

THE FOUNDATION POST

Q4, 2018

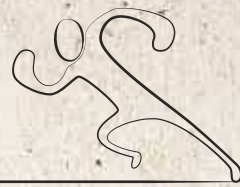


**SPORTS IN THE INDIAN
EDUCATION SYSTEM**





EDITORIAL



Sports are critically important for mental and physical development, particularly at the school level. Numerous scientific studies have demonstrated that the benefits of sporting activities in school extend far beyond physical fitness, although this remains an important and desirable outcome. Studies have shown that sports have positive effects on 'brain wiring', enabling the brain to operate more effectively. Even a few minutes of sports every day have been shown to improve concentration and focus.



Sports improve learning and memory. Studies also show that numeracy and literacy scores amongst younger students increase with increasing physical activity, demonstrating that no age is too young to start sporting activities in school. Research in the US points to a particularly strong positive correlation amongst children from under-privileged backgrounds.

In India, yoga has traditionally been part of physical education. Yoga provides enhanced inner and outer balance. Meditation reinforces concentration and improves mental wellbeing.

The Shiv Nadar Foundation has a scientific approach to developing strategies for education and places particular emphasis on sports. Individual institutions invest heavily in sports facilities, infrastructure and human resources. In this edition of the newsletter, we will explore aspects of sports in Indian schools, and see how Shiv Nadar Foundation is supporting it.





WE ARE BECOMING A SPORTING NATION AGAIN



People often think that India does not have much of a sporting tradition, but this is not so. Our tradition dates back thousands of years. Vedic literature provides evidence of chariot racing, horsemanship, archery, swimming, wrestling and weightlifting. Sportsmanship was part of this ethos. “Duty is in my right hand and the fruits of victory in my left,” (Atharva Veda)



Private Sector Initiatives

Sports professionals have been taking the initiative to identify and nurture talent, starting at the school level. These entities usually focus on nurturing select potential medal winners. Entities such as Olympic Gold Quest, supported by HCL, have already achieved considerable success.

Government Initiatives

Recently, the government has become more active. The Khelo India scheme is a comprehensive program designed for impact at the grassroots level. Twelve focus areas have been identified, including sports infrastructure, coaching, community sports, and competitive structures. For example, efforts are being made across states to ensure greater participation at district level inter-school meets. Meanwhile, as of 2018, CBSE has made daily Physical Education classes compulsory.

With our ancient traditions to inspire us, and these initiatives to drive it forward, the overall development of sports in India should accelerate rapidly.





THERE'S MUCH MORE TO SPORTS THAN PLAYING!



Only a select few become top-level athletes. However, sports provide many other options for building careers.

Sports Analyst

Sports is a big business. Teams participating in the IPL and the English Premier League, for example, spend colossal amounts on teams and infrastructure. The correct assessment of performance has become critical to success. If you love sports and enjoy math, this could be the profession for you.



Sports Marketing

The current environment in India should see high growth in the demand for sports marketing professionals. For far too long, all national energies have been focused on cricket. As corporate and public focus shifts to other sports, increasing efforts will be made to market new games in untapped markets.

Sports such as football, badminton and kabaddi are already gaining more attention. The coming decades should be an exciting time for this field.

Sports Management

Across the world, there is an increasing recognition of the need for professional management in sports. A sports business is like any other business. From running a training centre to managing a city sports franchise, there are many areas in which a well-trained professional manager can make a difference.



Sports Medicine

Sports health is a vast area. For doctors and physiotherapists, this is a lucrative field for specialisation. Training facilities require a wide variety of technical support. The difference between success and failure is often access to proper psychological inputs, making sports psychology a profession worth considering.

Sports Law

Behind every blockbuster IPL contract is a lawyer. Sports law is a growing profession which covers labour law, contract law, competition law, and much more. As the stakes grow higher, the importance of lawyers will increase.



Sports Media

As the demand for content rises, so does the demand for writers. Like many other fields, sports is an area where the public demand for content has multiplied exponentially. If you are a good writer with passion for a specific sport, this could be a satisfying career.

For those who prefer speaking to writing, a career in sports broadcasting is an option to consider.

Sports Agent

In a world dominated by social media, celebrities are gaining importance. In addition to traditional endorsement contracts, sports personalities can now leverage their popularity in new, constantly evolving ways. Managing such individuals is far more challenging than before. For a sports fanatic with a flair for social media, there are opportunities to make a mark in this rapidly changing business.



**“IF YOU COME TO SHIV NADAR SCHOOL AT 7 AM,
YOU’LL FEEL IT’S A SPORTS ACADEMY!”**

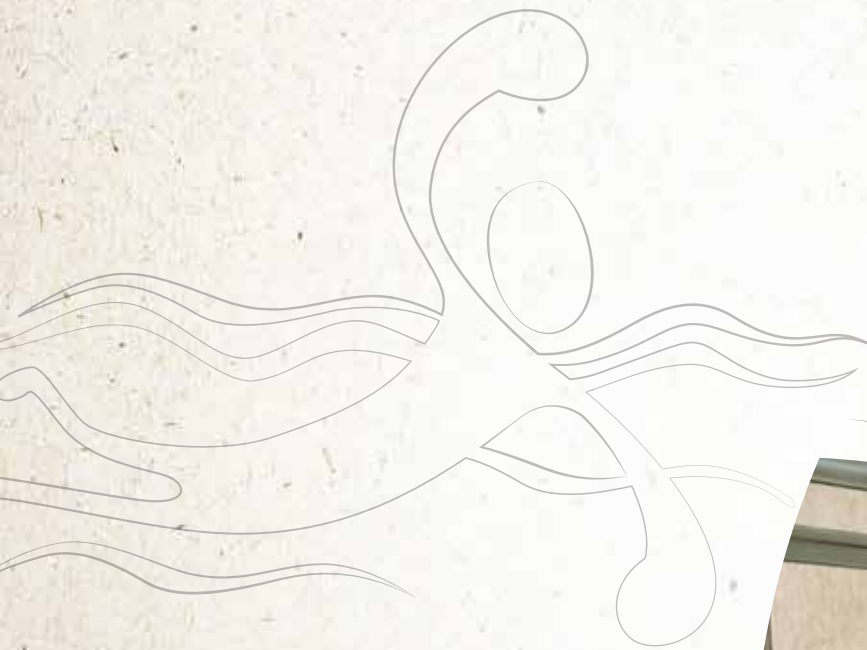
Raspreet Sidhu, Head of Sports, Shiv Nadar School is a remarkable young woman. With the encouragement of her father, a sportsman himself, she overcame traditional gender biases to become the only woman to represent India in basketball at three consecutive Asian Games, most recently in Jakarta. Today, she expertly balances the roles of a wife, coach and professional athlete, with support and encouragement from her school.



She believes that basketball has helped shape her character, giving her self-belief, and teaching her the importance of setting goals and achieving them. “The greatest lesson sports teaches you is how to lose gracefully,” she says, “How to deal with setbacks and still get up, and bounce back.”

Sports also plays a big role in developing discipline, she feels, which serves children well later in life. It teaches them how to deal with authority. “Coping with instructions is far more intense when you are on the playing field,” she says.

What are other countries doing right to build a sporting culture? While competing internationally, she has observed them closely. “China, Japan and Australia have the best approach. Start them young,” she says. “That’s the main thing.”



As Head of Sports at Shiv Nadar School, she is applying these principles on the ground.

AHA Sports Program

The AHA program is designed to spark passion, to set children on the road to self-discovery. 13 different sports have been selected. “We try and give them exposure, to help them understand which specific sport they want to pursue.”

Before / After School Hours Training Program

Once students have selected a sport, they spend one to one and half hours, three times a week, improving and developing their skills. “If you come to Shiv Nadar School in the morning at 7am, you’ll feel it’s a sports academy and not a regular school,” she says.



Team Training Program

This is the next level. This is exclusively for the School Team members. They are expected to devote extra time, six days a week, to maintain the standards of performance that the team expects of them.

Short Term International Programs

Over and above the daily rigour, students have also been given international exposure. For the past two years, batches from the Shiv Nadar School have trained at the Manchester United Academy. The basketball team recently played with the Serbian national team.

As the sports culture grows, Raspreet feels hope for the future. “The key challenge is to impress the importance of sports on parents,” she says.



“ENCOURAGE THEM TO PLAY EVERY DAY.”

Rajesh Mehrotra, Co-founder of the Sports Roots Soccer Academy, is helping to create a culture of footballing excellence at the Shiv Nadar School. He believes in the 3 Cs – culture, coaches and curriculum. “We have to view sports as a co-curricular activity, not extra-curricular,” he says.



Coaching

His organization brings in international coaches and runs robust trainer training programs. “We need to incentivise people to be good coaches,” he says. There is a need to go beyond the ‘PE Teacher’ approach to sports in schools, because schools are crucial in India. “We need Indian solutions. Other countries depend on club youth programs. In India, schools hold the key.”

Culture

Culture depends largely on the school leadership. Mr. Mehrotra has found the leadership at the Shiv Nadar School to be extremely supportive. For example, technical teams from the Paris St. Germain Football Club have been brought in to provide direction and regular technical inputs.

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Curriculum

Curriculum is crucial. “We have a 39-week program, with 4-hour sessions three times a week. Beyond this, we encourage them to play every day,” he says. “The key is to have fun with the ball. We get under-7 kids to play up to 40 matches a year, as opposed to the current national average of 20 matches for under-14 children. They should keep playing, and we need to make sure training is fun.”





SNAPSHOTS



Vidyagyan

Graduation Day at Siri Fort auditorium saw speeches by two eminent personalities - Geeta Goel, Country Head, Michael and Susan Dell Foundation and Suresh Narayan, CMD, Nestle India. In addition, H.E. Sir Dominic Asquith, British High Commissioner and David McGillivray, Head, DFID India were hosted at the Vidyagyan campus.



Shiv Nadar University

The University hosted a National Water Conference on 27 August 2018 at India International Centre, Delhi, attended by Mr. Nitin Gadkari, Minister for Water Resources, as the Chief Guest, along with policy makers, water professionals, researchers, academics and representatives of the private sector.

SHIKSHA Initiative

The SHIKSHA Initiative has been collaborating with the district administration of Sonbhadra, UP, to run ICT enabled classrooms in 215 schools. This September, Chief Minister Yogi Adityanath visited Robertsganj block and inaugurated a SHIKSHA ICT classroom at P.S. Bahuara.





SSN College of Engineering

S. Arun, a third year Mechanical Engineering student at SSN College of Engineering, won a silver medal in Solo Dance for Boys at the 55th Asian Roller Skating Championship, held in Namwon, South Korea. He was part of a talented Indian team that participated in all the artistic skating categories, and won 26 medals.



Kiran Nadar Museum of Art

Kiran Nadar Museum of Art hosted DELIRIUM/EQUILIBRIUM, showcasing videos, films and kinetic objects from the Kiran Nadar Museum of Art collection. The exhibition brought together ‘...transitory and intermediary states of incoherence, anxiety and excess, amplified in the disorienting acts of gibberish noise speech...’

Shiv Nadar School

Eight students of Classes IX and X from the Shiv Nadar School joined the Beijing International Education Exchange Programme in July, hosted at the historic Beijing Royal School. Along with 700 students from over 30 countries, they gained a unique perspective on Chinese culture.



ABOUT SHIV NADAR FOUNDATION



- Shiv Nadar Foundation was established in 1994 by Shiv Nadar, Founder, HCL - a US \$8.1 billion leading global enterprise.
- The Foundation is committed to the creation of a more equitable, merit-based society by empowering individuals through transformational education.
- The Foundation pursues the philosophy of 'Creative Philanthropy', which envisages creation of institutions that continue to impact future generations for many centuries to come.
- Total number of students and alumni – 26,575.
- Total investment – INR 51,153 Million (USD \$786 Million)

K-12
EDUCATION



2009

Leadership Academy for meritorious rural underprivileged children



2012

Chain of urban K-12 schools to create lifelong learners

HIGHER
EDUCATION



1996

Ranked amongst India's top engineering colleges

SHIV NADAR UNIVERSITY

2011

Student-centric, multi-disciplinary & research-oriented university

MASS
INTERVENTION



2012

Technology-based educational intervention envisioning the eradication of illiteracy



2010

Building awareness and propagating modern and contemporary Indian art



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