



Nothing is impossible in this world!

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Abstract

Every human being in this cosmos must be treated equally and be compelled to get equal rights whether it is a layman, tycoon or disabled individual. Paralympics has taken an initiative that has given privilege to those, who are facing a day to day challenge in their life. They may be innate or due to certain accident which has left a scar behind physically or mentally. By and large Sport is also pre-owned to nurture consummate values in community. By pledging these values on and off the field, amateur act has role models, especially for young people. Sport acknowledges the athletes to follow drafted rules to carry out a particular event in an unbiased manner. It expects people to be accountable for their acts which will establish respect, fairness and safety. In this way, it endorses social values. Nearly all sports and sporting events have an inclination towards values which will make the upcoming generation value human life. India's magnificent performance at the Tokyo Paralympics has galvanized profuse layman with disabilities to take in sports as a carrier; compete in the exciting yet challenging journey in sports. In this paper the research scholar has made the attempt to showcase the values inculcated in Paralympics which will encourage the disable people to undertake sports and help them to lead the life with dignity.

Keywords: Determination, Courage, Inspiration and Equality

Rationale of the study

Today, the Paralympics perks has expanded worldwide, it's broadcasted than ever before. People with disabilities can prevail in a transcend facilities in educational field, employment opportunities and social status. Awareness about the fundamental rights of disable person in all the level whether it is sports or day to day life is important. The prime focus of the International Paralympic Committee is the values. **Introduction**

Sports direct the people to act in accordance with the drafted rules so that impartial decisions are taken and athletes get fair results. Sports participation for people with a disability was at that time predominantly used for rehabilitation, but participation has been steadily increasing and athletes who qualify for Paralympics are now considered elite level. (McCann, 1996; Gold and Gold, 2007)^{1,2}. It assumes that athletes behave in a responsible manner and respects the front competitors. When the

people acknowledge this act by the sports personality it leaves an affirmative impact on the society. Thus the layman is influenced by their action which nurtures social values.

Institutions and community sports body regularly adopt these as inspiration to promote their own sets of values. They encourage human race to practice these values in all the spears of life. Values must be paradigm from the womb of mother till the last breadth of life. Values like honesty, teamwork, unity, respect, passion, trust and determination need to spread its roots from the home to school and carry forward to the next generation.

Objective of the Study

The objectives of this paper is to get well acquainted with the Indian Paralympics athletes who have made the tricolour flag elevated high in the International Paralympics by their splendid performance and values which disabled and layman must have inculcated in their day to day life for a better future. The differentially abled individual has a great opportunity to showcase their skill on an International platform, compete with their peers and prevail the benefit by competing in Paralympics, to lead more serene life with due respect and make the country proud by their achievements.

Literature Review

Dr. SandipSankar Ghosh, Miss. SampaBhownmick. (2018).³ The research scholar has conducted a research study on “A Review Study on Paralympic Games.” The research scholars have given a clear picture about India’s inception in Paralympic Games from 1960 to 2016 about the total number of medals Indian Paralympic athletes have bagged and their disability categories including physical, visual and intellectual impairment.

Jeremy Tynedal and Gregor Wolbring. (2013).⁴ The research scholar has investigation on Paralympics and Its Athletes Through the lens of the New York Times. The research scholars have made an attempt to view the deeper underlying issues related to Paralympics and Paralympic athletes and media coverage playing a major role to bring awareness.

Research Methodology

Methodology undertaken for this research is descriptive in nature. The research process has been carried out by reviewing literature correlated to the research that Indian differentially abled athletes have lot of potential and awareness about the values of Paralympic Games can magnetize more Indian differentially abled individuals to make them usher a respectful life and rise the tricolour flag at Paralympics Games in near future. Secondary data has been collected for research purpose from books and research journals and articles.

Paralympic Games

The Paralympic Games have concealed a long way within a small span of time and nowadays they have anticipated at big international sport competition for athletes with disability. The Paralympic Games as an elite sport competition for athletes with disability have played a major role in changing society's attitudes towards disability, by focusing on the athlete's achievement rather than the disability by accelerating the agenda of inclusion and by promoting the concept of accessibility in the urban environment. (NYland, Gold, 2007).⁵

Paralympics have refined broadly in volume and expanded throughout the horizon. The present era bestowed a platform to the differentially abled to showcase their talent and performance which has kept millions of spectator's spell bound. Paralympic has taken a predominant place in media broadcasting and along with it TV views has also added on. From layman to business tycoon can figure out the differentially abled sportsperson efforts and their remarkable achievement gained after such hardship which resulted drastic social change and views about them. Paralympics also increases association between mental and physical disabilities in the hope of creating a better life for those with disabilities. Sport is of particular importance for improving the quality of life, self-esteem, independence and social integration of people with disabilities. (International Paralympic Committee (IPC) and Rehabilitation International (RI). 2008 and Ferreira, J.P and Fox K, R. 2004).^{6,7} People with disabilities who participate in sport have significantly higher self-esteem and are more present in leadership positions (Campbell, E.1994 and Kew, F.1997)^{8,9}, particularly in the sport industry, than are inactive people with disabilities. Brittain, I. (2004).¹⁰

Courage

Current generation should be made aware about the memorable achievement of the athletes participating in Paralympic. Paralympics is not only about winning a medal and making the country proud but the courage to withstand the entire obstacle and prove that they are ready to handle the situation with full zeal. Impact on the community is great after watching Paralympic. Learning a life lesson from the differentially abled sportsman; it gives a layman to lead his life with more zeal. Value many small things and deal life with courage is the lesson taught by them to the community. Disable athletes demonstrate beyond their physical and mental capability which is to be considered as an act of courage. Disability adversely affects almost all domains of life of an individual that may present congenitally or occur during later age Paralympic has given them a new hope to challenge their disability. Breaking world record and showcasing their personal best by courageously withstanding all barriers is remarkable.

The Tokyo 2020 Paralympics in Japan escorted in a well-organised manner 4,403 athletes from 161 countries even in this deadly pandemic situation. To compete in this competition the differentially

abled athletes requires year round training and need to overcome pain every single day. Both the athletes and family members are sustained financially and psychologically.

Paralympian Deepa Malik achievement is too lengthy. Deepa's journey depicts many qualities viz courage, commitment, and will power. She has undergone through many surgeries. Iron lady had spinal tumor, 3 spinal surgeries and got 183 stitches between her shoulder blades. Anyone else would have given up and leaded her entire life on wheelchair till the last breath. People choose to wind up sports career and she incepted it. In spite of all the odds she has laid her hands on many sports which is truly remarkable and require lots of courage to withstand all the situation.

Determination

It is rightly said that Paralympic athletes drives their physical and mental capacity to the unconditional curtailment. differentially abled person has tremendous amount of irrefutable emotional feeling that incorporate recurrence towards certain goal without complaining which in other words is called determination. Social environment displays to have profound results on both intrinsic and extrinsic motivation and self-regulation of disable people.

Pramod Bhagat, regardless that he dominated the top rank in the world of Para badminton. He was determinant to achieve an Olympic gold medal for which had he hold back for 12 years as Para badminton was not included in Paralympic games before Tokyo Paralympics. He started groundwork prior to its commencement. It was a huge disappointed when Para badminton was not a part of Rio Paralympics which shattered his dreams again. At last Para badminton was incorporated in Paralympic games but was postponed due to COVID. Japan, organising the Olympics and Paralympics has given a way to accomplish his target which reflect his determination for achieving the medal. According him, one gold medal at Paralympics is equivalent to the entire achievement of his life long.

Inspiration

A segment of differentially abled people is said that a community generally expects little of them for the sake of their disability which made them challenged to prove their presence to the world. It has become mandatory to change the attitude of the general public, rather than any mental or physical impairment, that create barriers for people with disabilities. The society is strongly based on materialistic things and attitude. It dexterously judges a person by its physical appearance and refuses to accept disability. Many people have displayed that their physical disability was not strong enough to rupture their will power.

Olympian Abhinav Bindra begin an inspiration to the youngest and a first Indian woman who won a gold medal in 10m air rifle standing SH1 event at the Tokyo Paralympics, Avani Lekhara. She had

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never played any sport before her accident and was under depression. Her physical condition gave her a major setback but sports have confined her to an equal pedestal with elite Paralympians. Her achievement has inspiration to entire Indian. According to her, no one should feel heartbroken about their disability. Just undertake what you desire to achieve and have to believe in yourself in life.

Equality

The confined competency of sports to transform lexical, culture and social barriers which create a magnificent platform of involvement and adaptation in all the areas is remarkable. Furthermore, the universal acceptance of sport and its physical, social and economic progress gives privilege and helps to foster the welfare of persons with disabilities.

Negative approach and discrimination begin from home to school and carried on lifelong. Inequity must be uprooted from home and then the school which can help them to lead a better live.

“Indeed, students with disabilities experience bullying in school more often than students without disabilities” (Carter and Spencer, 2006).¹¹ Such adverse experiences faced by the student’s results into drop out from school. From the root itself the equality lesson ought to be taught and equal opportunity to be given for their brighter future. Institution and community functioning in well-balanced way can improve the status of the disable people. Paralympic Sport acts as an agent for change to break down social barriers of discrimination for persons with impairment.

Conclusion

Bountiful sports and sporting tournaments and competitions acquired a set of values while playing games. Affix value only in schools, community and sports groups put must be only the target area. Disability is not a curse but a driving force to challenge oneself to enact which is thought to be impossible must be achieved. Inspire billions of people to get up and do something not only for them self but for the country also. Values need to be added in day to day life. Stimulate spiritually each and every individual to apply these values to all spears of life and not just to sport. Nothing is impossible in this world just need the courage to face it and ready to do all that which is required with all odds.

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