**Holistic Community Health Development In India: An Overview**

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**ABSTRACT**  
Holistic Development is a complete educational strategy that aims to develop physical, intellectual, emotional, cognitive, and social abilities to kids. It seeks to enhance these skills in the early stage of life, which will prepare them to meet the challenges and difficulties of daily life in the future. In this modern century there are main four domains in community development i.e. communication, collaboration, critical thinking and creative thinking. Community development is a holistic approach and an organized effort initiated to assist a group of people in a community to lead a better lifestyle. As the term suggests, it is the combination of community with a development that aims to enhance people’s living standards in a community.

Just after the independence, India chooses to follow the path of planning for social and economic development. To inculcate the plan “The 5-year planning commission” was set up on March, 1950 under the chairmanship of Pandit Jawaharlal Nehru, The first Prime Minister of India. Government of India realized the importance of physical fitness and sports activities for the people of India, and took various important steps to improve its status. An important step in that direction was the establishment of a committee which was named “Tara Chand Committee” This committee came into existence in the year 1948. From then on several sports board, sports authority, sports commission has been set up for physical fitness and the holistic development of the citizen of India. Physical fitness can be defined as the ability to perform daily tasks efficiently and without undue fatigue, retain ample reserve to enjoy vigorous leisure time activities, demonstrate physical activity traits and capacities that are consistent with minimal risk of developing hypokinetic diseases. Fitness can promote relaxation, reduce stress and improve mental health. Mental health is reflected in the optimal functioning of the mind, and emotions. Fitness is not only a state for younger but is the reality for all ages. It is the product of exercise, and exercise is related to health. Exercise will provide benefits if it is performed as an integral part of one’s life style. The result of exercise are short lived and therefore the development and maintenance of physical fitness depends upon constant participation that adheres to the principles of intensity, frequency, duration, progression and over-load, Sporadic exercise does not promote physical fitness nor does it contribute the health.

Since Independence of India, we have seen that from the first five year plan up to twelfth five year plan, planning commission provided a huge amount of...
importance, effort and money. But the main outcomes from all the sports planning commission were for the competitive sports. The youth were encouraged to secure medals, from National or International competitive sports. Monetary support, sports facilities were provided only for the Champions, Runner up and maximum to the third position holder. Though the number of youth is very few (34%) of the total population. And among them only 8% comes under the arena of games and sports. Nearly in the end of 21st century a word “wellness” has been emerged with the fitness for the sedentary people. Wellness is optimal health and vitality. There are several dimensions of wellness, Physical wellness, emotional wellness, intellectual wellness, spiritual wellness, interpersonal and social wellness, environmental, or planetary wellness.

It can be said that the most of the youth are behind the flame of the candle light of the Ministry of Youth Affairs and Sports of India. “Health is Wealth” but wealth is not only the property for a very few people of a country.” “Sports for All” is not only some letter to make a word, but the word must be implemented. Sports are not for one’s interest but for the interest of the country. The country is not only for one but for all. The slogan “Fit India” is not only a ceremonial programme. To make India “Physically Fit”, mentally strong, spiritually higher, socially more uplifted, proper action should be taken. Fitness is not only essential for the young people only, fitness is a very important components of all the human, and as human are a very big resource of a country (called “human resource”), human resource may not be calculated without hole population of the country.

Introduction

Holistic Development is a complete educational strategy that aims to develop physical, intellectual, emotional, cognitive, and social abilities to kids. It seeks to enhance these skills in the early stage of life, which will prepare them to meet the challenges and difficulties of daily life in the future. In this modern century there are main four domains in community development i.e. communication, collaboration, critical thinking and creative thinking.

Community development is a holistic approach and an organized effort initiated to assist a group of people in a community to lead a better lifestyle. As the term suggests, it is the combination of community with a development that aims to enhance people’s living standards in a community.

A holistic community (also referred to as closed or unitary community) is an ecosystem where species within the community are interdependent relying on each other to maintain the balance and stability of the system. These communities are described as working like one unit, meaning that every species plays an important part in the overall well-being of the ecosystem in which the community resides; much like the organelles within a cell, or even the cells making up one organisms. Holistic communities have diffused boundaries and an independent species range. Co-evaluation is likely to be found in communities structured after this model, as a result of the interdependence and high rates of interaction found among the different populations. Species compositions of communities change sharply at environmental edges (known as eco-tones).

According to a widespread narrative, the ideas of a holistic ecological community were introduced by plant ecologist Frederic Clements in 1916, and countered by Henry Gleason in 1917, when he proposed the individual/open community concept (in applications to plants), Nicolson, Malcolm (April–June 1990). “Henry Allan Gleason and the Individualistic Hypothesis: The Structure of a Botanist’s Career

However, this seems to be wrong in at least two essential respects:

“A community has been viewed as a super organism with integrity analogous to that of cells in an organism. This is the holistic or unitary view of a community, and one championed by Clements (1916). He regarded the community to be a highly integrated unit that operated very much within itself with little interaction with surrounding communities—a closed community.”[4]

“The holistic model considers all living beings as its subjects who are manifestations of the Absolute and part of the whole. It includes all relations that arise between them. The most efficient satisfaction of their interest is the most important designation of the holistic system (holistic community). The holistic community is equally responsible for the human development and for the
harmonious evolution of all other subjects of holistic model. The subjects of holistic model are the following:

- Humankind
- Animals
- Plants
- Planet Earth
- Extraterrestrial beings
- Celestial bodies

This characteristic illustrates that the holistic model is universal and exceeds just human relations. It is not just humanistic but also respectful for all life in general. The necessity to identify the subjects in the frame of the whole is the first condition for the proper satisfaction of their interests. Without differentiating them and without knowing well how they function, it is impossible to conduct rational action which aims to fulfill the needs of everyone in the system and to refine their environment.”

Physical fitness can be defined as the ability to perform daily tasks efficiently and without undue fatigue, retain ample reserve to enjoy vigorous leisure time activities, demonstrate physical activity traits and capacities that are consistent with minimal risk of developing hypokinetic diseases. Exercise & Fitness can promote relaxation, reduce stress and improve mental health. Mental health is reflected in the optimal functioning of the mind, and emotions. Fitness is not only a state for younger but is the reality for all ages. It is the product of exercise, and exercise is related to health. Exercise will provide benefits if it is performed as an integral part of one’s life style. The result of exercise are short lived and therefore the development and maintenance of physical fitness depends upon constant participation that adheres to the principles of intensity, frequency, duration, progression and over-load, “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

The WHO in its Preamble (1948) states, ‘The enjoyment of the highest attainable standard of health is one of the fundamental Rights of every human being without distinction of race, religion, political belief, economic or social condition’.

Just after the independence, India chooses to follow the path of planning for social and economic development. To inculcate the plan “The 5-year planning commission” was set up on March, 1950 under the chairmanship of Pandit Jawaharlal Nehru, The first Prime Minister of India. Government of India realized the importance of physical fitness and sports activities for the people of India, and took various important steps to improve its status. An important steps in that direction was the establishment of a committee which was named “Tara Chand Committee” This committee came into existence in the year 1948. From then on several sports board, sports authority, sports commission has been set up for physical fitness and the holistic development of the citizen of India.

Physical Activity

- P.A is any bodily movement produced by skeletal muscles that requires energy expenditure.
- P.A includes exercise and other activities such as walking, cycling, sports, active recreation and can be done at any level of skill and for enjoyment.
- “Physical activity is something you do. Physical fitness is something you acquire, a characteristic or an attribute one can achieve by being physically active. And exercise is structured and tends to have fitness as its goal”
- PE as an International Understanding
- During last decade of 20th century UNO, UNESCO and many other International Organizations became interested to develop PE and urged member Nations to adopt “PE and Sports for Quality of Life.”

“Sports for All” was popular slogan during this period

What Is Wellness?

Things you need to do to stay healthy:

* Avoid getting sick
  * Make wise decisions about your health
  * Replace bad habits with good ones
* Make wellness a way of life
Purpose of the study

- To Understanding the meaning of community and community development
- To Analyze / Criticize the Sports Planning Commissions and The Government of India for the holistic development of the citizen of India.
- To Find Out The Directional Extracts of The Sports Planning Commission For The Public Health Related Physical Fitness In India.
- To Draw The Suitable Directions For The Public Health & Physical Fitness In India.
- To Inculcate a Minimum Common Program for All Aged Peoples for Health & Physical Fitness for the sedentary People of India.

Methodology

This is a survey type of study, where the researcher intended to deeply study all the twelve five-year plans published by the government of India, SAI, Fit India Programme and critically analyzed to find out the fact that lay down about health, physical fitness of sedentary people of India.

Result

First Plan (1951-1956): The First Five-Year Plan, in fact, paved the way for the planned economic development of the country.

Second Plan (1956-61): In 1954, Parliament declared that the economic policy should have to achieve a socialistic pattern of society with greater equality in income and wealth in sight.

Third Plan (1961-66): The immediate objectives the Third Plan, which was aimed at self-sufficiency, in the third five year plan the aim was “grassroots developmental activates”.

Annual Plans (1966-69): During the fifties and sixties, there was a stable government, thus paving the right way of planning and development. However, the Indo-Pakistan conflict of 1965, two successive years of severe drought, devaluation of the currency, general rise in prices and erosion of resources available for Plan purposes delayed finalization of the Fourth Plan. Therefore, instead of the Fourth Plan, three Annual Plans were formulated between 1966 and 1969.

Fourth Plan (1969-74): The Fourth Plan emphasized on improving the condition of the less privileged and weaker sections of society through the provision of employment and education. It aimed at raising the standard of living of the people through various programmes to promote equality and social justice. In the fourth five year plan the aim was “grassroots developmental activates”.

Fifth Plan (1974-79): During this period, the economy was facing severe inflationary pressures. Though the major objectives of the plan were to achieve self-reliance and to adopt measures for raising the consumption standards of the people living below the poverty line, emphasis was also put on bringing inflation under control and to achieve stability in the economic situation. In the fourth five year plan the aim was to “carried forward the initiatives of the fourth five years plan”.

Sixth Plan (1980-85): The Sixth Five-Year Plan was formulated after taking into account the achievements and shortcomings of the past three decades of planning. The main objective of the Plan was removal of poverty. Therefore, the strategy was adopted to strengthen the infrastructure for both agriculture and industry. There was also an emphasis on increasing opportunities for employment especially in the rural areas. In the sixth five year plan the aim was to “selecting and nurturing young sporting talents across the country”.

Seventh Plan (1985-90): The main objective of the Seventh Plan was to provide employment opportunities and to raise productivity as well as the growth in food-grains production, with an emphasis on reducing poverty and improving the quality of life in the poor villages and towns. In the seventh five years plan the initiative was taken to “building sports infrastructure”.

Eighth (1992-97) and Ninth Plans (1997-2002): Though the Seventh Five-Year Plan went uninterrupted, there were unstable political developments such as assassination of former Prime Minister Shri Rajiv Gandhi, etc. resulting in short-life governments, and economic crisis due to shortage of foreign exchange. The Eighth Five-Year Plan (1992-97) was, therefore, launched after return of normalcy in 1992, with its emphasis on generation of adequate employment to near full employment by the turn of the century and to achieve self-sufficiency.
Tenth Plan (2002-2007): The Tenth Five-Year Plan is in operation, with its emphasis on expansion of social and economic opportunities for all individuals and groups with reduction in disparities and an indicative target growth rate of 8.0 per annum. Many changes in policies and programmes’ were introduced keeping in mind the needs and demands of the situation. These reforms, to be precise, can be summed up by the aims of “liberalization, privatization and globalization”.

AIMS & OBJECTIVES OF SAI: 1984 - To promote and broad-base sports in the country.
To implement schemes/programmes for achieving excellence in sports in different disciplines at international level in order to establish India as a major sporting power.
To maintain and utilize on behalf of the Govt., stadia which were constructed/renovated for the IXth Asian Games held in 1982.
To act as an interface between the Ministry of Youth Affairs & Sports and other agencies concerned with the promotion/development of sports in the country on the other hand, i.e., State Govt., U.T. Administration, IOA, National Sports Federations, Sports Control Boards, ITo establish, run, manage and administer the institutions to produce high caliber coaches, sports scientists and physical education teachers.
To plan, construct, acquire, develop, take over, mange, maintain and utilize sports infrastructure and facilities in the country.
To initiate, undertake, sponsor, stimulate and encourage research projects related to various sports sciences for upgradation of sports, sportspersons and coaches.
Other incidental issues concerning promotion, development and excellence in sports
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Other incidental issues concerning promotion, development and excellence in sports.
Objective of Khelo India Programme: The primary objective of the Khelo India Youth Games is to identify, nurture, and groom young sporting talents, providing them with a platform to showcase their skills at a national level. The event not only serves as a stepping stone for athletes but also as a catalyst for the development of sports culture in India.

Fit India Movement: The Fit India Movement is a campaign launched by Indian Prime Minister Narendra Modi to encourage Indians to become more active and healthy. The campaign focuses on promoting fitness and healthy living habits and encourages people to get involved. The movement has received much support, with many Indians taking up fitness activities such as yoga and walking. The Fit India Movement is a great way to get people involved in physical activity, and it is hoped that it will also help improve the nation’s health

Discussion: Since Independence of India, we have seen that from the first five year plan up to twelfth five year plan, planning commission provided a huge amount of importance, effort and money. But the main outcomes from all the sports planning commission were for the competitive sports. The youth were encouraged to secure medals, from National or International competitive sports. Monetary support, sports facilities were provided only for the Champions, Runner up and maximum to the third position holder. Though the number of youth is very few (34%) of the total population. And among them only 8% comes under the arena of games and sports.

Recently some institution mainly Non Government Organization, sports academy, big company, big businessman, and renowned sports person has taken some initiative to launch their sports activity to encourage the people to promote sports in various sports field and providing high level of facilities. In the twelfth plan some initiative has been taken to improve sports quality, and recommendation was for establishing “sports school” in each district. And very recent the prime minister of India launch a mission namely “Fit India” but still today it has not implemented for the benefit of all the common people of India.

So a new conception that is wellness, yoga for all,
Development of holistic community requires approaches that are directed by evangelical perspectives.
A holistic approach means to provide support that looks at the whole person, not just their mental health needs. The support should also consider their physical, emotional, social and spiritual wellbeing.

**Conclusion**

It can be said that

1. The most of the youth are behind the flame of the candle light of the Ministry of Youth Affairs and Sports of India.
2. “Health is Wealth” but wealth is not only the property for a very few people of a country.
3. “Sports for All” is not only some letter to make a word, but the word must be implemented. Sports are not for one’s interest but for the interest of the country. The country is not only for one but for all.
4. The slogan “Fit India” is not only a ceremonial programme. To make India “Physically Fit”, mentally strong, spiritually higher, socially more uplifted, proper action has to be taken.
5. Fitness is not only essential for the young people only, fitness is a very important components of all the human, and as human are a very big resource of a country (called “human resource”), human resource may not be calculated without hole population of the country.
6. Fitness is not only essential for the young people only, fitness is a very important components of all the human, and as human are a very big resource of a country (called “human resource”), human resource may not be calculated without hole population of the country.
7. Development of holistic community requires approaches that are directed by evangelical perspectives

**Reference**