



## IMPORTANCE OF PHYSICAL EDUCATION IN THE MODERN AGE

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## ABSTRACT

*In this day and age physical instruction is fundamental. Man can live sound and better life just by doing physical exercise. Today new and new infections are rising and have made enormous damage to man's body. Man's life has turned out to be reliant on medications. For instance process medication, prescription for discharge, pharmaceutical for rest, and so forth. As a result of these medications man has turned out to resemble a mobile robot. In such condition is it reasonable for squander this body this way? How dismal it is that man has room schedule-wise to do the administration of specialized devices like auto, solidify, TV yet he doesn't have room schedule-wise to deal with his profitable body. Through physical training man can carry on with his everyday life steadily. Physical instruction assumes vital part in man's advancement and demonstrates accommodating for better physical, mental, social, passionate and otherworldly life. Here the creator needs to present the significance of physical training in our advanced life.*

**KEYWORDS:** *Modern age, Physical Education, Social life.*

## INTRODUCTION:

We realize that solid personality lies

in sound body. Presently a day's computer games and PC recreations have replaced our customary diversions. Man does not have room schedule-wise to play indoor or open air recreations in the cutting edge time of innovation. Game is imperative for man's inside and out advancement and for living sound life. Today quick changes are found in the field of physical training. Above all else man gets physical training and after that gets social instruction. Thus man's social training has the premise of physical instruction. Today it has turned out to be innovative instruction. In this way profound change is found in training. The instruction has turned out to be such a great amount of subject to innovation that man does not sufficiently extra time to deal with his or her body which is an exceptionally significant endowment of nature to man. Man has halted physical activities in light of mechanical instruments and different offices. Beforehand man used to stay solid by playing different outside amusements and accordingly doing physical



exercise. Presently the diversions are played on PC so the life has turned out to be sit out of gear. The body has turned into the storage facility of different infections. Physical instruction makes the resistance of our body more grounded thus makes body more wonderful.

## **2. SIGNIFICANCE OF PHYSICAL EDUCATION**

### **2.1 Helpful for Natural Development**

Man's body grows normally from the pre-birth stage to the maturity. At the point when this regular advancement is went with some physical activities it enhances the vitality level of the body. Considering this reality even uncommon body practices are proposed for the pregnant ladies. Similarly there are distinctive kinds of activities for various age stages like newborn child, pre-adult, youthful, grown-up and seniority. This activity winds up like a supplement to regular advancement in logical way. The adjusted passionate improvement is conceivable just with great body wellbeing and advancement. It can be considered as an essential utilization of physical training.

### **2.2 Body Charm**

Excellent body is considered as the initial move towards achievement throughout everyday life. Along these lines individuals do as such numerous endeavors for very much figured body. The excellence of the body relies upon solid muscles. Body can be all around molded through physical exercise similarly as a specialist form draws out an excellent symbol via cutting a conventional stone structure. The mystery of enchanting body lies in the muscles of the body. From the extremely old time models have been giving the significance and incentive to the magnificence of the body. Keeping that picture of excellent and great looking body in our brain, we can likewise shape our body by sufficiently giving activity to the muscles. In this manner we can get appropriate favorable position of physical training.

### **2.3 Strong and Healthy Body**

We can make our body more grounded and more advantageous through physical training. The importance of solid body lies in the bliss that we get subsequent to doing some hard physical or mental work. In other word for a solid individual diligent work does not remain a matter of tiredness. The reason of physical shortcoming found in the general public is that physically man isn't solid and sound. Man feels shortcoming and tiredness even after little physical work. Its mental impact happens that man does not remain for any physical work. In this manner on the huge scale the general public needs to endure as an absence of work effectiveness and eagerness for that. In any case, truly the peace and satisfaction of new life is conceivable just through diligent work. It is physical work and exertion through which we can satisfy our everything the fundamental needs. Solid body is constantly sound. Solid and sound body can shield itself from different illnesses since its insusceptibility likewise stays solid. Sound man can endure hardness of the considerable number of seasons whether it is hot or icy or stormy season. To put it plainly, he can appreciate the delight of everything in nature.

### **2.4 Boosts the Self Confidence**

There is no uncertainty about the benefits of physical training for solid and sound body. Hence the maxim is additionally heard that solid personality dwells in sound body. A sound body is the portal for achieving the Supreme soul. Solid and sound body can give help quality and expands the self-assurance. What's more, for the man who is brimming with fearlessness even the issues turn into a diversion playing. He can pass his existence with full satisfaction and genuine feelings of serenity. It will end up being an administration to mankind, if this mental mystery of preferred standpoint of physical instruction is spread and pull in the general population towards it.

### **2.5 Development of Discipline**

Physical training creates self-restraint as well as backings to keep up outer teach on man. Teach is as critical as the sustenance forever. Individuals with uncontrolled conduct prevent any sort from securing

confinement and control. In any case, they don't have the foggiest idea about that the genuine flexibility lies in limitation. The torment of limitation itself turns into the joy of opportunity. Physical instruction is a failing to fail key to bring discipline. Self-control comes in man while focusing on and following diverse guidelines of the recreations. This self-restraint comes vigorously through various exercises and expressions and along these lines makes enthusiasm forever. Efficient way of life drives man towards living cheerful and tranquil life.

## 2.6 Character Building in Life

The nearness of the three characteristics vitality, character and magnificence in life is essential for being an entire man in Indian culture. Vitality and excellence are the immediate preferred standpoint of physical instruction however in a roundabout way it assembles character as well. Character can be produced well by physical instruction. The procedure of character working through physical training is gradual to the point that it can not be seen specifically but rather can be felt. Every one of the shortcomings from man's life tumble down like the dry leaves from the tree. The perfect shape the way of life and the human progress of any country and society is created through great character. Every one of the indecencies like savagery, wars, envy, undesirable rivalries, disdain, and so on offer path to the character.

## 2.7 Constructive Use of Time

It is man's common want that he or she needs unwinding from work. In the condition of unwinding man neither works excessively nor takes finish rest yet he consolidates both the work and the rest. In consolidating the rest and the work, the greater part of the general population sit around idly in tattling, playing card amusements, and different pointless exercises. Physical instruction gives new choice set up of such pointless exercises. What's more, this alternative is constantly solid. Today there are engaging recreations and aptitudes accessible for playing. The platitude "One route for Two" comes to genuine when man gets both the physical preferred standpoint and the excitement through physical training. Along these lines physical instruction turns into the best methods for engaging movement or time hang loose.

## 2.8 Helpful for Awareness in Society

Physical instruction is useful for making closeness with society. In physical training camaraderie is critical. Group resembles a family. It is a small scale type of society. Group is where the individual motivates chance to know the significance of co task with other individuals. As indicated by the platitude "With One Hand No Clap", the individual can not get finish favorable position of physical instruction all alone. This confinement spurs man to co work with others. In this manner man creates confidence in the sentiments of collection and unity with others. This confidence turns into a piece of man's character and interfaces man with his or her family, society, country, and the world. Physical instruction readies a perfect national unwittingly and accidentally. Also, such perfect national takes in the demeanor of opportunity in the general public being free from restricted bias. He makes bliss for himself as well as for the general public. Along these lines individuals dedicated to the general public, country and the world can be set up through physical training.

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