

RIGHT TO PLAY - A NECESSITY**Mr Jaidev Desai**

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Introduction:-

It is really unfortunate that playing opportunity is being denied to children of developing countries due to mainly ill-conceived and badly implemented education policies on the one hand, and poverty, incongruent traditions and customs, etc. Too much stress on academic work, parental attitude, teachers' apathy, indifference of the school administration, urbanization, mechanization of life routines, etc., seem to be adding fuel to the fire. In India as elsewhere, many children are seen becoming adults Without even having the chance of being on a playfield, entering a swimming pool or having a swing on the bar at least once in life. All this adversely affects the development of their personality on desirable lines. The television and mobile boom has pushed the child far into the abyss of inactivity, sloth and passivity -considered staunch enemies of natural growth and development.

Immediate well-directed steps are needed to change this dismal scenario globally in order to pave the way for a balanced growth of the human personality without any discrimination of sex, land, language, creed or colour. If not taken in right sense and attended to seriously, this problem is likely to get inflated up to the proportions of moral crime against the humanity. There is little doubt that the so-called modern life-style is precipitously reducing the even the legitimate physical load on human body but dramatically increasing the mind-load, thereby creating a state of imbalance in human growth and development, and rendering the body weaker and weaker. All this and much more on this account justify launching of a campaign for upholding the child's right to play to its heart's desire in a world marked by strange paradoxes.

Recently CBSE has made mandatory for school children to participate in physical education activities which will directly help the students of the school to develop their all round personality.

There is no way that we can help children to learn to love, to play and preserve this planet, if we don't give them direct play experiences with the miracles and blessings of nature.

There is a great truth that "The right to play is a child's first claim on the community. Play is nature's training for life. No community can infringe that right without doing deep and enduring harm to the minds and bodies of its citizens."

Play Benefits:-

In the changing spectrum of life, play assumes a wider meaning both at school and outside school precincts as its benefits are varied and its implications far reaching as briefly shown below:

Biological	Sociological	Psychological	Equation
Physical and motor development	Sociological skills	Confidence development	Language and literacy development
Fine and gross motor skill	Connection to others	Play build self esteem	Play provides base of career
Strength and Flexibility	Followership skills	Cognitive benefits	Academic development
Stronger and heal their bodies	Increase empathy compassion and sharing	Reduced anxiety	Problem solving
Strength coordination	Conflict resolution leadership skill development	Reduced depression positive mood	Improves communication skills
		Emotional benefits	Encouraging children to experiment and take risks.

Means and Ways to make Right to Play a Viable Proposition:-

The Indian Constitution has a framework within which ample provisions exist for the protection, development and welfare of children. There is a wide range of laws that guarantee children their rights and entitlements matching those given in the UN Convention. It was during the 50s that the UN Declaration of the Rights of the Child was adopted by the UN General Assembly. This Declaration was also accepted by the Government of India. As part of the various Five Year Plans, numerous programmes have been launched by the Government aimed at providing services to children in the areas of health, nutrition and education.

The following measures, if taken in right spirit and at right time, can do a lot in making **Right to Play** for the child a reality in right sense of the term.

1. Parental attitude towards children engaging in play is long overdue for a positive change, for which parents need proper education and a sense of understanding,

2. School management need to make play a curricular obligation for children and make every one within school premises aware of fitness, health and well being of every child under their care.
3. A minimum of 60-minute time period is required to be spared from out of the school time table for every child to engage in free play and organized sport preferably out of doors in an atmosphere of freedom of body and mind.
4. Several play schemes and sports programmes launched by the Central and the State Governments need implementation in right earnest and in right spirit.
5. Utilization of the free spaces in the neighbourhood need to be properly maintained, managed and made operational with facilities for children provided for by the local government to facilitate children to "open up" their bodies.
6. All adults must support and encourage children to play by example rather precept, families that play together, stay together, strengthening bonds.
7. Providing equality leadership in the form of physical educators, recreation leaders, etc. is extremely important for children's play to prosper and pay rich dividends in terms of health and fitness.

References:-

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