

## ROLE OF SPORTS ACTIVITIES AND SLUM AREA CHILDREN- A SOCIOLOGICAL STUDY OF MEERUT CITY, UP, INDIA

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**Abstract:**

*Nowadays Indian society is taking interest in the field of cultural and sports activities. Many sports and cultural clubs, channels, print media, sport's items manufacturers, and societies are motivating children to participate in different sports activities. It has no intention to be winner but just to develop fighting spirit, remove stress & hesitation, easy & healthy entertainment and socialize the children and encourage them to be a good citizen. Basically, I have focused my study on the slum area children near Mukut Mahal, Delhi Road, Meerut City, India. My respondents are ragpickers, beggars, engaged in a piggery- poultry-goat rearing, daily wages laborers, and criminal activities also. The objectives of my study are:-1. Sociological background as age, religion, education, work, family condition & their occupation. 2. Effects and Benefits of different sports activities in their socio-cultural life.3.*

**Keywords:** *Slum, Children, Cultural, Sports, Role.*

Reference to this paper  
should be made as follows:

**Received: 14.02.2021**

**Approved: 16.03.2021**

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**Article No. 10**

*RJPSS Oct.-Mar. 2021,*

*Vol. XLVI No. 1,*

*pp. 079-096*

**Online available at:**

<https://anubooks.com/>

[?page\\_id=7711](https://anubooks.com/?page_id=7711)

[https://doi.org/10.31995/](https://doi.org/10.31995/rjpss.2021.v46i01.010)

[rjpss.2021.v46i01.010](https://doi.org/10.31995/rjpss.2021.v46i01.010)

### **Introduction**

Necessities of the basic things in the lifelike affordable food, supply of clean drinking water, reliable electricity, sanitation facilities are very important to live life in relax mode and comfortably but nowadays, the number of slum areas with poor infrastructure is increasing, in which the people living in it faces all these basic problems of life.

The condition of slum areas and the people living in them is very poor. The slum areas differ in size according to their place like; some slums are bigger with more difficulties than the others. The basic maintenance of the slum areas is also not practiced by the people living in them which causes the increment in the number of slum areas all over the India.

THE SLUMS HAVE BECOME THE INDISPENSABLE AND THE DARK SIDE OF THE INDIA WHICH WE CAN'T BOOST OFF DUE TO ITS DAY BY DAY INCREASING NUMBER.

The life of slum area's people is like having a life but not being blessed with the happy moments in it. They usually tolerate a lot in their day-to-day life to earn the meal. People in slum areas live their lives with a lot of problems to fulfill their basic needs like meals, clean drinking water, electricity, etc. They also face many discouragements in their lives too.

They do not have even that much work to earn the meal of two times to fill their and their family's stomach. Due to the lack of the work they choose any work without even thinking about it that if it would be irrespective to their self-esteem, legal or illegal they just get engaged in the given work because the matter for them is only to earn money to fill their stomach. They are just engaged in finding the work, without thinking about if it is good or bad, because they have to do it their livelihood. If they find any useful thing from the garbage or the filth, they carry that thing with them so that they can sell it and earn the money for the meal. They beg money on the roads, also perform the act of rag-picking, they sometimes use illegal easy to earn money practices like stealing it from someone, letting someone, etc. and from this all, they get engaged in these types of illegal activities which waste and spoil their future. But on the other side, some people in slum areas earn the money honestly without cheating anyone. Like they make pots from the soil and sell it in the market, or sell the old utensils, etc. or they make traditional toys, they work as part-time labor, they pull rickshaw, street seller of chappals, bag chain repairer, cooker and gas repairer, balloon seller, food seller, ice-cream seller, etc.

Due to the poor infrastructure of slums, the living standard of the people is

very very low. The houses in slum areas are also made poorly like some of the people make their houses by mud and sand which is just like a ‘ KACHCHA HOUSE ‘ and covers the roof and the upper surface of the house by using the ‘Kirpal’s. These houses don’t contain any specific toilets which create the lacking of the sanitation, they do not contain the proper supplied water or electricity. Some people make their houses with the bricks and mud and cover the rooftop in the same way by the tirpal. Some of the people in slum areas make their houses with proper bricks and mud. They have fans, a cooler, fridge, gas, and cylinder, scooter/bike, smart mobile phones, etc.

The illiteracy of the people of slums can’t be removed so quickly until or unless they themselves will engage themselves in the studies. They must have a lot of determination, confidence, willingness towards studies, and self-confidence in themselves to study. Not only the students but the teacher who is teaching them, must also be calm, hardworking, and understanding who can understand the level of each student according to their ages. Most slum children go to the school where teaching standards are very low and where classrooms are seriously under-equipped. Some social workers and NGOs admitted some of them to a local school without any fees but the school administration complaint many times regarding their misbehave, study escapes, sincerity, regularity, dedication, cleanliness, punctuality, etc. Most of the time their parents also miss behave without social workers and school administration. The textbooks for these students are also not available properly according to their classes and they are not that much capable that they can afford these expensive books due to lack of money. Some people’s and children’s of these areas must be educated and literate and also know the importance of the education because education can reduce the burden from them to earn the money as if they will be educated, they may get any small job through which they can earn that much money that they can fill their needs. Education also reduces poverty and boosts the economic growth and increases the income of these kind of other poor people. It increases the chances for them to have a healthy life, reduces the maternal deaths, and combats diseases like HIV, AIDS, skin allergy, throat infection, hair problem which includes dandruff, the bulk of dust gets gathered in the hairs and also the germs in hairs, eyes infection, fungal infection, fever, private parts problem, etc. and also they can have the knowledge to save the money, utilize it in fulfilling their basic things rather than to waste in the wasteful acts? Sometimes, social workers organized medical check-up camps, food distribution counter, an awareness program for Aadhar, Govt. free of cost courses for jobs and business, requirement of genuine bank account, govt. schemes sanitary and toiletry items distributors points, etc. but they are not

happy with that. They follow their local leaders or slum area leaders or a powerful person of slum. They want to earn money anyhow.

Even the target of their lives is also not set. They don't know how to do and what to do in their future. The education gives them the way to decide about their present as well as for future. They'll know how to live their life in a well-planned way. If they'll get educated, they'll get to know about their rights, and facilities which are important to living in the life.

The facilities to be provided to the people of slum area are not even provided them in the proper way. They drink the dirty water, old breads which may have a foul smell. The drains in these areas are also not made which results in the collection of dirty water in that area which causes different diseases like dengue, malaria, etc. the houses are not properly made which causes the collection of rainwater in the house, during the rainy season. They spend their nights in the darkness as the electricity in these areas is also not available.

The knowledge to save money is also not inculcated in them as if they earn some extra money from their daily earnings; they'll waste it on the bad habits like drinking, smoking, women trafficking, etc., or waste it in eating and taking harmful drugs. They don't think about their future and waste everything in their present either energy or the money.

Although the people who feel that they can help the slum peoples, put their best to help these like some organizations help them by providing food, old clothes and some help them by providing free education.

#### Slumarea's Children Sports Activities

Nowadays, the Indian society is taking interest in the field of the cultural and sports activities. Many sports and cultural clubs, channels, print and electronic media, and groups are motivating slum areas children to build their interest in it. To create their interest in studies, they teach them in a funny way like playing with the alphabets or clapping while studying the counting, letters, etc.

The teachers teach them by making them happy and create the interesting ways to teach them. To teach the slum areas people, the Indians, and the organizations are helping a lot to make them literate.

There are approx. 1,47,00,000 registered organizations to help these people and many unorganized organizations. These organizations provide facilities, education, maintenance to the people and the children of slum areas and help them to make them literate, settled, and of well standard.

Talking about Meerut, there are a total of 160 registered organizations in

Meerut that work for the slums and much non-registered organization and registered NGO'S which are Aaghaaz, Welfare Association for Relief and Encouragement, Balaji Educational Charitable Trust, Bal Bharti Academy, Manav Kalyan Samiti, Meerut Shikha Prasan Samiti, Nageen Charitable Trust, Parivarthan Educational and Social Development Society, People's Voice Society, Rehan Educational and Development Welfare Society, United Christian Association, Uttar Kshetriya Samaj Vikas Kendra. NGO'S for Education and Literacy are Zeenat Education Society, Youth welfare Society, Reflection Educational and Welfare Society, Shri Sai Educational Welfare Trust, Shiksha Prasar Evam Kalyan Samiti, Smiling Seeds Association, Tirupati Balaji Society, You and Me Welfare Trust, Meharban Educational and Health Care Society, Mook Vadhira Vidhyalaya, Jan hind Social and Welfare Society, Child Care Junior High School Samiti, City Educational and Social Welfare Society, Disha Sewa Sansthan Uttar Pradesh, Falah Educational and Welfare Society Kithone, Ganpati Foundation Charitable Trust, Grameen Vikas Sanstha, etc. We have studied about some of the non-registered organizations which are:

AR Prayas, Vidya- Ek prayas, Robin Hood, Hope, Jan-Jan Kalyan Sanstha, We Commit, Pahal- Ek Prayas, Drishti, Gyanodaya, Nari Shakti, SatyamanavSevaSamiti for AIDS etc.

These organizations are working for the people of the slum area as they provide them free of cost education that educates them to study thought games. They organize sports events, also provide them food sometimes free of cost and clothes. The slum area people are been helped by them in different ways. The sports programs are also organized by them and the winner is also awarded sometime so that the children may develop an interest in performing well. The organization not only educates them but also motivated them to work for their future.

The study on the people of slum areas has been done on the national as well as international level. On the basis of these studies, many research papers, projects, Ph.D.'S, articles, surveys, etc. have been made which states that some children of the slums want to study but due to their family problems, peer pressure, demoralized nature they lacks to go in school which kills their willingness to study. From these surveys, they also found out that the atmosphere of these slums is very poor which has no electricity, no supply of clean drinking water, no drainage system which gives birth to the diseases like dengue, malaria, HIV, etc. To improve the condition of the slum area and the people living in it, many organizations (registered as well as non-registered) contributed to uplift them by providing free education, organizing sports events to build interest of children in studies, etc. They also motivate them to do study and to think about their future.

To improve their condition, the government is also contributing by trying to make some hours mandatory after school timings for study as their parents are not literate and they don't know how to teach their children, so for their doubts, inculcating encouragement in them, and to teach activates and manners that extra time of children is given in the hands of NGO's. The space for the study is also provided by the government whether be any office, building, or any other government school. They also organize the sports events by providing material on their own basis. This develops a quality of leadership among them and they are encouraged to get higher in their life whether be in studies or sport. This keeps them physically and mentally fit.

We know that if one child in a group is educated then he can teach the whole group. In a similar way if one child in a single slum area is educated then he can teach their peer, their young ones as well as their elders.

#### Research Methodology

Nowadays, Indian society is taking interest in the field of cultural and sports activities. Many sports and cultural clubs, channels, print media, and societies are motivating children to participate in different activities. It has no intention to be winner but just to develop fighting spirit, remove stress & hesitation, easy and healthy entertainment and socialize the children encourage them. Basically, I have focused my study on the slum area children near Mukut Mahal, Delhi Road, Meerut (city), India. My respondents are rag pickers, beggars, who engage in piggery-poultry-goat rearing, daily wages labors, and criminal activities also. The objectives of my study are-

1. To know the sociological background as age, religion, education, work, family condition & their occupation.
2. Effects and Benefits of different sports activities in their socio-cultural life.
3. Efforts and suggestions

Meerut is a city in Uttar Pradesh in Eastern India. According to the census 2011 Meerut district has a population of 3, 443, 689.

Some slum areas are- Near CCS University, Delhi Road, Ram Lila ground, Jagriti Vihar, near Bhagayashree Hospital, Rohtak road, City Railway Station, Baghpat Road, near Mukut Mahal Delhi Road, etc. But I have selected respondents from the Mukut Mahal slum area. They are using three types of shelter-

- Temporary
- Semi Constructed
- Constructed

(I didn't focus on the type of shelter)

One government (01 to 08 class) and more than one dozen public schools are situated nearby the slum area.

1. I have selected 30 children of 06-13 yrs. age group from 75 children of the selected age group through lottery system. In this type of area, nobody knows how to improve their daily life. The total population of that area is 500 plus. Some people are Nepali, some Bangladeshi, and some from eastern UP or any other tribal/ backward/ Economically Weaker sections.
2. In that area, people are of different age groups. Most of them converted their community without having an appropriate knowledge about the facts of community conversion. They all are illiterate and do different types of work in different circumstances without having a complete knowledge of the work and the amount which is to be paid for their work.
  - i. These children are using three types of sports activities –
    - A. Traditional as bat ball, carom ludo, snakes, and ladder, elastic and roping, run, Gilli danda, pitthu, cycling, wheel, stones Poshampa, shampoo, cards, Antakshri, kanche, etc.
    - B. Mobile phone games.
    - C. Normal exercise and yoga with the help of NGOs and free-lance social workers.

Basically, I concentrate on –

1. This research paper is totally based on the primary data.
2. I have selected the Interview schedule.
3. No family member is included in the research and is not asked for any other type of information about that area.
4. Quasi observation is been used in the research paper and Interview Schedule.
5. In the research paper, we prevent data from classification, % based, tabulation, and report writing.
6. My 30 respondents are between the age group of 06 to 13 years, although the total strength of them is around 75. They belong to Eastern UP, Bangladesh, and Rohingya. Most of them are converted into the Christian community and are taught to go to church every Sunday. They are illiterate and hardly follow the concept of education. Their morning start late with a fight for the basic needs such as toilet facilities, water, and food arrangements as their parents don't prepare morning breakfast. After morning beggary

they earn their bread and butter. They are not habitual to take baths daily and brush their teeth. They don't comb their hairs and wash their clothes. No washroom-bathroom facility for fresh morning and no constructed room of their living. They live in a temporary plastic or tirpal tents. These areas are unauthorized for living. The area is surrounded by garbage dumping ground. They don't have any knowledge on how they can educate themselves.

In my study, I found that they are facing three problems-

- i) Education and Healthy Environment
- ii) Health and Hygiene
- iii) Savings

### **Review of Literature**

As our elders said that if we want to develop our nation, we should motivate our youth and children to play different games. Through playing they learn healthy competition, sharing, decision making, initiative-taking, leadership quality, motivation, love care, and cool vision. Children of slum areas are used to play a different types of sports and they are having more than healthy and risk-taking capacity than financially updated children. In this reference "Dr. Arjun Jadhavsaid in (2019: P.no. 275) his paper that "*sports for development project uses sport to provide children and youth valuable skill and opportunities that they need to succeed in life and contribute to the communities. sport is at the care of this upliftment project which aims to provide access to sport and recreational activities, giving children and youth a chance to play, have fun and learn, but also to develop their skills as leaders and to compete. Current sports of focus are football, volleyball, netball, basketball, yoga, distance running, and tennis*".

Our sports person said that overall development of children can't be sports activities. The mental or understanding level of the children improves with the help of sports activities. Sumnath S. Hiremath said in (2019: p.no 279) his paper that "*however the aspect of sports being a tool for education children informally has not been explored to a greater extent when compared to other disciplines of life. Many studies have proven that sports are more often played for competitive or recreational purposes, thereby under-estimating the educational value and benefits of sports in the lives of children*".

In our country, several of governmental and non-governmental organizations provided scholarships to the children for their bright future. On The National Sports day on 29 August, different foundations and schools conduct the sports activities i.e. musical chair, zalebi race, Kho-Kho, race, etc., and give prizes to the winner. In this

reference, Dr. Sushma Jadhav said in (2019: P.no 277) her paper that *“play in all its forms is the right of every child. Safe and inclusive play and sport are tools for improving children’s lives. Sport contributes to the healthy child development; it builds self-esteem and life skills. Sport can mobilize communities; foster peace and tolerance; and teach important life lessons about respect, cooperation, and leadership. Above all, play and sports help all children, even the poorest and marginalized, to have fun and enjoy their childhood! UNICEF’s sport for development (S4D) work is rooted in its commitment to ensuring every child’s right to play and recreation, as stated in article 31 of the convention on the rights of the child, as well as the right to sport, which is specifically contained in other international treaties. This is a study that analysis the constructive role of UNICEF in sports.*

Nowadays various sports activities such as yoga, judo play an important role in individual development. The sports activities develop children’s interest. Without playing a game any child can’t grow. In this reference Mohd. Rashid said in (2019: p.no 277) his paper that *“speaking about the role of sport in modern society, it can be argued that sport is a continuous social experiment, in which mankind exhibits its potential, accumulating and improving human capital, expanding its potential, sport be performing developmental, educational, patriotic, communicative function, integrate and coordinates individuals and social groups, helps the nation to develop. The sport system is directly connected with the subsystems of health, science, culture, upbringing, and education. Sport has a significant impact on the socio-economic and political processes of any modern society. Further to gauge the barometer of progress and development of any country, a sport is a sport to demonstrate their growing prowess as coupled with its great sporting ethic, it proved to all that its indeed a true world power.*

Sport played an important role in the development of the community. Every sportsperson has own image in that society. In this reference, Dr. Sanjay Joshi said in (2009: p.no 279) his paper that *“ sports have played an important role in the overall development of human being sports are a means of recreation and physical efficiency as well as helping to develop healthy competitive spirit among people and to improve the relationship between them. Sport strengthens mutual love and harmony. Sports create we feeling and a sense of belongingness, which gradually develops and strengthens, the feeling of national unity. Games play the most important role in building primary relations, that’s why the famous*

*American sociologist Charles Cooley in his book "Social organization" discusses only three primary groups. Sports end the sense of self and I of children and develop the we feeling and our own spirit. This feeling develops in them that, the group is bigger than I, society child understands that the society or community is bigger than me and also more powerful than that team games like kabaddi, kho-kho, chor sipahi, hockey, football as all sports being in the evening shakhaya of rashtriyaswayamsevaksangh of utmost importance in developing the sense of belonging and community feeling along with physical, mental, psychological cognitive, social and moral development of children, who become a strong basis for national and integration in the future.*

Haryana government is making itself a sporting state for the development of sportspeople. In the level of national and internal, state, inter-state Haryana player to successive. In this reference, BhupSingh Gaur said in (2009: pno.278) his paper that the *"government of Haryana consider sports as fundamental premise of health and Well Being of its residents by integrating physical activity and sports in their daily life (sports policies 2009,2015")*.

When we talk about women empowerment and development through sports. Women played a crucial role in the society. If one woman is developed then the whole society of that places also developed. Many women players have gone to national and Olympic games. In this reference, Dr. Varsha Bhujbal said in (2009: P.no 274) her paper *"sports have enormous power to generate real social, economic and environmental change and contribute to sustainable development.*

Physical education also promotes emotional and mental development by helping in overcoming stress, tension, and demoralized person other emotional related problems. Sports are helpful for improving the physical fitness. CBSE, ICSE, UP various boards add physical education as a subject at the senior secondary level and college level. In this reference, Dr. Rakeshkumartiwarisaid in (2019: P.no 281) his paper *"Sport socialization is a process through which is individuals involved in sports teachers and reinforces knowledge values and norms that are essential to participating in social life. As we know that a dynamic society not only crates but itself in social life. As we know that a dynamic society not only creates but itself is created by the activities of the social institutions. The social institutions promote the norms and values of society. Education, especially physical education, plays a very important role in shaping and modeling one's behavior and personality. Physical education is a very important component of the education as a working component of the social process"*.

Sport is directly connected with the health, culture, upbringing, and education sector. Sport has a significant impact on the socio-economic process of any modern society. As far as education is concerned sport is an important part of every child's schooling, as it plays a big role in the physical and mental level development. It teaches children how to work as a part of team and cooperate with others. In this reference Dr. Sangeeta Pandey in (2019: P.no 273) her paper. *"Today's world's most 'wealthy' and influence on the youth on the society. Sports are closely related to the global environment and environmental awareness can be created through sports fans around the world.*

Money, man, management are essential for every sports child. J.P Sharma (2010: P.no 292) said that *"community involvement must be given priority in many facility projects. That little or no money is available in some situations has resulted in alternative methods for seeing that physical education and athletic program have the necessary facilities to conduct excellent programs. Physical education and recreation personnel should play important roles in planning and operating facilities. The specialized knowledge that such individuals have is important"*.

As infants and children progress through a series of growth stages, they may encounter physical and emotional challenges. Growth and development include not only the physical changes some of the changes are in emotions, thinking. Sanjay milate (1997: P.no 34) said that *"The average annual growth during this period is 7 points in weight and 2 inches in height. The rate of growth in the weight gradually calls of during childhood. The minimum rate prior to adolescence is a teacher by the average girl between 9 to 10 years and by the average boy between 11 and 12 . At age of 11, the average boy or girl weighs 75 points and is 56 inches tall"*.

Sports are playing an important role in society. Prof Yadvinder Singh (2005: P.No 106,112) said that *"from a sociological perspective, sport is a cultural institution which has certain societal functions. Moreover, sport can be seen as a symptom of society reflecting not only itself but society in general. A similar relationship between sport and society also prevails in the Soviet type of society, even though the relation is often be expressed in a different way"*. Professor N.I Ponomarev a Soviet sports sociologist puts his view in the following words: *"In a socialist society, sport is seen as being part The social superstructure and therefore strongly influenced by the prevailing socio-economic system, not something 'in itself' and so divorced from politics"*.

Actually, sport is a cross-national language that is articulated and understood to a great extent in the same way. The second role of sport has to be seen in the modernization of society. This applies in particular to such a multicultural country as the Soviet Union. The third and perhaps the most advertised function of sport is concerned with the education and socialization of citizens. Sport has been and used as a means of obtaining the fit, obedient and disciplined workforce for achieving working efficiency and military strength. As health standards and such values as loyalty, team spirit, cooperation, conformity, are an essential part of both the official and voluntary educational system of socialist societies.

Physical education is very important in society. Physical education strengthens our society and develops our personality. When a child plays at the international level, our country has a name. Our country is recognized. Our cultural heritage brings Honor to our country. Dr. Shyam NarayanSingh(2013:P.no 174) said that”As *human development progressed, so did physical education. Physical education came in the form of sports. Earlier people used to play sports for their entertainment but now it has become a competition. When humans started living in groups, they learned various defensive physical activities like war, spear throwing, hunting, etc. to protect themselves from wild animals. As more developed towards human civilization, people started playing sports. Sports are a precious culture of human heritage. We can explain this for the following reasons:- Heritage inherited from Vedic period, historical period and Nalanda period, heritage inherited from the Rajput period, heritage inherited from Muslim period based on above facts, we can say that sports and sports are the greatest cultural heritage of mankind*”.

With the right health, we develop and our country develops. If we stay healthy then we will be able to progress more towards sports. DrRajbeerSingh(2010: P.no.20,21) says that “*Much concern for the health is found in the middle and upper class as prevention of obesity and other diseases arising out of the special lifestyle. This work also costs money to prevent these diseases. Even personal physical trainers are appointed. People belonging to the lower class do manual works Diego any sport or other physical play. They do not participate in swimming pool unorganized areas like the upper class. Ideas and classes while playing low-income people live in poverty. They are very short of resources. The time and energy of these people are spent in the struggle for the existence of life and the struggle arising challenge of living life and decline in value, such as countries and facilities are not available. Therefore, their poor people are accused of not creating any creativity in labor. So they are not interested in*

*sports like pigs. They have such value that they must have in participating in sports, watching g sports and using sports to spend leader time”.*

We will be able to do something for our family and our country if the gracious body is fine. The game is one in which there is no distinction between rich and poor, everyone is seen with equality. The children living in the slum area play with a lot of heart. Prof JitendraMohan, Dr. N.K Chadha, Prof S. Sultan Akhtar (P.no-176) said that *“physical educations provide vital experience for the growth and development of the personality of the child enabling him to become an efficient and productive member of society. Physical fitness and self-concept are important personality factors which are primarily influenced by the types of physical education program the child experience physical skill is well established to be based upon physical fitness”.*

After the independence sports activities increased at the level of national or international. R.Jain (2013: P.no 377) said that *“while considering the status of sports in the early 1980s, we will look at three broad areas: issues in American education as a whole, issues in sports itself, and some new directions in which sports are moving. A combined study of these three areas will present a fair idea of what is happening in sports today.* Through there is a gap in time between the writing and the reading of this chapter, the majority of the issues mentioned here will not have disappeared, despite the possibility that the current emphasis may have changed.

The most useful help received was via the American system. These scholarships are effective because they allow competitors to be both educated in the formal sense and to develop their sporting potentials. I am horrified that youngsters in my support neglect their education and their future in order to swimming Duncan goodies, Olympic swimmer and medallist. Bath universities set up the first British sports scholarships in 1976. Since then it has given 18 scholarships enable studies to be extended over an extra year. The scheme aims to help the students reach high sporting courses.

Money, man, management essential for every sports child. J.P Sharma (2010: P.no 292) said that *“community involvement must be given priority in many facility projects. That little or no money is available in some situations has resulted in alternative methods for seeing that physical education and athletic program have the necessary facilities to conduct excellent programs. Physical education and recreation personnel should play important roles in planning and operating facilities. The specialized knowledge that such individuals have is important”.*

Three colors reflect our nationality gold medal, silver medal, bronze medal. For which the children of our country work very hard at the national and international level. Hockey is the national sport of India, Sports have a big role in society. *Dr. Navish Kumar said in his research paper ROLE OF SPORTS IN THE SOCIETY AS SOCIALIZATION AGENCIES "Sport is the combination of intrinsic enjoyment and the desire to display physical skill, and the effort to preserve some sort of balance between these two factors, that distinguish sports from either play or dramatic spectacle. People who define sports in this way might complain when physical activities are not "organized enough" to enable them to know what is going on; they also might complain when they see activities that are so carefully organized for entertainment purposes that they seem to be "fake". Sports are institutionalized competitive activities that involve vigorous physical exertion or the use of relatively complex physical skill by individuals whose participation is motivated by a combination of personal enjoyment and external rewards".*

Mushtaq Ahmed said in his paper "ROLE OF SPORTS IN CONTROLLING THE CHILD OBESITY" *that Child obesity is a very common problem, faced not just by the children in both the developed and the developing nations, but is equally prevalent among the children of the third world countries. The widespread prevalence of child obesity has developed a sort of fear psychosis among parents, as to how to prevent their children from this epidemic of obesity, which is being termed as more a self-invited physical anomaly. In the present study, attempt has been made to draw awareness among parents and children about the need and importance of sports activities in doing away with the problems of obesity in general and child obesity in particular.*

A STUDY ON COGNITIVE DEVELOPMENT OF SPORTS IN INDIA  
*"The cutting edge world seems, by all accounts, to be substantially more worried about the universe of games. The hold of games has become extremely solid on the brain of individuals in the general public on the loose. Sportsmen and observers are clear about the qualities and criticalness of games. There is not really any person who has been let well enough alone for its effect in the nations of the present world. Presently winning the opposition includes national distinction as every country endeavors to win a competition in which they contend.*

Dr. Anuradha Sekhri said in her research paper that *"Extracurricular activities can make a huge difference in the life of children with special needs.. Extracurricular activities can enhance learning, while offering ways for students*

*to express themselves and explore their strengths. Participation in cultural programs and curricular activities is an outlet for ones' emotional expression and social interaction, a source of inspiration and development of self-confidence. Co-curricular activities and other recreational programs are also necessary for the growth of a healthy mind and body for children with special needs. Participation in games and sports is widely recognized as a critical component of health and development for disabled and non-disabled children.*

### **LIMITATIONS**

1. Only 30 children were selected between the age group of 06 to 13 years from the slum area of Mukut Mahal.
2. In this Research paper, we did not force any person to give answers to any question, such as age, religion, and education.
3. No involvement of any other family member in this research paper.
4. Without disturbing their family or work, we researched on them.

### **Sport Activities**

They are used to play with waste cycle tires we made a handsome use of that and included it in their sport's activity. After the race with their individual tire, we announced prizes, we selected available stones or pieces of bricks. To motivate them to keep the surroundings clean, we organized a game of collected waste papers, polythene packets, dust, mud, stones, plastic items within time. We organized a competition to throw bamboo sticks. Who covered the maximum distance was the winner. Through waste wooden sticks they were taught how to distinguish between the alphabets and numbers. We taught them how and where to use their crockery items and get the best use of them. Usually, they use Thapki (a wooden item used to beat the clothes to clean them) at their homes but we used them as bat and stumps for cricket. My team planned some easy-to-play activities for them i.e. Tug of war, Kho-Kho, Race, Musical circle, Antakshri, catch the ball, Poshampa, search the thief, etc. They were found aware of these games. They took part in all sports activities with full enthusiasm and interest. Their parents also joined us as audience. They felt happy and encouraged after getting the medal and trophies as a prize. They feel proud to be awarded.

### **Findings**

1. As we regularly go there they sometimes get upset since they are not habitual of the same routine every day. So we decided that we can make them study through sports activities.

2. After the declaration of results, the students are honored by different types of prizes which contained trophies, medals, and certificates.
3. When we visited that area we came to know that other NGOs also give their time to these people like Robin Hood, Gyanoday, AR Prayas Foundation, Satyakam, etc.
4. Some children of that area are very innocent; They were too excited to get awards After these types of events they all become very happy. They leave over their work and come to study with us.
5. The condition of their family is not up to the mark. Also, they are unaware of the antiques such as sitting, talking, working, etc. But when we reach there, they were full of joy and happiness.
6. After the competition and our motivation, all the 30 students took interest in studies without any classroom and proper infrastructure.
7. They feel happy after getting awarded, develop a competitive spirit, and engage in keeping their environment healthy and clean.
8. Quality of leadership is developed among them. They attained self-confidence after being honored.
9. Seeing the winner, other participants also get encouraged.
10. They developed the power of speaking in front of number of people on the mike.
11. They are taught to save some amount of money for themselves and for their parents, which they can spend on their education.

### **Suggestions**

1. These students should be admitted to government schools and different sections should be made for them. Movie HICHKI is a good example of this.
2. Volunteers or NGOs should take classes every day and properly. They can divide days and plan for subjects also.
3. Government, schools, and NGOs should do hard work to improve their qualities and use their energy to be sportspersons.
4. They must motivate to join job-oriented work such as computer courses, stitching, machine operators, carpenter, electrician, mechanics courses organized under the banner of PMKVY, MSME, Samaj Kalyan, Indira Gandhi training centers, NGO's, etc.
5. Government or local leaders or society should open slum area schools for the children. According to D. Vishesh Gupta (President, Rajya BAL

Sanrakshan Aayog), they have started pre – Primary education classes in Kawla of Moradabad for slum areas and human caste.

6. Some small level sports academies can be open to using their physical strength and fighting spirit.
7. Small level projects can be given to PG level students and NSS volunteers etc.
8. Different types of sports, cultural and educational activities should be planned to develop competitive feeling, co-ordination, adjustment, honor, emotional balance, physical- mental emotional intelligence, attraction towards study/skill/ honorable earnings.
9. Best students of the slum area classes can be admitted in schools and guided by NGO's and free-lance social workers.
10. Child Rights and You (CRY) of Mumbai started a project using sports as a medium to bring together 1594 children in 06 urban slums of Chennai under one platform, build confidence & a sense of self-respect among them and provide them with better educational and healthcare facilities.
11. Project KHEL is also motivating marginalized children to understand the benefits of sports activities, Kids Holistic Education and Lifeskills (KHEL), is a customized programmer that uses sports as a platform to help children from disadvantaged backgrounds to grow into responsible and contributing members of the society KHEL is a synergistic mix of ' sports for development and ' life- skills education.
12. According to KHEL, sports also help to prevent children from engaging in anti-social behavior by navigating their energy into activities that are fun and productive
13. ESA (Education and Sports for All ) also focus on education and enhancing the quality of the sporting ecosystem by providing facilities, training, in infrastructure, and equipment's.
14. There are more than a thousand initiatives to develop and promote sports activities in slum areas by governmental organizations, non-governmental organizational, and social workers. New education policy 2020 also emphasized on proper nourishment and good health .
15. Most of the schools organized and sent their teams in sports clusters. Most of the colleges have physical education departments and sports committees. All responsible persons realized that through sports activities, children can be more competitive , healthy, positive , physically and mentally fit, team

spirit, good leadership, responsible and disciplined . The government has planned fit India movement, international yoga day , self-defense programmers/ training, etc. bachelor degree in vocational science (B.voc) in yogic science, B.Pd., M.P.Ed, a different type of certificate & diploma courses and competitions are running in different universities/colleges/schools.

Summarizing it all, I want to say that sports activities are good means to cultural the slum area children.

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