Khelo India Programme

Syllabus subtopic: Welfare schemes for vulnerable sections of the population by the Centre and States and the performance of these schemes; mechanisms, laws, institutions and bodies constituted for the protection and betterment of these vulnerable sections

News: Under the aegis of 'Khelo India' programme, the 1st Khelo India School Games (KISG) 2018 were conducted in 2018 at New Delhi with participation of 3507 athletes. The 2nd edition of Games, i.e. ‘Khelo India Youth Games, 2019’ were conducted in Pune in 2019 with participation of 5925 athletes. Competitions for mentally challenged athletes were also organized through Special Olympic Bharat in 2018.

Prelims and Mains focus: about Khelo India Program, Ek Bharat Shreshtha Bharat, Fit India Movement

About the event:
A total of 2741 young athletes in 24 sports disciplines (including Para sports) have been identified under the Talent Search and Development vertical of Khelo India Scheme. Out of 2741 identified athletes, 1388 athletes opted for residential/ day-boarding training at accredited academies under Khelo India.

Ministry of Youth Affairs and Sports bears the full expenditure of these athletes. Remaining athletes opted for training with their own arrangement and are being given maximum Out of Pocket Allowances @ Rs. 10,000.

The existing 46 SAI Training Centres (STCs) are being supported under “State Level Khelo India Centre (SLKIC)” vertical of Khelo India scheme. The list of 46 established centers is at Annexure II. An amount of Rs. 156.83 crore has been provided to various National/Regional/State sports academies under Khelo India Scheme.

Indigenous sports such as Kho Kho, Kabaddi, Mallakhamb, Kalaripayattu, Gatka and Thang-Ta are being supported by the Ministry of Youth Affair & Sports.

Last year 23 sports events were held in Rural and Indigenous Games at 23 different locations across the country as part of the ‘Ek Bharat Shreshtha Bharat’ programme. In these events about 1500 players participated. These disciplines included Sqay, Kho-Kho, Kalaripayattu, Mallakhamb and Roll Ball.

Under the Fit India Movement, all State / UT Governments have been advised to encourage all schools to provide for regular sports, including a local / indigenous game, by all students.
About Ek Bharat Shreshtha Bharat’ programme

“Ek Bharat Shreshtha Bharat” was announced by Hon’ble Prime Minister on 31st October, 2015 **on the occasion of the 140th birth anniversary of Sardar Vallabhbhai Patel.** Subsequently, the Finance Minister announced the initiative in his Budget Speech for 2016-17. Through this innovative measure, the knowledge of the culture, traditions and practices of different States & UTs will lead to an enhanced understanding and bonding between the States, thereby strengthening the unity and integrity of India.

All States and UTs will be covered under the programme. There will be pairing of States/UTs at national level and these pairings will be in effect for one year, or till the next round of pairings. The State/UT level pairings would be utilized for state level activities. District level pairings would be independent of the State level pairings. The activity will be very useful to link various States and Districts in annual programmes that will connect people through exchanges in areas of culture, tourism, language, education trade etc. and citizens will be able to experience the cultural diversity of a much larger number of States/UTs while realising that India is one.

Objectives of Ek Bharat Shreshtha Bharat
The broad objectives of the initiative are as follows:-
To CELEBRATE the Unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our Country;

PROMOTE the spirit of national integration through a deep and structured engagement between all Indian States and Union Territories through a year-long planned engagement between States;

To SHOWCASE the rich heritage and culture, customs and traditions of either State for enabling people to understand and appreciate the diversity that is India, thus fostering a sense of common identity;

TO ESTABLISH long-term engagements and

TO CREATE an environment which promotes learning between States by sharing best practices and experiences.

Fit India Movement

- Envisioned by the Prime Minister, the nation-wide Fit India Movement aims to motivate every Indian to incorporate simple, easy ways of staying fit in their everyday life.

- The initiative is the need of the hour and it will lead the country towards a healthy future.
Indians shy away from physical activity

- 54% Indians are physically inactive
- Less than 10% engage in recreational physical activity

Burdened with diseases:

- Obesity: 13.5 cr
- Diabetes: 7.2 cr
- Thyroid disorders: 4.2 cr
- Hypertension: 8 cr
- Cardiovascular disease: 5.5 cr

Source: Indian Council of Medical Research (ICMR), News reports