

## Proper Training and Evaluation system of Maharashtra KridaPrabodhini

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### Abstract

Maharashtra KridaPrabodhini is project of state government of Maharashtra as response to the national sports scheme of 2001. It is introduced to develop the skills of players in the state and bring them as the sports person of international repute. Maharashtra Krida Prabodhini facilitates the sports persons and groom them as perfect sportsmen. The main objective of Prabodhini is to develop more and more players of International and Olympic level, selection of skillful players and providing Technical and Scientific training, appropriate diet and modern sports facility and to develop a culture of sports and planned efforts. However, the achievement of Prabodhini has not been explored scientifically.

**KEYWORDS:** Krida, development, Training, Evaluation, abilities

### Introduction:

The physical fitness is the most important aspect of every human being. As it is said that 'sound mind in a sound body' the physical fitness is necessary for every sports person. In today's fast life it is mandatory that physical exercise could help us to maintain our health. A new sports policy was declared in 2001 by the government of Maharashtra with the purpose of physical fitness among everyone.

For development and promotion of sports the government plays a crucial role. The government and governmental organizations constitute the public sector of the sports industry, which is responsible in making sports policies, allocating grants for developing infrastructure, nurturing talents and designing specialized programs for overall development of sports. Government of India attaches utmost importance to sports for development and sports for excellence. It has been the endeavor of the Government to lay down procedures for effective coordination among various agencies involved in the promotion of sports and extend required infrastructure, training and other facilities to the sportspersons for achieving excellence in the international events.

Sport is an important context for physical activity and it is critical that safe environments are provided for such activity. Sports safety is influenced by the presence of sports ground environmental hazards such as ground hardness, poorly maintained playing fields, surface irregularities and the presence of debris/rubbish. To reduce injury risk, sports governing bodies need to ensure regular assessment of grounds safety and the removal of identified hazards. This study conducted by Swan, Otago, Finch and Payne (2009) describes sports ground safety guidelines and recommendations of a sample of sports governing bodies and provides recommendations for how they could be improved. Semi-structured key informant interviews were conducted with nominees of state governing bodies for Australian football, cricket, soccer and hockey. The use of match

day checklists to identify ground hazards, as mandated by insurance companies was widely promoted across all levels of play. Sports governing bodies had more direct involvement in assessing grounds used for higher level of play, than grounds used for community or junior sport. There was a general presumption that identified hazards on community grounds would be corrected by local councils or clubs before anyone played on them, but this was rarely monitored. Sports governing bodies run the risk of being negligent in their duty of care to sports participants if they do not formally monitor the implementation of their ground safety policies and guidelines. There is also further scope for sports bodies to work closely with insurers to develop ground safety assessment guidelines.

### **Training and Evaluation system of KridaPrabodhini:**

In Maharashtra State under the Governments sports policy KridaPrabodhini is formed to provide the best possible facilities to the Students of 8-14 age group. The main objective of Prabodhini is to develop more and more players of International and Olympic level, selection of skillful players and providing Technical and Scientific training, appropriate diet and modern sports facility and to develop a culture of sports and planned efforts. However, the achievement of Prabodhini has not been explored scientifically. Hence, the researcher has undertaken this study to critically evaluate the effectiveness of Maharashtra KridaPrabodhini scheme implemented by Government of Maharashtra.

Evaluation is a systematic determination of a subject's merit, worth and significance, using criteria governed by a set of standards. It can assist an organization to assess any aim, realizing concept or proposal, or any alternative, to help in decision-making; or to ascertain the degree of achievement or value in regard to the aim and objectives and results of any such action that has been completed. The primary purpose of evaluation, in addition to gaining insight into prior or existing initiatives, is to enable reflection and assist in the identification of future change.

After admission in prabodhini the different tests and methods are used to help the athlete to choose specific game or sport event. advanced techniques are used for the training. Different training is given in Prabodhini for improvement in physical fitness of athletes. The sports training program is arranged according to the competitions. After admission in Prabodhini immediately the type of sport is not selected the students are checked and their area of interest is studied and the sports type is allocated to the student. The athletes in prabodhini are cooperative and they help each other to perform better in their respective sports type and gain mastery over the event they have decided. Sometimes the students are suggested to choose the sports event of different choice knowing their abilities and they are trained for the same. It is observed that sometimes during training in Prabodhini parents of the athletes create problems by regular interruptions and unnecessary visits to the prabodhini majority of the parents create troubles for the coaches. This type of behavior of parents in fact, affects the athlete's performance that in turn might affect the performance of trainers. Hence, it is advisable that parents should not interfere with coaches during training program. The players are selected by proper method keeping their interest and their abilities. The facilities provided to the athletes affect their training as these facilities sometimes make them rude

Prabodhini must provide proper facility to create inductive environment of competitive sports.. The education program influence the sports training 69.23 % coaches are of the opinion that educational programs have an effect on the quality of sports training while 30.77 % coaches believe that education process does not affect sports training. This, in fact, suggests that more than 69% coaches feel that educational programs hinder the sports training. Hence, it is desirable to find out the middle way so that both education and sports training of athletes will not suffer. Of note, this has to be discussed thoroughly with the experts.

This in fact suggests that the majority of athletes in Prabodhini are cooperative and that is a healthy sign for development of sports culture, whereas the Prabodhini must take some strategy for the athletes who do not co-operate the coach.

. It seems, prabodhini centers are taking efforts for increasing physical abilities of athletes required for the sports. Sports experts are present in prabodhini for training This in fact indicates that Government had appointed experts for providing training to the athletes. the art equipments of exercise are present in prabodhin majority of prabodhnicenters has got advanced equipments for sports training. International level sports equipments are present in prabodhini This suggests that although majority of centers have sports equipments of international level but government should provide more advanced equipments to the prabodhnicenters, where such facilities are not available. prabodhnicenters are giving regular practice to the athletes and this helps for exhibiting top performance. Kridaprabodhini plays an important role to improve physical fitness status of the athletes. the training provided in prabodhini is useful for improving sports skills of athletes.

### **Conclusion:**

The Maharashtra KridaPrabodhini Scheme seeks to tap hidden talents for participation in sports events at the national and international levels. However, since the inception of the scheme by the government of Maharashtra, there has been no systematic attempt undertaken to evaluate the impact of KridaPrabodhini Scheme. Hence there was a need to re-look into the programme's effectiveness and its resultant impact. Thus, evaluation of the above mentioned scheme was of utmost importance for the furtherance of sports culture in Maharashtra. Maharashtra KridaPrabodhini is capable of producing international athletes. Thus, the prabodhini has done excellent work in improving athlete's skills and the scheme of Prabodhini seems to be successful. Although implementation of the scheme is successful, huge publicity in different media is essentially required and hence the Government should take lead and make publicity about Prabodhini scheme to the common public so that it will reach to every corner of Maharashtra state.

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