,

Stages	Concept/Themes/activities
Secondary Stage	<p>Physical education, physical fitness – games & sports,(Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Kabaddi , Kho-Kho, swimming ,Table- Tennis, Tennis, Volleyball ,Combative Sports: Judo, Wrestling)sports training, excellence in sports, tournaments, awards and rewards, psycho-social development, yoga, role of institution, health services, games & sports agencies.</p> <p>Growth & development, reproductive health, RTI, STI, HIV & AIDS, sexual harassment, social customs, protection of natural resources & Health, rights & responsibilities for health, dietary requirements, anorexia and bulaemia, waste management, occupational health hazards,</p>

Contd..

Higher Secondary	<p>Concept of Health, Physical Education and Yoga, Policies and Programmes</p> <p>Physiological, Sociological and Psychological aspects of Physical Education and Yoga, Safety and Security, Fitness development, Scientific methods of training, Games, Sports and Yogic Practices</p> <p>Career Options.</p>
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Inputs for transaction

- ❑ Health and Physical Education must continue to be a compulsory subject from the primary, to the secondary stages, and as an optional subject at the higher secondary stage.
- ❑ It needs to be given equal status with other subjects, a status that is not being given at present.
- ❑ In order to transact the curriculum effectively, it is essential to ensure that the minimum essential physical space and equipments are available in every school and doctors and medical personnel visit school regularly.

- ❑ Teacher preparation for this area needs well-planned and concerted efforts.
- ❑ This subject area, consisting of health education, physical education and yoga, must be suitably integrated into the elementary and secondary pre-service teacher education courses.
- ❑ The potential of the existing physical education training institutes should be reviewed and utilised adequately.
- ❑ It is also essential to ensure that these concerns are integrated into the activities of the National Service Scheme, the Scouts and Guides, and the National Cadet Corps.

- This area should focus on critical pedagogy of experiential learning at all levels.
- All major components - medical care, hygienic school environment, school lunch and health and physical education should be considered holistic
- Mid day meal programme must become a part of the curriculum of this subject along with regular medical check ups and follow up
- The School Health Programme has to be a coordinated effort between the education and health departments with the latter providing preventive, curative and promotive services at all levels of schooling.

4. For health, yoga and physical education there needs to be minimum of outdoor and indoor facilities coupled with proper ventilation and sanitation in the classroom and school premises at the primary, secondary and senior secondary levels.
5. All teacher education courses must include health, yoga and physical education as a compulsory subject.
6. Descriptive and impact studies be commissioned to review the status of this subject in school education and document alternative experiences in this area.
7. For effective implementation of this subject advocacy is required at different levels of the education and health systems.

Strategies for Implementation

- I** Suitable support for school health and hygiene services
- II** Synergy with on-going national programmes
- III** Effective coordination with health services.
- IV** Use of existing institutions for teacher preparation
- V** Minimum essential facilities in schools

Stakeholders

- I Government Departments/Institutions
- II NGOs/Self Help Groups
- III Effective coordination with health services (PHCs) (NRHM)
- IV Institutions specialised in teacher preparation
- V Partnership of the Corporate Sector

THANKS