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Foreword

It gives me great pleasure to present this edition of *Anchor: A Multidisciplinary Research Journal in Higher Education*. As institutions of higher learning, we hold a profound responsibility to cultivate environment where inquiry flourishes, ideas are challenged, and new knowledge emerges. This journal stands as a testament to that commitment.

In an era marked by rapid change and complex global challenges, the pursuit of rigorous, meaningful research has been vital so far. *Anchor* brings together diverse perspectives from across disciplines, highlighting the intellectual curiosity and scholarly integrity that define our academic community. Each contribution in this volume reflects not only the dedication of the authors but also the collaborative spirit that drives innovation in higher education.

I commend the editorial team, reviewers, and contributors for their hard work and unwavering commitment to excellence. Their collective efforts have resulted in a publication that not only enriches academic discourse but also inspires continued exploration and critical thought.

It is my hope that readers will find in these pages both insight and inspiration—an invitation to engage deeply with ideas that shape our understanding of the world and guide us toward a more informed future.

I extend my heartfelt congratulations to all involved and look forward to witnessing the continued growth of *Anchor* as a beacon of scholarly endeavour.

Dr Fr Fredrick Rodrigues
Offg. Principal

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THE 'I' IN BRICS: EVALUATING INDIA'S LEADERSHIP AS GROWING ECONOMIC POWER

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Abstract

The emergence of BRICS, which stands for Brazil, Russia, India, China, and South Africa has significantly reshaped the global dynamics of economy. Besides this, BRICS is shaping the course of international relations by advocating multipolarity and asserting strategic autonomy along with economic cooperation through its three pillars [Political and Security, Economic and Financial and Cultural and People-to-people exchanges] along with expanding its franchise thereby bridging down the divide between the East as well as the West thereby shaping the trajectory of global interactions. This paper delves into the nuanced evolution of India's pivotal role in BRICS. It elucidates how India's burgeoning economy has positioned the nation as a key influencer within the BRICS alliance. Through meticulous analysis, the paper sheds light on India's proactive engagement in hosting high-level meetings and spearheading developmental projects within the BRICS framework. These multifaceted contributions signify how India set a positive change through fostering collaborations among BRICS member countries. Moreover, the paper articulates why India's leadership is deemed as essential for the effective functioning of multilateral organizations like BRICS which paves way to ponder on, what makes India's leadership indispensable in today's global landscape? In addition, It underscores the imperative for India to continue playing a reformative and leadership role within BRICS, thereby contributing to the advancement of intra BRICS trade further facilitating global economic cooperation and coordination.

Key Words: Geo-Politics, Digitalisation, multipolarity

Introduction

In the landscape of international relations, the concept of BRICS emerged as a beacon of hope, a testament to the transformative power of collaboration among emerging economies. Comprising Brazil, Russia, India, China, and South Africa, BRICS represents a dynamic alliance that transcends geographical boundaries, cultural differences, and historical legacies.

The seeds of BRICS were sown in the early 21st century, with economist Jim O'Neill coining the acronym to capture the economic potential of Brazil, Russia, India, and China. Nevertheless, the horizons were broadened with the joining of South Africa in 2010, completing the quintet of emerging economies. He asserted that the size of BRICS economies would grow over the next ten years to the point where they will be able to dominate the global economy. As developing economies, they have made similar progress toward becoming developed nations in recent years. (Mudaser Ahad)

Since its inception, BRICS has evolved from a mere economic concept to a platform for multilateral cooperation and collective action. The principal objectives of BRICS encompass promoting economic growth, enhancing political dialogue, fostering social development, and advocating for a more equitable and inclusive global governance architecture.





The BRICS group represents more than 45% of the global population and about a quarter of the world's land area, making it a crucial bloc in international affairs (Relations, 2012). India's role in BRICS has been dynamic in nature, India being one of the fastest-growing major economies globally, makes it a key player within BRICS. Its large and diverse economy contributes significantly to the collective GDP of the BRICS nations. India's economic strength, especially in sectors like IT, pharmaceuticals, and services, enhances the collective bargaining power of BRICS on global economic issues. With its massive consumer base, India offers immense market potential for trade and investment among BRICS countries. India's consumer market presents lucrative opportunities for businesses within the BRICS nations, fostering economic cooperation and integration among member states.

India's geopolitical position adds strategic significance to BRICS. Located in South Asia, India acts as a bridge between the BRICS nations and other regional groupings, further strengthening BRICS' global influence. India, along with other BRICS members, advocates for the interests of developing countries in global forums. Within BRICS, India often champions issues such as equitable development, poverty alleviation, and sustainable growth,

The paper thus analysis various aspect in gist, this paper is structured into six sections. Section one deals with introduction, Objectives and Literature Review. The second section deals with India's Contribution to BRICS. The Third section analyses India as an emerging economic growth within BRICS and thereby provides strategies utilised to boost its economy. The fourth section assesses

India's aspect in Intra BRICS trade, the fifth section deals with understanding the significance of India's leadership in BRICS followed by suggestions and conclusion.

Objectives

-  To understand India's contribution to BRICS
-  To analyse India's economic growth and development
-  To assess Intra BRICS Trade
-  To understand the significance of India to BRICS

Literature review

This literature review aims to dissect the multifaceted leadership role of India within BRICS, analysing its contributions, strategies, and the broader implications for international relations and cooperation among emerging economies by navigating through the relevant scholarly papers.

The paper by Singh 'The Role of India towards economic growth and development of BRICS member countries' outlines India's role in enhancing the economic growth of BRICS through strategic sectoral cooperation. (Singh D. , 2023) emphasizes India's crucial role and importance in proposing and establishing the BRICS NDB Bank, pinning the importance on recycling the surplus investments for infrastructural and sustainable development projects within the member countries. The paper explores multiple subject areas of positive involvement of India and indirectly foreshadows India's leadership within BRICS.

Guru and Yadav in their paper titled 'Financial Development and economic growth: Panel evidence from BRICS' highlights the impact of financial development indicators on India's economic growth, marking the significance of banking and stock market development in the broader economic fabric (Guru & Yadav, 2019). Indicators such as banking sector size, credit stability, and stock market liquidity providing insights into the financial infrastructure essential for promoting growth. Guru and Yadav (2019) do not explicitly address India's specific leadership role within the BRICS group and study take into consideration of macroeconomics variables like inflation, exports, and education enrolment highlights the holistic strategies applied by India to sustain economic progress within the BRICS framework.

Niall Duggan's paper 'The structural power of the BRICS [Brazil, Russia, India, China and South Africa] in multilateral development finance: A case study of the NDB, mentions that the BRICS group is seen as a coalition that prevents any single member from becoming a dominant nation. Niall Duggan (2021) emphasizes a global governance aiming to create innovative changes in the structure that challenges the existing international order, dominant concepts of the western organizations, advocating a multi polar order. The focus is more on the collective identity and power dynamics within the BRICS group rather than the individual leadership within the group.

The focus of the observed literature forecasts a global approach of BRICS as a collective, and the discussions of what India has done for BRICS and why BRICS is crucial for India has been scarce and, to some extent outdated. Writing of this paper aims to explore themes and ideas of India's contribution to BRICS; lastly, it analyses India as an emerging economic power and the importance of India being a leader.

India's Role in BRICS

BRICS countries are known for their considerable influence on regional and worldwide events and revamped their political strategies to reap the benefits of global commercialism (Farah, 2006).

The Republic of India, situated in the southern part of Asia, is the world's most populous democratic country, with a population of 1.4 billion as of 2024 (The World Bank, 2022). Despite the vast consumer base, India's economy is still a developing mixed economy in addition to being the fastest-growing economy.

India's position in the BRICS arrangement is of a great pivot as it's possibly the only country among the five that has excellent relations with the United States, thereby balancing and maintaining relations around the globe. But this did not make India turn into a puppet of the West; It has defied the ideas of the West, for instance, the oil purchase from Russia despite the United States placing a ban on it.

Since India's inception in 2009, India has shared close political, economic, and cultural ties with its BRICS partners. India attaches high importance to engagement with BRICS as a platform for coordination, consultation, and cooperation on current issues. As of today, India recovered over US\$100 billion in intra-BRICS trade in 2022, and it has traded with all members (Devonshire-Ellis, 2023).

India has played a dynamic role in BRICS and has actively engaged in various joint projects with other BRICS members, which aim to enhance economic, political, and cultural ties.

The New Development Bank [NDB] is a multilateral financial institution established by the BRICS countries, the idea of NDB was mooted by India at the 4th BRICS Summit in New Delhi in 2012. This Bank has successfully invested in several infrastructural projects in the BRICS countries since its introduction.

India has also displayed leadership within the BRICS NDB by financing a multitude of development projects. As per the BRICS records, India has invested in 18 projects worth USD 6.9 billion, focusing on infrastructure and sustainable development, with the potential to catalyse socioeconomic progress (*BRICS INDIA 2021 / Ministry of External Affairs, 2021*). These projects encompass various sectors such as renewable energy, transportation, water sanitation, and urban development.

Here are some of the key projects: Gujarat Rural Road Program: This project aims to improve rural road connectivity in Gujarat, enhancing access to markets, schools, and healthcare facilities, (NDB, 2020). Bihar Rural Roads Project (Phase II): A continuation of the initiative to develop rural roads in Bihar, facilitating better connectivity and economic growth in the region, (NDB, 2020b). Integrated Sewerage System for City of Imphal (Phase II): This project focuses on improving the sewerage system in Imphal, which is crucial for sanitation and public health, (NDB, 2020c). Southeast Guwahati Water Supply Project: Aimed at providing reliable water supply to the south-eastern part of Guwahati, this project addresses the critical need for clean water, (NDB, 2020d). Adani Total City Gas Distribution: This non-sovereign project involves the distribution of city gas, promoting cleaner energy sources. (NDB, 2020a). These projects reflect NDB's commitment to supporting infrastructure and sustainable development in alignment with the Sustainable Development Goals (SDGs) and the Paris Agreement. They prioritize high-impact operations that are climate-smart, disaster-resilient, technology-integrated, and socially-inclusive.

In 2016, India hosted a conference on tourism, the outcome of which was reflected in a convention adopted at the BRICS Goa summit in October 2016 on the importance of further promoting tourism cooperation among the Five countries. The NDB approved a net project portfolio of USD 24.4 billion in 2020, a substantial increase from USD 14.9 billion in 2019. This reflects a 64% growth in approved projects during that period. (NDB, 2020d).

The notion for recycling surplus into investment in developing countries for infrastructural and sustainable development projects were the idea proposed by India (Singh D. , The Role of India towards Economic-Growth and Development of BRICS Member Countries, 2023). Besides this, India, from time to time, has emphasized facilitating credit approval in local currencies for establishing and strengthening the economies of BRICS countries.

India has even gone further and taken several steps to improve trade relations thereby including proposals for a new inclusive BRICS portal. One may ponder what could be the necessity of such a portal; in case any one of the BRICS countries tweaks its import or export licenses, imposes anti-dumping duties, or changes the criteria for product registration, the other members are likely to learn about it instantly. (Suneja, 2016).

In 2021, India hosted an Online BRICS conference, wherein India's External Affairs Minister had expressed the concerns over COVID -19, he had suggested on COVID-19 Vaccine intellectual property rights waiver thereby emphasizing on flexibility of TRIPS agreement (express, 2021). He further stated that 'None of us are safe until all of us are safe.' By saying so, he was able to garner BRICS support for the cause.

The BRICS Innovation Action 2021-24, has also been equipped by India during its leadership tenure. The meeting was hosted by the Department of Science and Technology (DST), India, led by Mr Sanjeev Kumar, the Advisor and head of DST. Under these, 20 scientific meetings were organized, including the BRICS: Young Scientist Conclave, BRICS: Working Group Meeting on Science, Technology, Innovation Entrepreneurship meeting, and so on. (Ministry of Science & Technology , 2021)

India as an emerging economic growth within BRICS

India is positioning itself as a major contributor towards global growth and is forecasted to remain the world's fastest-growing major economy in the near term. Projections suggest that India's economy will continue to be resilient, potentially becoming the third-largest globally by 2030 with a projected GDP of USD 7.3 trillion. (Reuters, 2023).

Year	India	China	Brazil	Russia	South Africa
2021	\$3.15 Trillion	\$17.82 Trillion	\$1.64Trillion	\$1.83 Trillion	\$420Billion

2022	\$3.38 Trillion	\$17.96Trillion	\$1.92Trillion	\$2.24 Trillion	\$406 Billion
2023	\$3.74 Trillion	\$19.37 Trillion	\$2.08Trillion	\$2.06 Trillion	\$399 Billion

[Figure 1.0 Source: Authors own work complied with World Bank data]

In terms of GDP, as per the IMF record, the BRICS members will represent more than half of worldwide GDP by 2030, making them the primary forces of development. Figure 1.0 depicts how India's GDP has been on a steady incline. Comparing the GDPs of BRICS, China takes the lead with \$19.37, followed by India with \$3.74 trillion. Not to exclude the rest, the other members of BRICS have also seen a steady rise in their respective GDP as highlighted in the above figure.

The commencement of the 21st century has seen BRICS to be the foremost developing countries. The COVID-19 pandemic jolted the economic dynamics for a rough period, later providing a turn for the developing countries in a positive manner. In 2020, while the world was still grappling with the effects of COVID-19, the combined GDP of BRICS countries (Brazil, Russia, India, China, and South Africa) accounted for 31.4 percent of the global GDP, surpassing that of the G7 countries, which stood at 30 percent (World Bank, 2023; International Monetary Fund, 2021).

As of 2024, India is the fastest-growing economy in the world, having clocked 5.5% average GDP growth over the past decade. (Morgan Stanley, 2022). The three megatrends, global offshoring, digitalization, and energy transition, have set the scene for unprecedented economic growth in the country of 1.4 billion (Stanley, 2022).

In addition to that, the forthcoming 2024 has brought in new members to BRICS (Egypt, Ethiopia, Iran, Saudi Arabia, and the UAE); BRICS had a cumulative GDP of \$27.7 trillion, a 26% share of global GDP. BRICS' new members add \$3.1 trillion of GDP to the bloc, with Saudi Arabia contributing the most due to its share of global oil production to 43%. (OPEC, 2018). Despite their addition, India still stands as the second largest economy after China; the addition also serves as a boost to India's economy by facilitating more trade.

Economic strategies utilised to boost Economy

India's economic growth has been attributed to several strategic reforms, particularly the liberalisation policies initiated in the 1990s, which opened the economy to global trade and investment. These reforms catalysed the financial sector and attracted foreign direct investment (FDI), setting the pace for India's contemporary economic landscape.

In recent years, India has promoted digitalisation in financial transactions and services, spearheading initiatives such as the Unified Payment Interface (UPI), which has revolutionised digital payments and financial inclusion. Additionally, India has also enhanced its infrastructure investments, evidenced by projects such as the Delhi-Mumbai Industrial Corridor (DMIC), which are vital to improving the country's manufacturing and export capabilities.

India's robust digital public infrastructure has played a pivotal role in providing a boost to the economy. Unified Payment Interface (UPI), an instant real-time payment system developed by the National Payments Corporation of India (NPIC) and regulated by RBI, which was launched in 2016, is a prime example. UPI has seen tremendous growth over the years, with 9.41 billion transactions, worth 181 US billion dollar, processed in May 2023 alone, UPI has saved the economy approximately 67.07 US billion dollar since its inception (Chirag Chopra, 2023).

The Delhi-Mumbai Industrial Corridor is a mega infrastructure project in India aimed at developing an industrial corridor over six major states in India. The main objective has been to create a globally competitive environment for manufacturing and thereby attract foreign investment. The project facilitates economic growth, job creation, regional development, and infrastructure development. The project cost has been estimated to be \$100 billion; as of today, the project is still ongoing with various phases of completion. (Kumar, 2017).

One of the reasons is that the Indian government has sowed strategic seeds that sprout out economic development, such as the introduction of the PLI Scheme (Production Linked Incentives), creating employment opportunities for low-skilled and semi-skilled workers in manufacturing, which the efforts have translated into tremendous success in climbing the ladder of the global manufacturing chain.

India and the Intra BRICS Trade

BRICS Countries	India's Export & Import Data for the Year 2021 & 2022			
	India's data for 2022		India's Data for 2021	
	Export value	Import Value	Export Value	Import Value
Brazil	\$9.78B	\$6.43B	\$6.82B	\$4.87B
Russia	\$2.88B	\$40.4B	\$3.68B	\$7.62B
China	\$15.3B	\$110B	\$23.2B	\$93.3B
South Africa	\$8.32B	\$9.14B	\$6B	\$9.55B

Figure 1.1 (Source: Authors own work compiled with data from OEC)

In 2019, India attended BRICS conference and while addressing the Leaders' Dialogue with BRICS Business Council, Prime Minister Narendra Modi said, "Till the next summit a roadmap for achieving USD 500 billion intra-BRICS trade target will be drawn up by the BRICS Business Council" (Singh A. , 2020). This statement illustrates India's commitment to building more robust intra-BRICS trade relations.

As of today, The BRICS countries account for nearly 42% of the world's total population, 27% of global gross domestic product (GDP), and nearly 26% of global trade, and have been growing faster than the developed countries in the past two decades (Lu, 2023).

The BRICS expansion of 2024 will further establish the group as a counterbalance to the G7's global influence, further projecting BRICS' share of global GDP to 36% as well as covering nearly half of the world's population. (Lu, 2023).

The Indian economy experienced compact economic growth, recovering from the COVID-19 crisis, with increases of 7.2% GDP in the 2022-23 fiscal year (The World Bank, 2023). The appreciation goes to initiatives taken by the Indian government to strengthen and reform the economic platform of its country. The attention given to the service sector, increasing industrial production and their exports, appropriate foreign policy, focusing on the information technology (IT) sector, increasing consumption, private investment, taking advantage of existing resources, increasing foreign exchange reserves, increasing investments in the sector, private sector, the continued flow of foreign direct investment and appropriate economic growth have all contributed to the rise of India's GDP.

India has recorded over US\$100 billion in intra-BRICS trade in 2022 and it has continued to go in an upward trend (Ramezani, 2023).

India and Brazil: As of 2022, India is the 5th largest trading partner of Brazil, with India exporting US\$9.78 billion of products, the main products were Refined Petroleum (\$3.51B), Pesticides (\$1.06B), and Nitrogen Heterocyclic Compounds (\$354M) while Brazil exported goods valued at \$6.43 billion to India, with the main products being Soybean Oil, Crude Petroleum and Gold (OEC, 2023).

India and Russia: India and Russia trade has significantly boosted since 2009 to 2023. India's export to Russia is \$2.88 billion, and the import is \$40 billion. Russia's exports to India include Crude petroleum, Coal Briquettes, refined petroleum while India's exports to Russia include Packaged medicaments, crustaceans, large flat rolled stainless steel (*Trade Statistics*, n.d.). (ibef, 2019). Comparing the profits in 2021 against 2022, there has been a significant drop. [review figure 1.1] the main reason can be attributed to the India-Russia trade payment crisis while India continuous to face repercussions from the west.

India and China: In the year 2022, trade touched an all-time high of US \$135.98 billion despite political tensions fuelled by border dispute. India's export to China were \$15.3 billion while India's import to China were \$110 Billion as compared to year 2021, the exports were at \$23.2billion signifying a decent trend (Aryan Prakash, 2024). The major goods imported by India from China include electronics and electrical equipment, machinery and mechanical appliances, organic chemicals, iron, steel, rubber, aluminium, optical fibres, automobiles and so on. The major goods imported by China from India include, raw materials [iron ore, copper, agricultural products] chemicals and pharmaceuticals [herbal extracts], textiles and apparels, IT and Software services and so on.

India and South Africa: In the year 2021-2022, trade reached just under US\$20 billion. The main products that South Africa exported to India are gold, coal briquettes, and raw copper. The main products that India exports to South Africa are refined petroleum, autos, and special purpose ships. India's total trade with Africa grew by 9.26% in FY 2022-23 reaching almost US\$100 billion, with a goal to double this to US\$200 billion by 2030 (Devonshire-Ellis, 2023).

Analysing the BRICS trade reveals that the trading patterns with the BRICS countries, especially highlighting India's trade has been diverse reflecting comparative sizes of economy. China has always played a significant role in the Intra BRICS followed by India. The BRICS expansion of 2024 will further establish the group as a counterbalance to the G7's global influence, further projecting BRICS' share of global GDP to 36% as well as covering nearly half of the world's population. (PACCI, 2023).

To boost the trade India has taken the following initiatives

- India has entered into preferential trade agreement.
- India has also signed the Asia Pacific Trade Agreement for expansion of trade through exchange of tariff concessions.
- India has also conducted seminars in Delhi and Ahmedabad on ‘Capacity Building Program on Promoting Trade and Investments with BRICS countries’
- The Buyers Credit was introduced under National Export Insurance Account, the benefit being that India shall facilitate projects by extending credit facility to overseas sovereign governments and government owned entities.

Why Is India’s leadership in BRICS the need of Hour?

India’s leadership role within the BRICS (Brazil, Russia, India, China, and South Africa) holds significant importance for several reasons:

Global geopolitics: This has defined India’s Foreign Policy from time to time, for instance, the Cold War pressured India to pick a stand either with the USSR or the US alliance, to tackle this issue, Prime Minister Jawaharlal Nehru, co-founded the Non-Aligned Movement in 1961 to maintain an independent stance amidst US and USSR avoiding direct involvement in the Cold War power struggle, (Zorawar Daulet Singh, 2019). opting for Neutrality, this decision was not much favoured by US, leaving India and US on rocky bottoms. The same scenario has persisted once again in the 21st century, with India trying its best to balance its strategic alliances and interests between major powers that of United States – Russia – and China. Through BRICS, a platform has been laid before India to leverage its interest with both allies thereby maintaining cooperation and excavating the bond for a bilateral relationship.

Being a leader is of a need as it’ll provide India the be firm with its choices, not let its decisions be swayed away by the West. India has recently defied the ban imposed by the US on the imports of Russian oils and has continued to pursue its trade. This alone signifies Leadership traits of India amongst the Asian countries.

China's influence: It is an astonishment that China and India despite being the closest neighbour, have occasionally been in a puddle. For instance, the disbandment of Panchsheel by the brutish 1962

launched by China, once again in 1967. As of today, Chinese incursions into India are increasing and strategically planned (Morris, 2022). China also now pulled the tail, by engaging in bilateral trade with Pakistan; India's long foe. It has aided and now taken over the Gwadar port which could allow China to conduct expeditionary warfare in the Indian Ocean region. Besides this, the significance of strings of pearls has been an alarming concern for India. It not only endangers our maritime security but also has a devastating impact on the economy, for instance, Indian resources and finances are diverted further toward defence and security. According to the Stockholm International Peace Research Institute (SIPRI), India's defence budget has seen a consistent increase over the years. In 2022, India's defence budget was approximately \$76.6 billion, making it one of the highest in the world, thereby hampering the full potential India could be at without any security concern over its shoulders.

Good Leadership is crucial in such times, hence on a smart move India has responded to the above influence by turning down the proposals of China to add Pakistan, Mexico, and Sri Lanka into the BRICS during the BRICS summit held in Xiamen, China in September of 2017. (Pandit, 2018). It has also given a diplomatic response to that by maintaining that the primary focus should lay on boosting and aiding the current members rather than adding more weak members and causing the downfall of all.

World Economic Order: The purpose of BRICS was to reform the International Financial monetary system with a zeal to make it just and balanced. As in the past the IMF has tilted its support to the west and left the rest on the sideline. Today's World economy is said to be dominated by the Asian markets as Asia having a huge consumer base, being a leader in BRICS would provide India a leverage to voice out against prejudice. In other words, India being a leader amongst the BRICS members can help India in maintaining and boosting its economy.

Democratic Voice of Developing: As of 2023, India has surpassed China as the world's most populous country, according to UN population estimates (Peterson, 2022). Despite being the populous country it also the largest voice of the developing nation. The World Trade Organization (WTO), often perceived as a puppet of Western interests, has implemented policies that have significantly impacted the developing world, frequently to its detriment. One prominent example is the anti-dumping policies. While these policies are intended to promote free trade and ensure healthy competition, they have often been used as tools of protectionism by Western nations. For instance, between 1995 and 2019, developing countries faced a disproportionately high number of anti-dumping investigations and

measures. Data from the WTO shows that over 70% of anti-dumping cases during this period were initiated by developed countries against developing nations (World Trade Organization, 2019). Specifically, the United States and the European Union have been the most prolific users of anti-dumping measures, accounting for approximately 25% and 15% of all cases respectively (World Trade Organization, 2019; Bown, 2019). These measures have targeted key exports from developing countries, such as steel, chemicals, and textiles, crippling their ability to compete fairly in the global market. In 2018 alone, the US imposed anti-dumping duties on steel imports from multiple developing countries, including China, India, and Brazil, citing the need to protect domestic industries despite the negative repercussions on international trade relations and economic growth in these developing nations (European Commission, 2018; U.S. International Trade Commission, 2018). This data underscores how anti-dumping policies, rather than fostering an equitable trade environment, have been manipulated to serve the protectionist interests of the West, often at the expense of the developing world's economic progress. India through BRICS has asserted for the cause of liberal trade. It has even gone further and is now tackling the issue of dollarization by encouraging trade in regional currency. India and Russia have recently agreed on a new Rupee-Ruble exchange mechanism, marking it a pivotal moment in BRICS (Shah, 2024). By doing so, India has again proved to take foremost steps in BRICS without fearing the dominance of BRICS.

BRICS expansion: The 15th summit was a crucial one as six more nations have been invited to join BRICS, which are Argentina, Egypt, Ethiopia, Iran, Saudi Arabia, and the United Arab Emirates (UAE). The expansion could serve as a forum for introducing a new outlook on global collaboration and addressing challenges of the developing world. It can also leverage for advocating reforms for the beneficiaries of the Global South. India from time to time has shown leadership traits throughout BRICS, the expansion can further bring Middle East countries closer to Asia, which is possible only when good leadership initiatives are taken up.

Suggestions

Seeing the growth rate India has witnessed from 2021- 2023 it can be visualized that the BRICS countries have not harnessed to their full potential especially with their growing GDP. They need to recognise and select trading items which are of great potentials to reach the zenith of success.

India can work towards reducing trade barriers and enhancing bilateral trade agreements within BRICS nations. Encouraging investments and fostering partnerships in key sectors such as manufacturing, technology, and services will strengthen economic ties and increase India's influence within the group. India can also negotiate for lower trade tariffs among countries for enhancing trade among countries.

India should focus on implementing structural reforms to bolster its economic growth. This includes improving ease of doing business, enhancing infrastructure, promoting innovation and technology adoption, and ensuring a conducive environment for both domestic and foreign investments. India has already taken national level initiatives that has reflected on the GDP in a positive manner. For instance, the UPI and PLI. India can take up the same steps in the BRICS, not alone will it save billions of dollars but it will enhance trade ties between countries.

Though India and Russia had started the discussion of trading with their regional currency, which has now jolted, the two should carry on their search for a solution to the trade payment crisis, its only through such initiatives BRICS can do away with the dominance of the West.

India can increase its Investing in infrastructure projects that facilitate connectivity and trade among BRICS countries can bolster India's position within the bloc. Initiatives such as improving transportation networks, developing ports, and enhancing digital infrastructure can enhance regional integration and cooperation. Project such as DMIC which has connected North to South aimed at boosting exports, economic growth, employment opportunities, and overall socio-economic development in India.

Investing in capacity building and skill development programs that benefit BRICS countries can contribute to India's leadership role within the group. Sharing expertise, knowledge, and best practices in areas such as healthcare, education, and technology can foster collaboration and mutual development.

Strengthening diplomatic ties and forging strategic alliances with key BRICS members can enhance India's position within the bloc. Regular high-level engagements, bilateral dialogues, and strategic partnerships on regional and global issues can help build trust and cooperation among member states.

Lastly but not the least friendship and cooperation is a must that is needed in every sphere to promote economic relations whether in multilateral organisations and intra country trade.

Conclusion

India's economic growth trajectory positions it as a significant contributor to global growth. With a projected GDP of USD 7.3 trillion by 2030, India is poised to become the third-largest economy globally (Reuters, 2023). Initiatives such as the Unified Payment Interface (UPI) have revolutionized digital payments and financial inclusion in India. With 9.41 billion transactions worth USD 181 billion processed in May 2023 alone, UPI has propelled India's digital economy forward. The Production Linked Incentive (PLI) Scheme has bolstered India's manufacturing sector, creating employment opportunities, and enhancing its competitiveness in global supply chains. (Chopra & Gupta, 2023).

India's proactive engagement in hosting high-level meetings and spearheading developmental projects within the BRICS framework underscores its commitment to fostering economic, political, and cultural ties among member countries. The establishment of institutions like the New Development Bank (NDB), proposed by India at the 4th BRICS Summit, stands as a testament to India's leadership and commitment to advancing sustainable development within the alliance.

India's leadership within BRICS is crucial not only for advancing intra-BRICS trade but also for shaping the course of international relations and advocating for multipolarity in the global order. By balancing its strategic alliances and interests between major powers like the United States, Russia, and China, India has demonstrated its ability to navigate complex geopolitical dynamics while championing the interests of the developing world.

As BRICS expands to include new members, India's leadership will be instrumental in steering the alliance towards greater collaboration and addressing the challenges faced by the Global South. Through initiatives like the Rupee-Ruble exchange mechanism, India has shown its commitment to fostering economic cooperation and reducing dependency on Western-dominated financial systems.

In essence, India's leadership in BRICS is the need of the hour, offering a platform for advancing inclusive growth, advocating for reform in global institutions, and amplifying the voices of developing nations on the world stage. As BRICS continues to evolve, India's role as a proactive and visionary leader will be indispensable in shaping the future of global governance and promoting a more equitable and prosperous world order.

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AN ANALYSIS OF MEMORY RECALL IN A GEN Z POPULATION

A comparative study of recall between females & males using a test of cued and free recall.

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Abstract

The aim of this study was to assess the level of recall in a Gen Z population using a test of cued and free recall and examine if significant differences exist between females and males between the age group of 18 to 21.

Between the years 2022 and 2024, a test of free and cued recall was administered on seven Gen Z groups between the ages of 18 to 21. A total of 427 participants across female and male sexes participated in the study. The study was conducted verbally with the participants writing down their responses.

The results revealed that participants overall scored significantly higher on the cued recall test as compared to free recall test by atleast 17%.

Females across all groups scored significantly higher than males on both tests of recall. Females recorded a higher percentage increase in cued recall tests as compared to males.

The study corroborates earlier research on the effects of cueing and shows that cueing does have a positive effect on recall.

Females have a superior rate of recall and have shown a higher recall rate with cueing than males. Possible future research directions are discussed.

Keywords : Cued Recall, Gender Differences, Gen Z, Memory, Working Memory

Introduction

Since time immemorial, men and women have not been on an equal footing. With men moving across all strata of life, women have been constrained to certain roles and it is only now that women are coming to the fore.

Marja J. Aartsen, PhD in her article “What are the origins of gender inequality?” (The Source, 2021), states that “Statistics of the United Nations indicate that gender inequality has reduced over the last 70 years, but a full and equal participation of women in society and equal leadership in all areas is still a distant dream.”

Although the lines are blurring between roles today, women have still not reached full parity when it comes to opportunities for education or opportunities at work such as promotions and pay hikes. According to Forbes (2024), women still earn 16% less than men on average.

The psychological research on both genders has been increasing steadily with more research aimed at debunking the myths in support of gender inequality. One of the areas concerning research is Memory where several papers have been published that focus on the existence of differences in memory between males and females.

In the article “Who Has The Better Memory – Men or Women?” (*Menopause*, the journal of The North American Menopause Society, 2016), the answer to the age old question of who has the better memory - males or females seems to have found an answer. The data in the study proves that middle-aged women outperform age-matched men on all memory measures, although memory does decline as women enter postmenopause due to a decrease in estrogen.

In academic performance, we find that girls outshine boys. The academic performance of girls and boys at the 12th standard board examinations in Goa, India (equivalent to A-Levels in the United Kingdom) is reported every year in the news. So far, over the past five years, girls have outshone boys with a higher passing percentage at the examinations, the results of which can be seen in Table 1 which has been compiled with data from News 18, The Indian Express, The Hindustan Times and First Post.

Table 1: Higher Secondary School Certificate (HSSC) Passing Percentage - 5 Years

HSSC Passing Percentage - Goa, India		
Year	Girls (passing %)	Boys (passing %)
2023	95.88	95.03

2022	94.58	90.66
2021	99.84	99.05
2020	90.94	87.43
2019	91.97	86.91

Sousa (2011) stated that the difference in brain structure between girls and boys results in learning differences. The Corpus Callosum, which is the neural bridge connecting the two hemispheres of the brain is much thicker in girls and this may explain why girls are better at connecting both hemispheres and using them together in cognitive processes.

Working memory is known to play a crucial role in learning from kindergarten years to college level and beyond. According to Alloway, 2010, “working memory is our ability to work with information.” The stronger our working memory ability, the better learners we are.

Having a better working memory would entail having a bigger prefrontal cortex region. According to NIH Research Matters (2020), Drs. Siyuan Liu and Armin Raznahan and their team at NIH’s National Institute of Mental Health (NIMH) conducted research on two independent databanks between the ages of 22 - 35 and 44 - 50. *The results published in the Proceedings of the National Academy of Sciences* (2020) showed that females had greater volume in the prefrontal cortex.

As memory is closely linked to learning, it is important to understand if there are differences in working memory between males and females within the Gen-Z population.

This study has used a test of Cueing on Recall on seven Gen-Z groups conducted between 2022 and 2024 to analyse if there is a difference in the recall of semantic items. It could have implications on pushing for more gender equity in workplaces and society.

Working Memory: Definition and Meaning

Working memory is a type of memory that allows a person to hold a limited amount of information temporarily for ready use. This differs from short-term and long-term memory where the former is

stored for a brief amount of time while the latter is stored for much longer due to its meaningfulness and importance. Working memory is dependant on certain parts of the cerebral cortex, specifically, the prefrontal cortex.

Memory differences between women & men

According to a study conducted by Herlitz, Nilsson and Backman (1997), women consistently perform at a higher level than men on episodic memory tasks while there are no differences between men and women on tasks of semantic memory, primary memory or priming.

According to Herlitz and Rehnman (2008), women are better than men at remembering faces, especially of females. They also found out that women perform better than men in tasks that require little to no verbal processing, such as recognition of familiar odours.

Although studies have shown differences in episodic memory, gender differences in recall have not been thoroughly examined with the Gen Z population.

Literature Review:

Studies related to Working Memory

Chai, Abd Hamid, Abdullah (2018), in their review article have brought forth several research articles that show that working memory activates the fronto-parietal brain regions, including the prefrontal, cingulate, and parietal cortices. They have also highlighted studies that have subsequently implicated the roles of subcortical regions (such as the midbrain and cerebellum) in working memory. They have reviewed articles that show that ageing also appears to have modulatory effects on working memory; age interactions with emotion, caffeine and hormones appear to affect working memory performances at the neurobiological level. They have pointed out that working memory deficits are apparent in older individuals, who are susceptible to cognitive deterioration. According to their review, working memory impairment is evident in people with mental, developmental, and/or neurological disorders such as major depressive disorder and others.

Studies related to sex and memory differences

Herlitz, Nilsson and Backman (1997) through an extensive study showed that there are differences between women and men when it comes to memory. They specifically showed that women consistently performed at a higher level than men on episodic memory tasks while men scored higher on

visuospatial tasks. Their research showed no differences in tasks that assessed semantic memory, primary memory or priming.

Maitland, Herlitz, Nyberg, Backman and Nilsson (2004) also showed differences in memory through their studies that showed that the female population scored higher in semantic memory and declarative memory that diminished with advancing age.

Andreano and Cahill (2009) also pointed out through their research that females have a verbal advantage on spatial and autobiographical memory as well as general episodic memory. This has been corroborated by findings by Fuentes and Desrocher (2013) in their study that showed that women recalled more episodic information compared to men. They did not find any differences in semantic memory.

In a study conducted by Kramer, Delis, Kaplan, O'Donnell and Prifitera (1997), sex differences were found where girls performed better on the immediate and recall trials performed on 401 boys and 410 girls between the ages of 5 and 16 years.

Pauls, Petermann and Lepach (2013) also showed that women outperformed men on auditory memory tasks.

Baer, April; Trumpeter, Nevelyn N.; and Weathington, Bart L. (2006) conducted memory recall research that included stereotypically masculine items, stereotypically feminine items and neutral items. They found out that females recalled more items overall and were better at recalling gender neutral and female stereotyped items. They concluded that the ability to recall objects is influenced by an interaction between stimulus and participant gender.

Studies related to age and memory differences

McDougall, Pituch, Stanton and Chang (2019) pointed out that decline in episodic memory is higher in males than females over the age of 65 years.

Haug, Wykle and Namazi (1989) pointed out that many older adults notice memory lapses and worry about incidents of forgetting.

Significance of the Present Study

Although there is research on certain aspects of memory such as longitudinal studies concerning age and gender differences, the research is more prevalent on older adults and ageing populations in countries other than in India.

Studies of gender differences exist to help us understand more about the brain structures of men and women. The significance of this study is that it not only points out the differences in recall between the sexes but also shows the differences in a population that we know so little about - the Gen Z population.

Although there is data on certain aspects of memory between the sexes, the findings of this study aim at throwing light on a population that would be entering the workforce and perhaps help us in eradicating the biases that we possess thus far towards hiring women in certain roles due to the myths and misconceptions of being “the weaker sex” that is expected to remain constrained to certain maternal roles.

The purpose of this study is also to contribute to the existing literature on memory research and sex differences and helps us have a better understanding of Gen Z.

Materials and Methods

Research Problem: The aim of the present study is to analyse memory recall between sexes in a Gen Z population between the ages of 18 and 21 years using a test of free and cued recall.

Objectives of the study:

The objectives of the study are:

1. To assess the level of recall in free and cued recall in the Gen Z population.
2. To understand the significant differences in working memory abilities between male and female sexes.

Variables:

Independent variables: Sex and Age

Dependent variables: Free and cued recall

Hypothesis:

H1: There is a significant difference between free and cued recall across all seven groups

H2: There is a significant difference between sexes in working memory abilities based on free and cued recall tests.

Operational Definitions:

Gen Z: According to research by Pew Trusts, Gen Z are some of the world's youngest people born after 1996. They differentiate from Millennials by having technology as a central part of their upbringing. Gen Z has become a generation defined by technology and are more racially and ethnically diverse. According to campaignindia.in, Gen Z shows a desire to reject parental and societal values of appearance, gender expression, racism and caste-based discrimination. They do have an inclination to define themselves as more open-minded and norm-divergent than millennials.

Sex: Is also called the "natal sex" as it is the sex assigned at birth. These are the physical differences between people who are male, female or intersex.

Working memory: According to Psychology Today, working memory is "a form of memory that allows a person to temporarily hold a limited amount of information at the ready for immediate mental use." This memory is important for learning and problem solving. According to carsonlab.org, people with better working memory capacities, are more likely to perform well on free and cued recall tests.

Recall: Recall is the process of retrieving information from memory. For this to be done, information should first be encoded and stored in memory.

Free Recall: This is a type of recall that is remembering things without any cues or prompts. Free recall is said to provide a more accurate assessment of a person's memory abilities as it excludes the use of cues or hints in remembering.

Cued Recall: This the second type of recall which is remembering things after being given hints or cues to help remember information. Cued recall is easier for some people as it provides hints but it may not reflect the true memory abilities of individuals.

Research Design:**Sample:**

The purposive sampling technique was used for this study. The sample size was 427 participants in the age group of 18 to 21 that consisted of 121 female respondents and 306 male respondents.

Inclusion criteria:

-English medium of instruction.

-Exclusion criteria:

-Participants not willing to take the test.

Tools & Procedures used:

A test of Cueing on Recall was used for the purpose of this research. The test assesses verbal recall. The norms of the test were followed in administering the test. Two lists of words 30 words each were used. The words in List A were randomly selected. The words in List B were selected in a way that they fell into five categories. Lists A and B have been attached in the Appendices section.

For List A: The participants were presented with a list of 30 words which were read out using an even tone with a 2 second gap between each word. The participants were then given a blank response sheet to recall the list. Three minutes were allowed for recall and a five minute break before List B.

For List B: The list was presented in the same way as List A. The participants were given the response sheet that had the names of five categories written on them. The participants were asked to recall as many items as possible. Three minutes were allowed for recall.

Statistical Technique:

Descriptive statistics and Independent t-test was used to analyse the data.

Ethical Considerations:**Informed consent:**

The participants were informed of the purpose of the study and the study was conducted in groups.

Confidentiality measures:

No names were recorded for the purpose of the study. Only details of sex and age were recorded to analyse a difference between sex and compare future studies of other age groups.

Potential risks/benefits:

No risks were identified as part of the study.

Results and Discussion:

A total of 427 participants split across seven groups participated in the research. The test was conducted for the groups over a two year period between 2022 and 2024. The total number of participants across the seven groups can be seen in Table 2.

Table 2: Break up of sex across groups

Group No.	Female	Males
1	25	17
2	5	87
3	17	20
4	19	11
5	24	7
6	19	22
7	12	142
Total	121	306

Table 3: Mean scores and t-values for Free and Cued Recall - Overall

Factor	Variables	N	Mean	SD	t	Interpretation
Recall	Free	427	12.76	0.86	52.9	Extremely Significant
	Cued	427	17.96	1.79		

The overall test data shows that the participants scored higher on cued recall. This corroborates with previous research on free and cued recall and shows that hints and cues increase performance on memory.

The free recall test had a mean recall across both genders of 12.76 out of 30 words (42.5% recall) compared with 17.96 out of 30 words (59.8% recall) on the cued recall test.

The t-scores obtained report an extremely significant difference between the means of the free recall and cued recall tests. Based on the data in the table 3, recall increases by 17.3% in the cued recall test.

Table 4: Group-wise recall performance on Free and Cued Recall

Group No.	Sex	Free Recall	Cued Recall
Group 1	Female	13.28	18.92
	Male	11.18	16.76
Group 2	Female	13	19

	Male	12.25	16.63
Group 3	Female	14.29	19.06
	Male	13.4	17.5
Group 4	Female	10.57	17.93
	Male	10.09	13.64
Group 5	Female	13	20.96
	Male	12.29	15.86
Group 6	Female	14.21	20
	Male	12.5	18.77
Group 7	Female	15.17	18.67
	Male	13.32	17.7

The data in Table 4 shows the group-wise performance between genders on both tests of recall. Females score higher 100% of the time across all seven groups as compared to men on both tests. The data also shows that the recall for both sexes shows an increase in the cued recall test as compared to the free recall.

For free recall, with the exception of females in Group 7, all groups across both sexes scored less than 15 (50%) out of 30 words. For the cued recall test, in all groups across both sexes, only males in Group 4 scored less than 15 (50%) out of 30 words.

Table 5: Mean scores and t-value for Female and Male performance on Free and Cued Recall tests

Factor	Variables	N	Mean	SD	T	Interpretation
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Free Recall	Female	121	13.36	1.47	8.76	Extremely Significant
	Male	306	12.15	1.17		
Cued Recall	Female	121	19.22	0.98	16.43	Extremely Significant
	Male	306	16.69	1.63		

Based on the data in Table 5, the t-scores obtained show an extremely significant difference between the means of female and male participants in regard to both tests. There is an extremely significant difference between male and female responses on both tests with females scoring higher than males by 4.5% on free recall tests and 8% higher than males on the cued recall tests. The female recall on cued tests increased by 19.5% while the male recall on cued tests increased by 15.13%.

Further Research

Further research could be undertaken on:

1. Qualitative analysis on the reasons for the differences in recall between sexes.
2. A comparison of recall between Gen Z male and female participants based on instruction of education in schools.
3. A comparison of IQ and recall between Gen Z male and female participants.
4. The effect of memory recall and achievement in academic performance for Gen Z.
5. Comparing verbal recall between Gen X, Millennials and Gen Z.

Conclusion

The test data corroborates previous research and shows that recall increases by cueing. The test results are consistent among all seven groups with higher memory recall on the cued recall tests across sexes. The test results show that females have a significantly higher memory recall on both verbal recall tests and report higher memory recall by cueing than males. This also corroborates previous research that shows that women have a superior verbal memory.

We therefore conclude that the results of the research conducted on the Gen-Z population in Goa, India show that recall increases with cues and that females have a superior performance on both tests of recall showing significantly higher improvement using cues. The reasons for this have not been explored as part of this research.

Appendices

Appendix A

Cueing on Recall List

List A

1. Image
2. Nation
3. Ratio
4. Region
5. Lesson
6. Solution
7. Nut
8. Cream
9. Park
10. Tree
11. River
12. Pot
13. Legend
14. True
15. Regard
16. Duration
17. Wall
18. Door
19. Wash
20. Clear
21. Sky
22. Root
23. Leaf
24. Bank
25. Solve
26. Role
27. Case
28. Sense
29. Wire
30. Bed

List B

1. Chair
2. Lily
3. Banana
4. Ant
5. Paper
6. Bee
7. Pencil
8. Table
9. Apple
10. Rose
11. Lotus
12. Cot
13. Orange
14. Eraser
15. Mosquito
16. Guava
17. Ink
18. Moth
19. Jasmine
20. Desk
21. Butterfly
22. Book
23. Mango
24. Marigold
25. Bench
26. Pen
27. Housefly
28. Grapes
29. Sunflower
30. Sofa

Appendix B

Categories:

Flowers	Stationery	Furniture	Fruits	Insects

In-text citations

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EFFECT OF PHYSICAL FITNESS TRAINING CAMP FOR GOA POLICE ASPIRANTS 2021

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Abstract

he purpose of this study was to find out the effect of physical fitness training on the fitness test performance of Goa police aspirants. A total of 400 participants were enrolled on the fitness camp out of which 119 has given Pre & post-tests(95 Males & 24 Women). All the subjects were from the age group 18 to 28 years. Everyday 90 minutes session was planned for participants wherein cardiovascular endurance, strength endurance, muscular strength, flexibility, speed, balance, coordination etc emphasised to gain the fitness level of participants. Goa Police Physical fitness efficiency test includes 100 meters, long jump, High Jump, 800/400 Mtrs (400 for women). Pre-test was conducted at beginning of the camp to know the fitness level and capacity of the participants to give the Goa police fitness test. Also, a post-test was undertaken after the camp to know the progress of participants. Conclusion: After the Pre-test and post-test on physical fitness it can be seen that number of participants clearing test performance increased after giving the post-test with compare to the pre-test. This shows significant and positive outcomes out of the camp training and has helped many participants to clear their physical fitness test.

Keywords : Physical fitness, Training, Camp, Goa Police

Introduction

One of the crucial requirements for health is physical fitness. A person cannot be healthy without being physically fit, in our perspective. So, it is important to fully appreciate physical fitness. The absence of illness is the typical definition of physical fitness. An individual is deemed physically fit if they do not have any visible illnesses. Young people's physical fitness differs from that of the elderly. A

sportsperson's level of physical fitness is different from that of someone working in an army industry or a layperson. In actuality, everyone's definition of physical fitness is different. The health of the heart, lungs, and muscles is a component of physical fitness. Fitness also somewhat affects traits like mental ability and emotional stability because what we do with our bodies also affects what we can do with our minds.

Experts define physical fitness as “one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behaviour.”

Physical fitness refers to a state of health and well-being and, more particularly, the capacity to engage in certain activities related to sports, jobs, and daily living. Physical fitness is often attained with healthy eating, moderate to vigorous exercise, enough rest, and a formal recovery plan. One of the most crucial things you can do for your health is to exercise regularly. Physical activity can strengthen your bones and muscles, help you maintain a healthy weight, increase your ability to carry out daily tasks and improve your cognitive health.

There are two main parts to physical fitness, each with multiple related skills. HRPF stands for Health-Related Physical Fitness. The components are Muscular endurance, Cardiovascular endurance, Muscular strength, Body composition, and Flexibility. SRPF stands for Skill-Related Physical Fitness. Its components are Agility, Balance, Speed, Reaction time, Power & Coordination. Physical fitness test for Goa Police recruitment includes 100 Mtrs, Long Jump, High Jump and 800 Mtrs, {400 mtrs (women)}.

Methods & Materials

400 candidates from all over Goa, enrolled for a physical fitness camp for police aspirants held at Ganpat Parsekar college of education, Harmal, Pernem Goa. Out of these, 119 (95 men & 24 women) participated in pre and post-test; were considered for the present study. Many candidates did not appear for Pre and post-tests. similarly, some candidates were hesitant to give test. Four tests namely, 100 m,

Long Jump, High Jump and 800 m/ 400m test were conducted on the subjects initially and later after the training program, the same test was re-conducted. The above tests were only considered because these are the mandatory tests that the Police department conducts during Physical fitness selection.

Types of Training imparted/included

- CV endurance Training
- Strength Training
- Circuit Training
- Plyometric Training
- Speed Training

Hence, necessary tests and observations were conducted based on the above training.

Results

Table No. 1

		Men (95)	Women (24)
100 m Run	Pre-test	21	8
		74	16
	Post-test	8	2
		87	22
Long Jump	Pre-test	41	14
		54	10
	Post-test	26	11
		69	13
High Jump	Pre-test	39	5
		56	19
	Post-test	33	0
		62	24
800 m and 400 m	Pre-test	66	3
		29	21

	Post-test	13	0
		82	24


 Did not clear the test
  Cleared the test

Table no. 1 constitute 4 different physical efficiency tests along with the number of candidates. Altogether 95 men participated in Pre-test and post-test.

During the pre-test in 100 m, 21 candidates were not able to clear the test whereas, 74 candidates could clear the 100m test. In the case of the post-test, only 8 candidates failed to get the success in the 100 m test and 87 candidates were successful in achieving the target. In the case, of the long jump, during the pre-test, 41 candidates failed to clear the long jump test whereas 54 of them cleared. During the post-test, 26 candidates did not clear the test and 69 candidates were successful in the long jump test. In the pre-test of the high jump 39 failed to achieve their target and 56 candidates completed their target. During the post-test, 33 candidates did not clear the high jump test and 62 of them cleared it. In 800 m, during the pre-test, 66 candidates showed poor performance and only 29 candidates cleared the test whereas 13 showed poor performance and 82 candidates succeeded in the 800 m test after the post-test.

Similarly, with respect to women, 8 were not able to clear the 100 m test whereas 16 of them were able to pass the 100m test during the pre-test. In the case of the post-test, only 2 candidates failed to get the success in the 100 m test and 22 candidates were successful to clear the 100m run. In the case, of the long jump, during the pre-test, 14 candidates failed to clear the long jump test whereas 10 of them cleared. During the post-test, 11 candidates did not clear the test and 13 candidates were successful in the long jump test. In the pre-test of the high jump 5 failed to achieve their target and 19 candidates completed their target. During the post-test, all 24 candidates cleared the high jump event. In 400 m, during the pre-test, 3 candidates were lacking to clear it and the remaining 21 of them successfully cleared the 400 m event whereas, during the post-test of the 400m event, all 24 female candidates turned up to finish the event on time.

Conclusion

After the Pre-test and post-test on physical fitness, it can be seen that number of participants clearing test performance increased after giving the post-test with compare to the pre-test. This shows

significant and positive outcomes out of the camp training and has helped many participants to clear their physical fitness test. There was a positive enhanced improvement in the performance of the candidates. In the 100 m run (men & women), there were many candidates who showed their best performance in the post-test than the pre-test. In the Long jump test, both men and women had a few candidates who improved their performance in the post-test. In addition, in the high jump and 800 m/400m test (men & women), there was a huge number of candidates who showed their elevated performance and were able to clear both tests. It was also seen that during the pre-test only 29 participants could achieve physical fitness test whereas after the post-test we got almost 62 successful participants.

Hence, the researcher came to the conclusion that the physical fitness training program had a positive effect on the performance of the candidates.

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Appendix I

Training Plans & Program

Plan 1

Ladder Drills

High Knees

In out

Strides

Shuttle Run 4 reps

200 mt Run 2 reps

Slow continuous method for max 5-8 mins

Plan 2

Grass Cutting- 4 reps

High Knees - 4 reps

Shuttle Run 30 mts 3 reps

Start

Start+20 mt stride 4 reps

Relay 2 reps

O_____10 mts_____O

Plan 3

Fire feet (30sec, 20 sec & 10 sec)

Wall Support mountain climbers (30sec, 20 sec & 10 sec)

Fall start 5 reps

High knees bounce skip 2 reps

A Drill 3 reps

Partner Pull 4 reps

Accelerate- Fly- Deaccelerate (3 reps)

Plan 4

Ladder Drill (Any 4) 5 reps

Firefeet and Run 3 reps

Acc- Fly- Deacceleration 5 reps

0 _____ 0 4 reps

Plan 5

Circular Lunge 3 reps

High knees skip 3 reps

80 mt run – 60 mt run (3 set)

250 m run 1 rep

250 m strides only 1 rep

Walk and on whistle run 1 rep

Plan 6

Long strides over the cones + Run

1 2 1 2

3 4 3 4

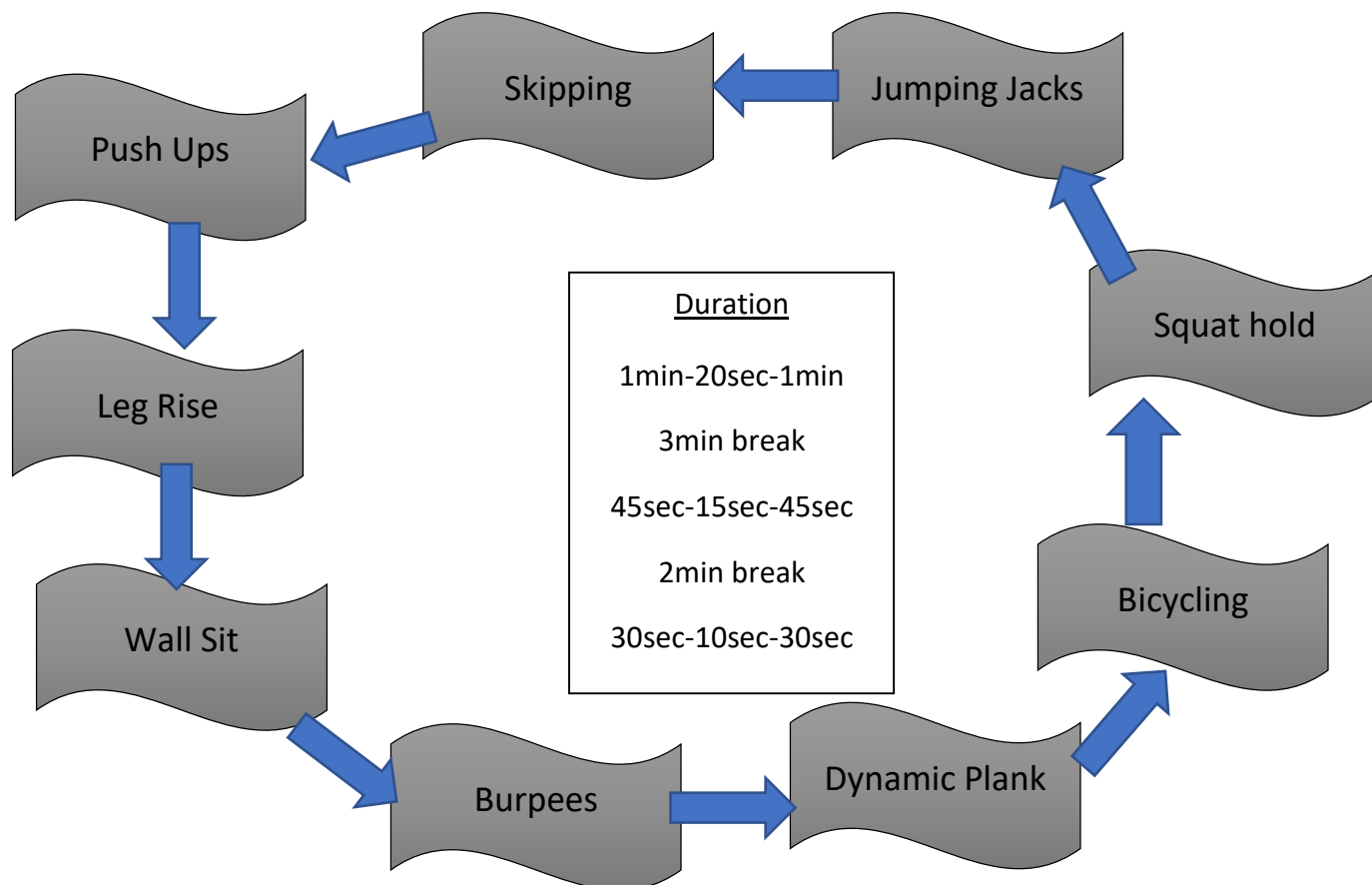
Long Stride 50-60% (70mts and 50 mts) X 2 set

80 m Sprint X Sets

Shoulder Dash

Plan 7

Circuit training



Plan 8 (reaction time)

Sit & Run

Turn & Run

Back Tap & Run

On Whistle both will run (collect the cone)

Walk walk walk and on whistle run

Jog jog jog and on whistle run

Plan 9

Ladder 4 drills 3 reps each

Start

Strides 70mts

100 mts sprint 3 reps

5th August 2021

Jogging- Follow the leader

High knees 2 reps

Relay 2 reps

Potato Race 3 reps

Partner Pull 4 reps

!00 mt trial 3 reps

Plan 10

Walk in front and back (toe, hill, foot blade)

Lunges

Carryoca

Fire feet and run

Ankle bounce and jump

Squat hold and run

Complete 300 mt in 1 min

Complete 300 mt in 50 sec

Complete 300 mt in 40 sec

Complete 300 mt in 35 sec

Plan 11 (recreational games)

Mapusa- Porvorim- Panaji

Chewing Gum

Crab Game

Pulling the tail

Fire in the mountain

Standing Kho kho

Builders and bulldozers

Relay

BEYOND THE FIELD: NEP 2020 AN IMPETUS TOWARDS PHYSICAL EDUCATION AND SPORTS

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Abstract

All work and no play makes Jack a dull boy is a philosophy ingrained across cultures. Since inception physical education stands embedded across curriculum's giving prerogative to physical health and well-being. However, this importance given to sports ends at this inclusion. Physical education stands overpowered by academics as its importance has been structured with a singular vision of inculcating soft skills such as team spirit, strategizing, perseverance, discipline and fairness. Though the global sports industry stands at the forefront of all industries, yet in classification of education curriculum it continues classified as a secondary option. Meriting physical education and sports its rightful due is NEP 2020.

This paper establishes the need of contemporary sports inclusive education. It draws upon benchmarks within the NEP framework to explore pedagogical utility of sports beyond the field. Subsequently the paper proposes a broad classification adding sustainability through value chain actors of culture, Intellectual property rights, inclusive sports and allied professions within physical education and sports. Thus concluding with avenues allied to physical education and sports in a threefold ambit of broadened learning, inspired participation and future prospects towards the ultimate stakeholders 'the students'.

Keywords : NEP, Curriculum, Sports, Physical Education, Intent, Implementation, Impact

Introduction

A child's initiation in any educational set up is rooted in the universal goal of overall development. Paving the way towards this development curriculum gets channelized towards domains of physical, social and cognitive development. Since the very inception review of curriculum's is indicative that physical education holds a compulsory and prominent place, its potential to make significant and distinctive contributions in life is accepted as a universal norm. However, inclusion does not accord 'All acceptance'. Physical education as a subject gets overshadowed by academic subjects. Mired in the mind that sports add only to soft skills necessary in life and conversely academic subjects add to the much needed employment expertise, Physical education as a subject fail to get the sincerity and attention it deserves as any other academic subject.

Overcoming this secondary innate belief of physical education is the universal growth of the sports industry. Sports stands evolving fastest as compared to any other industry. It is providing a plethora of opportunities and achievements beyond the field by serving multiple objectives. As sports inches forward globally in leaps and bounds it is only imperative at this stage to transcend boundaries of fields

and soft skill acquisition. NEP 2020 aims to give that much needed impetus to Physical education and sports that it rightfully deserves.

At the outset this paper aims to understand the scope and importance of physical education. Secondly it brings forth in a twofold ambit the changing facets of physical education and sports proposed through NEP 2020 and subsequently identifies the commonalities and new trends proposed by universities within prescribed guidelines. The paper concludes by capturing the influence of physical education and sports in arenas far beyond the original by appraising the extent to which NEP 2020 aims to compliment contemporary sports inclusive education.

Intent Implementation and Impact of Physical Education

A goal oriented curriculum is as a road map for teachers and students to follow on the path to academic success. It provides stakeholders a measurable plan and structure towards quality driven education by identifying the learning outcomes, standards and core competencies that students must demonstrate before advancing to the next level. The International Bureau of Education at UNESCO, (The United Nations Educational, Scientific and Cultural Organization), defines curriculum “In the simplest terms as, ‘a description of what, why, how and how well students should learn in a systematic and intentional way.’”

A goal oriented curriculum needs to fulfil in sequence 3 I’s. The foremost being Intent; it is a framework for setting out the aims of a programme of education, including the knowledge and understanding to be gained at each stage. Followed by the second I, Implementation which is the means of translating framework over time into a structure and narrative within an institution. Concluding with the third I, Impact which is the means of evaluating what knowledge and understanding students have gained as against expectations.

Understanding the context of physical education curriculum gives an insight if it has achieved the three I’s in consideration to the stakeholders. Curriculum decisions therefore impact how we shape our society through the way we mould our future adults. Analysing the current physical education curriculum this paper consequently draws how NEP 2020 aims to serve realization of multiple objectives of sports towards the community and the ultimate stakeholders the students.

‘All work and no play makes jack a dull boy’ taking this philosophy ingrained across cultures and acknowledging the importance of adopting sports and physical education for the success of youth the Indian Government as early as 1984 through the National Sports Policy recommended making sports and physical education an integral part of the school curriculum. Furthering the cause, the National Sports Policy, 2011 laid emphasis that sports and physical education play an important role in developing human capital, increasing productivity and fostering social harmony.

Educational institutes play the fundamental role of teaching learning. These early learning experiences form permanent impressions for inculcating habits of involvement in physical activity. As students are present on a regular basis at these common platforms for more than a decade educational institutes form an ideal setting towards promoting physical activity regularly and ingraining a positive attitude towards sports among youth. Physical education thus plays an important role in developing life skills from an early age.

Forming an integral part along with academic curriculum physical education builds personality and develops life skills in children. Team sports, individual games, be it indoor or outdoor contribute largely to a multi-faceted formation of character by inculcating values that strengthen power of endurance, promote discipline through fair play, team spirit. Giving and receiving support, appreciation for regular exercise, emotional control. A child being entirely deprived of this experience invariably would impact his personality.

Traditional Physical Education Teaching content: Need for Reform

Sports for a majority of the current generation is confined to the virtual world of video games. In addition, the rapid infrastructural growth has put parks and sport fields on the decline. With urban and semi-urban areas lacking in ideal space for outdoor sports, educational institutes play a pivot role in providing time and space for athletic activities. Traditional physical educational curriculum succeeds in providing enjoyable, supervised activities for students. As per research findings, schools that have established sports sessions through physical education and sports infrastructure have students with better BMIs, healthier eating habits, higher levels of cardiovascular fitness, increased confidence and decreased anxiety and depression.

Every school has physical education embedded in their curriculum as they understand the importance attaining life skills. However, the importance given to sports ends there as this inclusion is just for the sake of a formality. According surveys conducted it is a proven fact that more emphasis is laid on academic education as compared to sports in India.

Beyond acquisition of life skills physical education in educational curriculums unfortunately does not do much to change the notion of sports as a whole. The only positive impact is it mandates practice. A sport is either about playing it or a subject to be taught outside textbooks. Sport as a career usually takes a backseat and is not the first choice, especially for Indian parents. Resultant many budding sports talents are crushed before they even get the chance to bloom.

The new education policy (NEP 2020) aims to herald in reforms in physical education and sports. It embraces pragmatic aspects where physical education becomes an elemental tool to shape young minds and bodies by overcoming existing stagnant impacts by heralding in an interdisciplinary inclusive approach.

NEP 2020 Taking Physical Education Beyond the Field

The primary objective of education is overall personality development. The need of a contemporary sports inclusive education draws upon benchmarks within the UGC guidelines and NEP framework to explore pedagogical utility of sports beyond the field. NEP 2020 proposes opening of boundaries around physical education and sports. It aims to establish a classification system inclusive of a wide range of allied fields to sports and growing forms of participation that are important for Physical education and sports.

Complementing the objective of adding sustainability through value chain actors of culture, health, Intellectual property rights, inclusive sports and allied professions within physical education and sports

this paper draws upon a broad classification of domains based upon the guiding framework of NEP 2020 and sample sports curriculum of select universities.

Keeping in tune with the inception aim of Physical education all curriculum continues to retain and uplift the original role of moulding a student's personality of attaining life skills through sports by keeping it field oriented.

Upliftment of culture, folklore and indigenous games is a common parameter across all university curriculums. Giving pre-eminence the paradigm of Yoga is an essential component, it stands integrated with its origin, principles, practices and application to life aiming to give knowledge and skills to students. Beyond yoga seventy-five indigenous games from different parts of the country, have been incorporated across curriculums with the objective of promoting culture. The "Bharatiya games" compiled with the help of experts include "langdi" (hopscotch), javelin throw, "patang uddayan" (kite-flying), "seeta uddhar" (prisoner's base), "mardani khel" (a form of martial arts) and "Yubi lakpi" (a game played in Manipur using a coconut having similarities to rugby).

Furthering the objectives of NEP 2020 importance to healthcare and life style management is a commonality across universities. This domain stands inclusive of areas of diet, fitness, recreation through Sports and Games and adaptive sports. Universities have extended this objective including from the very basic management of injuries through first aid to aiding in extreme emergency situations of CPR for cardiac arrest. The magnitude and pragmatic applicability of such knowledge cannot be understated.

Adding to a futuristic objective is bringing youth in contact with entrepreneurship. NEP 2020 aids in the development of improved employability and future prospects. Curriculum's open doors of opportunities through skill enhancement in sports journalism through broadcasting of sports news, panel discussions, interviews, special stories. The curriculum also aims to develop expertise in students to establish themselves as entrepreneurs in the field of fitness and sports as physical and yoga trainers, coaches, game officials, referees, umpires, curators, gym trainers, life guards, personal trainers, yoga therapist. The exhaustive curriculum framework drafted enhances skill development and adds to entrepreneurship and employability aiming for an overall personality development.

Proposal towards Anomalies

As the national education landscape awaits the revival in physical education and sports this paper proposes two domains which stand as anomalies in the review of draft curriculum.

Physical education and sports can be used as pedagogy for teaching other subjects and vice versa. Sports offer a perfect opportunity to explore scientific concepts such as force, motion and velocity. In science the topic of motion particularly the concepts of distance, displacement speed and velocity can be taught by the time taken by each runner to calculate distance, speed and velocity. In Psychology with reference to individual differences and personality, learning and motivation being an integral part of sports personality can be acquired while playing games and sport.

Intellectual property rights can be introduced as an allied component to introduce concepts of patents for understanding advancement in sports technology, trademarks towards understanding logos, brand imaging and advertising which hold a huge commercial market. Copyrights could be included towards understanding rights of sports persons as performers thus bringing in an inter disciplinary approach.

Implementation Bottlenecks

As physical education and sport is brought by NEP to the threshold of taking place in these diverse settings, its advancement will hinge on the second I, “Implementation”. The means of translating framework over time into a structure and narrative within an educational institutions will depend on the shoulders of an interactive network of physical educationists, coaches, teachers, students, parents and members of board of studies.

At its inception stage framing the draft curriculum merely forms a tentative skeleton of NEP. Bringing it alive would depend on increasing man power and including physical education as a core component subject within educational institutions. Ground realities are indicative that appointments of physical educators are contractual in nature. Vacant posts get retained as vacant to maintain status quo to balance workload of permanent faculty. Resultant teachers not having required qualifications and training teach physical education.

Draft curriculum of physical education though appears futuristic and appealing in text the actual introduction of physical education within allied under graduate courses continues to get a step motherly treatment. The internalisation of a value system that sports is not an option but a secondary option is still prevalent in mindsets of Indian parents, teachers and students.

NEP has to go long way towards changing the step motherly treatment sports has been accorded for generations. It will be slow process of change generated by awareness generation and treating it as a core paper. But even a process of slow change is change by itself. All will have to find a renewed vigor in their sport experience. The intent shall stand realised through sports information resource sharing, interactive communication and deepening students and parents recognition towards understanding of physical education and sports.

Conclusion

NEP 2020 introduces integration as a cross-curricular approach in curriculum by embracing different domains within physical education and sports. In contrast to the traditional view of mere acquisition of life skills NEP 2020 evolution has manifested its intent far beyond the essential features articulated through the initial vision of physical education. With global increase in patterns of sport participation, it is an apt time to review this dominant industry and the role it plays within physical education.

Renewal involves strategic reappraisals. It may stimulate change or reaffirm the status quo. Renewal of the core curriculum might include a retrospective analysis of conflicts and differences

accompanying physical education development. NEP 2020 has paved the way to a contemporary *Intent* of physical education for the near future. The *Implementation* will depend not only in the preparation of curriculum and knowledge orientations of faculty but with engagement and support of a well informed community. The resultant *Impact* will manifest through the ultimate stake holder the students. NEP 2020 has laid the foundation towards an all inclusive physical education and sports which shall stand cemented with the efforts all stakeholders.

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THE EFFECTIVENESS OF RESOURCE SHARING IN PHYSICAL EDUCATION THROUGH AN INTEGRATED STRATEGY APPROACH: A CASE STUDY OF CUNCOLIM EDUCATIONAL SOCIETY

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Abstract

Physical education and sports have a significant and justified place in NEP 2020 in terms of credibility and applicability, since academic credentials alone cannot define a child's growth. Sharing resources among various educational institutions has been adopted as a strategy to expand its reach through clustering of institutions. This will provide the institutions with a number of advantages over previous policy iterations. The paper examines the individual capacities of Cuncolim Educational Society institutions for fostering and offering required facilities. This study used a qualitative research approach to explore the implementation of resource sharing among educational institutions belonging to Cuncolim Educational Society. The study sought to explore how sharing of resources aided the development and improvement of physical education and sports activities at all educational levels, from primary to higher education. A case study methodology was used to investigate the practices and results of resource sharing. Semi-structured interviews were used to collect qualitative data from important stakeholders such as administrators, educators, and physical education and sports students. The institutions could not have achieved the desired standards on their own, but they were able to do it by employing an integrated approach of sharing existing resources in hopes of enhancing the outcomes of physical education and sports activities. The results were found to be positive, particularly in terms of the ability to share subject-related knowledge and physical resources such as equipment. It was noticed that, depending on the needs and requirements, a variety of facilities and resources could be used and shared. Purchases of equipment and other training costs were also kept to a minimum. According to the findings of the study, all physical education teachers found that pooling resources facilitated more effective instruction for their students.

Keywords : Physical education, Sports, Resources, Clustering, Integrated.

Introduction

Physical education and sports along with academics, are important for recognizing a child's potential and development. It is frequently undermined when academics is used as the sole factor in determining a child's abilities. Sports and physical activity have always been a big part of the educational system since early times. Even though the shape and structure may have changed in light of recent advancements in the field, it continues to play a significant role in determining a child's developmental path.

Physical education and sports have been included in the Government of India's National Education Policies due to their importance. Though the position given to this discipline in a previous policy was not significant, as it was only concerned with improving the physical fitness and sportsmanship of both average students and those who are well versed in the field. Today, though, we are well beyond this restriction because everyone truly understands the value that physical education and sports have in society at large, not just in the realm of education.

The National Education Policy 2020 (NEP 2020) envisions a sustainable approach to understanding that we cannot define and describe our educational curriculum without having a profound strategy to incorporate physical education and sports—not just in a structural or physical sense, but in the true sense of the term. Thus, “New Education Policy (NEP)-2020 gives special attention to sports-integrated learning for students to adopt fitness as a lifelong attitude as envisaged in the Fit India Movement.” The NEP 2020 provides a thorough framework for including physical education and sports as a crucial component of the academic curriculum at all grade levels—primary, secondary, college, and university. Giving students’ academic credit will increase their involvement in extracurricular activities. Another crucial aspect of this policy is resource sharing. This does not suggest that only academic resources should be shared or that academic exchange should be encouraged; this also stands to be true in the context of physical education and sports. This will be based on the clustering pattern that the institution made available and established at parallel levels to give the students effective training.

Analysis of Sports Participation and Achievements in Educational Institutions for the academic year 2022-2023

The Cuncolim Educational Society founded in 2nd October 1963 has a secondary school founded in 1964, a higher secondary school founded in the year 1981 and college section for higher education started in the academic year 1987. All three institutions function in the same campus. Total number of enrolled 1713 (male-752/female-961) students for the academic year of 2022-23 and all three institutions provide services to their best of measures to produce results. Physical education is the most important and also the most rewarding subject to any institution. Most laurels are gathered on the playing field and the most recognition to any institution can come through sports. The institutions have produced countless national level athletes in the sports of kabaddi and Kho-Kho, and have seen a gradual rise in the sport of volleyball. Besides these sports all three institutions participate in different other team sports as well as individual sports.

With 482 students, the school has one regular physical education teacher. In addition to regular physical education classes mandated by the Goa Board, the teacher organizes special inter-class events and practice sessions before inter-school competitions. Equipment purchases are made annually using funds from the students' development fund managed by the school's administration, which has strict regulations. The average cost for a team participating in a single-day event is approximately Rs. 500, depending on factors like the number of students and the time of participation. The high school participated in six inter-school events for boys and three events for girls this year. They achieved 3rd place in the Under-14 volleyball tournament at the district level for boys and secured 1st place in the taluka-level tennis ball cricket tournament.

At the higher secondary level, which comprises 684 students (370 males, 314 female), there are two physical education teachers—one regular and one on a lecture basis. The school participated in 17 events across various disciplines this year, achieving notable results such as a gold in Sqay martial arts and 3rd places in Kho-Kho (girls district level), Tennikoit (boys district level), and Chess (taluka level). Several teams reached the state finals in events like girls' Sepak takraw, boys' volleyball, and boys' Kho-Kho, all under the U-19 category. Financial support for equipment purchases and travel expenses comes from the school's maintenance funds and includes partial funding from prize money earned as

state champions, totaling Rs. 10,000 per championship. In the last two years, the school has spent Rs. 50,000 on consumable goods for sports.

The college section consists of 547 students (186 males, 361 female) and employs three regular staff members in the Department of Physical Education and Sports: a College Director of Physical Education and Sports, an Instructor of Physical Education and Sports, and a multitasking staff member. During the current academic year, the college organized four inter-class competitions and an Athletic meet. They conducted special practice sessions and matches to prepare for inter-college sports events, participating in 17 events across different sports disciplines and securing a gold medal in the intercollegiate Judo 56 kg category (Men) and 3rd place in the Cross Country race organized by Fr. Agnel College of Arts and Commerce, Pillar. The college maintains a sports fund collected through gymkhana fees during admissions and benefits from university provisions that cover practice, travel, and dearness allowances.

Advantages of Resource Sharing:

- 1) Improved resource utilization: When resources, including sporting equipment and facilities, are shared among institutions, their use is optimized and their utilization is more efficiently ensured.
- 2) Cost-effectiveness: By combining resources, institutions can better deploy cash to other educational priorities because they are not as financially burdened individually.
- 3) Better Access to facilities: Institutions have more access to a greater variety of resources which they might not be able to afford or manage on their own.
- 4) Collaborative Learning: The exchange of resources among educational institutions fosters a culture of shared knowledge and competence in sports and physical education, hence promoting collaboration between teachers and students.
- 5) Enhanced Performance: Institutions can strengthen their sports programs and improve performance in competitions and tournaments by making use of shared resources.

Disadvantages of Resource Sharing:

- a) Dependency Issues: Institutions may grow reliant on one another for resources, which could cause problems if one institution fails to meet its obligations.

- b) **Logistical Challenges:** Scheduling and logistics for resources that are shared, such as practice times and equipment availability, can be difficult and require careful preparation.
- c) **Maintenance & Upkeep:** There may be arguments or issues with the maintenance and upkeep of shared resources, including the expense of repairs and replacement.
- d) **Loss of Autonomy:** Institutions may lose control over resource use and management decisions, affecting their specific needs and priorities.
- e) **Equity Concerns:** Ensuring equitable access to shared resources among institutions with different needs and capacities can be difficult and may result in disparities.

Research Methodology:

1. Research Design:

- **Qualitative Approach:** This study uses a qualitative research approach to investigate resource sharing practices in physical education at various levels of educational institutions within the Cuncolim Educational Society.
- A case study method is used to investigate how resource sharing is implemented and its effects on improving sports and physical education activities.

2. Participants:

- Participants include administrators, physical education teachers, and Cuncolim Educational Society students from high school, higher secondary school, and college levels.
- **Sample Size:** Purposive sampling method is utilized to understand the participants based on their participation in sports and resource management

3. Data Collection:

- To learn more about important stakeholders' experiences with resource sharing, in-depth semi-structured interviews are conducted. Interview data is supplemented by analysis of institutional documents, such as financial records and policy documents pertaining to resource allocation and sharing.

4. Limitations:

- One such constraint is the specific context of the Cuncolim Educational Society, which could impact the applicability of results to other educational establishments.

Research Findings

1. Teachers' Perceptions on Challenges in Resource Sharing and Management

	Teacher 1
Role in promoting sports	Creating comprehensive sports programs that work well with academic curriculum. In order to improve students' overall growth, coaching teams, planning tournaments, and encouraging a culture of physical fitness among students
Resource management	Arranging sports equipment by making yearly purchases with money from students funds. The institution shares facilities, and internal finances as well as prize money are used to maintain functioning
Challenges	Budget constraints frequently make it difficult to organize in-depth practice sessions and pay for travel. During the busiest event seasons, we experience equipment shortages, which calls for careful planning and resource
Success with resource sharing	Our practice session efficiency has increased dramatically as a result of sharing consumable equipment. Utilizing assets like badminton courts and table tennis tables together has maximized resources and improved student participation.
Strategies for enhancement	Creating a unified inventory system, formalizing resource sharing agreements, and collaborating on large event funding could improve cooperation between educational levels and expedite operations
	Teacher 2
Role in promoting sports	Focus on encouraging students to be physically fit and passionate about sports. By planning practice sessions and inter-school competitions, I hope to develop a spirit of competition and teamwork
Resource management	We rely on annual budget allocations for the purchase and upkeep of equipment. Facilities are shared within institutions, and sometimes we use prize money to supplement our resources
Challenges	Obtaining sufficient funding for practice sessions and paying for travel expenses is a recurring challenge. The scarcity of specialized equipment occasionally interferes with our training programs

Success with resource sharing	Collaboratively planning inter-class and inter-college events has been successful in promoting healthy competition and allowing us to make the most use of our facilities and equipment.
Strategies for enhancement	Implementing a formal booking system for facilities and equipment, coupled with collaborative funding activities, may enhance resource usage and benefit all educational levels
	Teacher 3
Role in promoting sports	Creating extensive sports programs that address the emotional and physical health of the children. Managing teams and planning interclass activities to encourage a well-rounded educational experience
Resource management	Resource management involves meticulous budgeting and planning. Using student funds to buy equipment and sharing resources to make the most of them
Challenges	Our inability to pay for competition-related expenses and offer long practice sessions is frequently hampered by a lack of funding. Scheduling for shared amenities might sometimes be difficult
Success with resource sharing	Our capacity to successfully prepare students for competitions has improved as a result of cooperative efforts to share facilities and equipment. Additionally, it has helped students feel more united and collaborative
Strategies for enhancement	Our sports programs might be strengthened by creating explicit standards for the distribution of resources, improving communication between school levels, and looking into outside financing sources
	Teacher 4
Role in promoting sports	Promoting among students a culture of good sportsmanship and physical fitness. By planning activities and offering guidance to develop students' abilities and encourage healthy lifestyles

Resource management	resource management from student funds for the purchase of equipment and shared spaces. Prize money and maintenance money provide additional financial support to meet the demands
Challenges	It is still difficult to get enough money for extensive sports programs. Careful planning is necessary to account for equipment limitations during peak hours and logistics when using shared facilities
Success with resource sharing	We have been able to improve training sessions and student involvement mainly because of resource sharing, which has made it easier to use facilities and equipment efficiently. Additionally, it has encouraged cooperation between students and teachers at all levels of education
Strategies for enhancement	Standardizing resource sharing procedures, creating cooperative financing sources, and enhancing training for staff on resource utilization could optimize our sports programs
Teacher 5	
Role in promoting sports	Incorporating sports into students' academic pursuits. Organizing events and encouraging a spirit of competition to improve the overall development of students through physical education
Resource management	Management of resources through careful budgeting and planning. Equipment purchases are funded by student funds, while facilities are shared within our institution
Challenges	It is difficult to plan long practice sessions and reimburse travel expenses when funds are scarce. Scheduling for shared amenities might often be difficult to manage
Success with resource sharing	Utilizing facilities and equipment together has maximized our resources and increased student involvement in sports. Additionally, it has helped students develop a feeling of belonging and camaraderie
Strategies for enhancement	The effectiveness and impact of our sports programs could be increased by creating clear standards, encouraging cooperation between educational levels, and preparing agreements for resource sharing

2. *Students' Perceptions and Challenges in Sports Participation*

Question	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Increased accessibility of sports equipment and facilities	40%	30%	15%	10%	5%
Efficiency in raising involvement and participation	25%	35%	20%	15%	5%
Positive influence on accessing sports facilities	30%	25%	20%	15%	10%
Encouragement of teamwork and collaboration	20%	30%	25%	15%	10%
Satisfaction with variety and quality of sports equipment	35%	30%	15%	10%	10%
Fairness of resource allocation among student groups	20%	25%	30%	15%	10%
Contribution to personal development through sports	30%	25%	20%	15%	10%

The majority of students saw resource sharing as beneficial in terms of availability, efficacy, impact on access, teamwork encouragement, equipment satisfaction, and personal development. Fairness in resource allocation is one area that might be improved, as a considerable majority of students are neutral or believe it is unfair. These findings imply that, while resource sharing is generally beneficial to students, efforts can be taken to improve fairness and resolve any discontent with specific aspects of resource availability and allocation.

3. Administrators Perceptions on Resource Sharing

Question	Strongly Agree	Strongly Agree	Neutral	Disagree	Strongly Disagree
Optimized utilization of sports facilities and equipment	45%	35%	10%	5%	5%
Effectiveness in promoting a culture of sports participation	30%	40%	20%	5%	5%
Positive contribution to cost savings and efficient resource management	25%	45%	15%	10%	5%
Facilitation of maintenance and upkeep of sports facilities/equipment	40%	30%	20%	5%	5%
Satisfaction with coordination and communication processes	35%	30%	20%	10%	5%
Impact on enhancing overall educational experience and student development	30%	35%	25%	5%	5%

The administrators recognize the usefulness and benefits of resource sharing in terms of maximizing resource utilization, encouraging sports participation, and efficiently managing expenditures. While overall satisfaction is high, indifferent responses to coordination and communication procedures suggest areas that may need to be addressed in order to improve efficiency and effectiveness even further. Administrators see a direct link between resource sharing in sports and broader educational aims, emphasizing its importance in student development.

All three institutions have consistently prioritized the promotion of sports and physical activity since their inception. Achieving success at the highest levels of competition demands significant effort from both students and teachers. To prepare students mentally and physically for competitions, a variety of resources are essential, including playing fields, equipment, and human resources. Typically, preparation involves two weeks of planning systematic practice sessions, arranging practice matches, and ensuring proper post-workout diets for students.

At Goa University, practice session allowances are provided at Rs. 30 per head for a minimum of 12 days. However, in high schools and higher secondary levels, these costs must be covered by the schools themselves, posing challenges for teachers in making adequate arrangements. Technical assistance is sometimes necessary to organize and manage inter-class events and practice sessions. Hiring a paid coach for specific sports is often not feasible for high schools and secondary schools.

Consumable equipment such as balls and shuttlecocks is in high demand throughout the year. Sufficient equipment is crucial not only for sports practice sessions but also for physical education classes. Insufficient equipment significantly impacts practice sessions, as a larger number of students require an adequate supply. The school complex lacks a large dedicated playing field, necessitating the use of village grounds shared with other institutions in the community."

The school and higher secondary teachers adopted a strategic approach, utilizing resources based solely on their own understanding without a clearly structured course of action to acquire them. The college section has also recently embraced this initiative over the past two years. Consumable equipment such as footballs and volleyball were shared for the purpose of practice sessions this gave the advantage of rise in number of balls to sufficient required number. Sharing society complex sports facilities such as Table Tennis tables, badminton courts and open space ground for the purpose of physical education classes and minor sports had been long in practice. All three teachers had autonomy to decide the

sharing of resources with the understanding that any damage or maintenance cost be paid for by the user. Inter institution Practice sessions and practice matches were the most frequently used component of the approach. This assisted in generating the precise amount of competition and time needed to get the teams ready for various competitions. In terms of human resources there was constant technical assistance shared between each other from all three teachers and also in organizing inter class competitions, athletic meets and also an inter college cross country race event. Equipment was shared for the purpose of organizing inter class chess competitions e.g. chess boards and clocks. A combined initiative was undertaken to prepare a new volleyball court for the institution.

Conclusion

It is positive to draw the conclusion that the strategy improved the performance of all three institutions, particularly in team competitions, shared knowledge of various sports, and decreased the expense of personnel training. The new education policy discusses this resource shortage and how to best use it by combining numerous institutions. This issue and its solutions are well demonstrated by the teachers with the internal strategy method and the advantages it brings. One can draw the following inferences. A planned and organized strategy will produce better outcomes. There is also a drawback highlighted in this study that there are no vertical clusters beyond higher secondary. The fact that institutions in higher education would group together in the future in clusters can have such an advantage of resource sharing in the future. It also highlights the fact that there has to be proper structure announced in the new education policy to release financial assistance to high schools and higher secondary level institutions in the future. The efforts of school, higher secondary and college to promote sports and physical education and sports have been noteworthy. Despite constraints such as limited resources and the lack of structured acquisition methodologies, instructors have demonstrated dedication to prepare students emotionally and physically for competitive sports events. Moving forward, there is a clear need for more assistance and systematic planning to maximize resource utilization and raise the standards of sports instruction at all educational levels.

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REAL VERSUS REEL GOA IN SELECT HINDI AND KONKANI VIDEO SONGS

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Abstract

Goa, an exquisite land with an area of 3,702 Sq.km. is the smallest state in India. Positioned between the states of Maharashtra and Karnataka towards its north and south respectively. It is one of the famous tourist spots not only in India but throughout the world. Goa owes its popularity greatly to the mass media which has contributed to the development of a particular mindset of the tourists towards the state and its people. The present paper explores if Goa's portrayal is true to the facts or just showcasing the greener side of what might not even be the reality. This paper specifically investigates the select Hindi and Konkani video songs that have highlighted Goa in a very specific sense. The main objective of the paper is to analyse whether these creative works of art involving graphics, lyrics and music have been successful in capturing the real essence of Goa. The focus area is interpreting and evaluating Goa in the new media via these select video songs.

Keywords : Goa, Graphics, Lyrics, New Media, Video Songs.

Introduction

Thanks to the Western Ghats, a biodiversity hotspot, Goa is a paradise of world-famous beaches and abundant foliage and wildlife. The sea belt along the western coastline appears to be an emerald alongside the mini-land of Gold. The mountainous range adds to its beauty on the eastern side. The green paddy fields during the monsoons are like green spongy mattresses. The rivers and other water bodies are like silvery snakes spread all over its talukas.

Even though Goa has several churches in all the villages, the population of the Catholic people is much less compared to the Hindus. People of all races, religions, ethnicity, culture, caste, class and backgrounds live together in harmony as brothers and sisters. The people are remarkably known to be generous-hearted. The mother tongue of the people of Goa is Konkani. Although Goa has one language as its mother tongue, one can find people speaking in different accents in different parts of Goa.

Goa is annually visited by tourists who are at least three times more than its population. Goa is blessed with ample tourist destinations. One cannot deny the luxury stay that the five-star resorts in Goa offer. Goa being a part of India, there is no single month of the year wherein there is no festival celebrated by all the people of Goa. Some of its unique festivals are Carnival, Sao Joao and many more. The Portuguese have left an indelible mark on the architecture of Goa with many churches and forts, not leaving behind the old Portuguese mansions. It has the only naval aviation museum in the whole of Asia. Goa also provides various adventure sports for nature lovers and risk-takers. Nightlife and Casinos are also popular in Goa. Ghost lovers will also be happy to find many haunted places located within Goa. In a nutshell, Goa has its own speciality for every season of the year.

Goa uses a broad range of musical styles, from Indian classical music to music from the West. Konkani music is very extensively appreciated within and across the borders of the state. Goa, a former Portuguese colony, has a thriving Western music culture that uses instruments including the violin, drums, guitar, trumpet and piano. Additionally, it has given birth to several well-known singers and artists in the Indian music industry. Local bands from Goa are well recognised for utilising Western musical genres and are a hit at both public and private festivities. People from more than 50 different nations travel to Goa for the annual music festivals.

Words have a significant impact on thinking, behaviour and emotion, according to hundreds of studies, and a lot of this effect happens unconsciously. Since people listen to favourite songs hundreds of times, it stands to reason that the lyrics may profoundly affect how the listener perceives the environment, other people and the feelings they experience as well as how frequently they occur.

Goa's success is largely due to such comparable mass media, which has resulted in the formation of a certain tourist attitude towards the state and its inhabitants. Due to the importance of music in most people's lives, music and its lyrical content have assimilated into Goan society as a whole. Let us dive into an examination of select Hindi and Konkani video songs that have mentioned Goa in a very exceptional manner, determining whether these innovative works of art incorporating visuals, lyrics and music have been effective in capturing the true spirit of Goa.

Methodology

The study employs a qualitative method to critically assess a few songs that have been uploaded on YouTube in Hindi, the official language of India, and Konkani, the regional language of Goa. The chosen songs were mostly screened in the twenty-first century on the same platform with many of them being released within the second and third decades of the mentioned time frame. Through a thorough close reading and thematic analysis of the lyrics, the research's principal aim is to investigate the themes and subject matter of the selected songs. The focus is on critiquing and evaluating the songwriting of the selected songs that refer to Goa's name and its resources in the lyrics. Using these video songs, the focal area is to study how Goa is interpreted and appraised in the new media. The chief purpose of the research is to evaluate the lyrical creations in terms of their ability to capture the true spirit of Goa, considering the visuals and the composition of the songs.

Analysis of The Select Video Songs

The very first aspect that this paper analysis is the lyrical element of chosen songs describing nature and the world-famous beauty that makes Goa stand out from the rest of India. Let us have a glimpse at the following lyrics from various Goan Artists which have been sung in Romi Konkani Style. Starting, by focussing on Amchem Goa Konkani promo Song – Kantaar- Janet Noronha Productions. The lyrics are as follows:

Likhlikh noketr, voi xantichem

Pormollit ful sondortiachem

Roman udentichem voi tum roma udentichem.

Chorus: *Hem amchem goa voi tem goa amchem*

Hem amchem goa, sobit goa amchem.

Madani, zadani, voi tum roch rochla.

Bhatani, xatani voi tum dhadostha.

Ixtt-ixttank eka -mekak mogan melloita.

Munxachea jivitant voi tum fulloita.

(Janet Noronha Productions, 2018).

Translation

Sparkling star, yes, you are peaceful

Beautiful blossoming flower

You are the eastern Rome, that is true.

Chorus: This is our Goa, yes, this is our Goa

This is our Goa, yes, this is our Goa.

Yes, you are created with coconut and other trees

You give happiness to the land and fields

You connect us to all our friends with love

Yes, you bloom the life of human beings.

Elaborating on the lyrics of the song, Goa being a former province of Portugal, is sometimes affectionately referred to as the 'Rome of the East.' Goa's culture is distinct from that of the rest of the nation despite being inhabited and colonised by the Portuguese for over 450 years. Since ancient times, it has been considered to be a tourist paradise due to its stunning natural surroundings, which are rich in flora and wildlife, unique beaches and cultural diversity. The towering coconut trees that are visible from the air could be called the most observable vegetation.

Moving on to the next song which is labelled as Bhangarachem Goa that translates to 'Golden Goa' by Wilma and Peviolia Dias.

Chorus: Goa, Goa, kitlem sobit tum amchem Goa,

Goa, Goa, Bhangarachem Goa.

Zada, madani bhorlolem,

Sundor, fulamnim netoilem,

Sogle bhonvtonem panchvemchar,

Thin letranchem 'Goa'.

Veg veggalea kolakaramni,

Zaithem Goinchem nanv zodlem,

Zaithea basanchim songitham burovn

Vodle songithkar zale.

Kellonk ami sodhanch mukhar,

Boro khell kelon korya fudar,

Ekamekak sodanch diun adhar,

Vodvik apun niz Goenkar.

(Wilma & Peviollla Dias, 2020).

Translation

Chorus: Goa, Goa, you are so beautiful, our Goa.

Goa, Goa, golden Goa.

Full of trees and coconut plantations,

Decorated with beautiful flowers,

With greenery all around,

Three letters frame the word ‘Goa’

A variety of different artists

Have earned fame for Goa,

By writing songs of diverse languages

They turned out to be great singers.

We are always progressing in sports,

Let us play well and make our future bright,

Let us help each other

While being proud of being a true Goan.

This song, like the one before it, emphasises Goa's natural surroundings. However, what we find different is the fact that the talent of Goans, specifically the one concerning music and sports has been considered significant. The fact that Goans are taught and encouraged to study music in schools starting at a young age is noteworthy. Regardless of the size of the event or festival, this zeal and love for music is evident among the Goans. Singing, playing an instrument and making rhythms are all deeply ingrained passions for Goans. Goa is home to a variety of indigenous dance and music styles. When it comes to sports, Goa is one of the top states in India. Sport is an aspect that is equally important to the people of Goa as cuisine and music. In this state, football is the most widely played sport.

Moving forward, with the study, the next song up in line is very popular and sung by the melodious Goan singer Hema Sardesai, titled, **Kitlem Sobit Goa Amchem**. The lyrics are as follows-

Kai boro ganv re amcho sobitaiecho
Ojap zaun polleun veta, lok sounsaracho,
Ekvott tor astolo zalear Goenkaramcho,
Konnaichean hatt dovrunk zaina astolo amcho.
CH: Kitlem sobit Goa amchem,
Meunchem na koslem xar koinchem,
Sobitaen tem borlelem ani sogleachem tem mogachem.
Dennem amkam tem Devachem, Sodanch veng marun raonchem,
Goencar tor ami asot tor, tem zaunk nezo re konnachem!
Kitleo bhav bhoineo amcheo, ximpodleat sounsarak,
Bonn korun aap aplim gharam gheleant dusrea ganvank,
Zaite zan xirviso gheun asa bailea terrak,
Konnaichean visrunk zaunchemna aplea Goa xarak!
 (Anna:D Goan & Sardesai, 2015).

Translation

Our state is so good and beautiful
 People across the world visit and it leaves them stunned,
 If the Goans are united,
 Nobody can reach the heights that we can.
 Chorus: Our Goa is so beautiful,
 We will not find such a place anywhere else,
 Filled with beauty and full of our love.
 It is a blessing from God and thus let us embrace it forever,
 If all Goans are present, no one else can take control of it!

Many of our brothers and sisters have spread across the world,
 Have closed their house doors in their native lands and have migrated to other places
 Many are working abroad,
 Still, no one can forget our state of Goa!

This song praises the beauty of Goa, making it stand out from the rest of the world. It also involves a religious aspect wherein in the chorus, the lyrics consider the state and its beauty as a blessing from God. Additionally, it refers to harmony among Goans. The concept of, 'United We Stand, Divided We Fall' has been mentioned twice in the song. Another noticeable feature of the song is the concept of migration. A sizable portion of Goans leave Goa for several purposes, including education, employment, health care and so on. Others decide to return to back to the state, while others prefer to reside overseas. No matter what, the love and attachment to the motherland, always remain the same.

This takes us further with the research to the next song, **Goa Amchem Xhar** composed by Emmanuel Ferrao.

Goa Goa sobit tujem nanv
Goa Goa sobit amcho ganv
Gooooooooooooooooaaaaaaa
Goa amche xhar bhorla sobit denneanim
Xaitem dongor Rana ani maddanim
Xetta Bhata ani doryacheo velim..
Hech devan amkam dila ani bhorla bhesanvanim.
Chorus:
Goa Goa Goa amchem xhar
Soglleacho amcho asa ekchar
Sogllim ami jietat goenkar....
Zattim kattim soglleo sodun
Ekamekachea Mogan ravon
Sogot ami jietat..... Sukan
Dhorm to koslo zav poilem ieta Goikarponn

Ekamekachea Mogan ravta ami bhav ani bhoinn mhunnon

Zattim kattim manninav dhakoinanv ami vhothponn

Ekamekachea Mogan lastat ami Goikar mhunnon.

(Emuz Production, 2022).

Translation

Goa, Goa beautiful is your name

Goa, Goa beautiful is our state Goa.

Goa is our state full of many blessings,

With many mountains, forests and coconut trees.

Fields, farms and sea shores.

This is bestowed upon us by God along with many blessings.

Chorus

Goa Goa Goa, our state

We all are united

We all live as Goans

Leaving behind our caste and creed.

We all stay in love

Together in happiness.

Be it any religion, being a Goan comes first

We stay in love and harmony as brothers and sisters

We do not believe in caste and creed. We do not boast about ourselves.

We burn in love for each other as Goans.

The Goan ecology and biodiversity are mentioned in this song, just like they were in the earlier ones. It praises nature and the attractiveness that makes it rich. A unique element in this song is the practice of unity and harmony among the brethren of Goa. Caste, creed, race and other backgrounds do not act as barriers as long as the laymen of the state are united in love and peace. The Goans are also distinguishable for their hospitable and humble attitude and this viewpoint has been sung in the song at the very end.

The Goa Song (Amchem Goa) by Varun Carvalho is a revolutionary song mirroring the most recent scenarios the people of Goa have been going through to save the natural beauty of the state. For us to stand together and improve Goa as a place to live, the song's creators hoped that it would revive a little of our shared 'Goan spirit' in all of us. The song has now become an anthem in Goa and everyone who loves the state rallied and still struggles to preserve what is left of our once-beautiful Goa. The performers ask and implore the audience to stand together to shield Goa.

Let's watch the Mandovi,

Let's watch the Zuari,

Let's watch every river and stream,

Let's run to Tiswadi,

Let's run to Sattari,

Let's run across fields and leaves.

Chorus:

Sing Goa, amchem Goa,

We can't leave you alone.

Sing Goa, amchem Goa,

It's time to save our home.

We're losing the lands,

We are losing the sand,

Because of some devious plans.

We've got to unite,

Stand up and fight

Before we lose our rights.

Can you see the dark clouds in the sky,

Can you see the poor fish even sigh,

Can you see the mangroves slowly die,

Can we find a way out to say goodbye?

(Varun Carvalho, 2013).

The entire song has been composed and sung in the English language except for the fact that it has only one word in the chorus in Konkani language, that is, 'Amchem' which translates to 'Ours.' Denoting Goa as ours, the songwriters associate a sense of belongingness to the state. The beautiful description of the state is followed by the current issues faced by the same. Environmentalists, campaigners, researchers and specialists in the field all agree that Goa's ecology and ecosystem must be protected before it becomes irreversible. The song emphasises the need to implement harmful projects that the Goan population has been vehemently resisting to preserve the land in order to halt the environment's rampant deterioration and devastation.

Now, progressing with the research with the evaluation of the songs written by the Non-Goans about Goa. The proceeding section will examine the perception of the state from the viewpoint of outsiders. Goa Beach a popular song by Toni and Neha Kakkar has been selected for the investigation concerning the rate of attainment of the accuracy of the factual presentation of the state of Goa. Only the chorus of the song has opted for the analysis since the state and the name have been stated only in the chorus, the rest of the song is romantic which is also hoisted as a party anthem.

Chorus

Goa waale beach pe

Rani aankhen meech ke

Thandi thandi beer piyenge

Dono photo kheench ke

(Desi Music Factory, 2020).

Translation

We'll wink our eyes on the beach of Goa

We'll drink cold beer and click photos.

(Filmy Quotes, 2020).

Today's ultra-cool youth like to live life the way it should be lived with drinking, dancing and stylish clothes being considered important parts of society. However, such viewpoints taken by filmmakers and presumptions made about Goans, such as that they are inexpensive and simple to find, have left a sour taste in

the mouths of Goans who simply want to be themselves. This lack of knowledge about their community among tourists and film creators makes Goans feel misled. They dislike visitors from other states who behave cheaply and come to visit, as they are known to do. This occurs frequently as well. Numerous young people from neighbouring and more specifically the north Indian states who are visiting Goa have created a negative impression of themselves due to their behaviour.

The next song is the finest result of the negative publicity of Goa and its people. It is triumphant in creating and posting the worst impression of the state altogether. EIC's, **The Goa Song** wherein the vocals have been provided by Siddharth Mahadevan can be considered as one of the contributors to the above-revealed problems. The lyrics of the entire song are as follows-

*Dil chahta hai, Dil chahta hai, Dil chahta hai,
Goa jaane ki liye, long weekend.
Dil chahta hai hum na rahe kabhi daaru ke bin.
Din din bhar ho Russain blondien,
We'll go to Baga act like Launde,
Saste me rent karein Dio aur Acura chala ke jaayein
Curlies to smoke gaanja.
Dil chahta hai,
With fake tattoos I will look real sexy
No, no. No!
Dil Chahta hai,
We'll go swimming wearing only Frenchies
Socha tah that we would look like Saif and Aamir Khan,
In reality, end up looking like kaachra from Lagaan.
Yeh hai, India ka Ibiza,
You can come here without a visa.
Stock up daaru inside your freezer
Get drunk, pass out and get amnesia.*

Where's my memory?

Getting tipsy

Zyada pee li

Bhaari trippi.

Yahaan awesome weather hai

Khane mein prawns' garlic butter hai

DP for FB aur Tinder Hai

Par phir bhi ladki humse na pat paaye!

Gujju, Mallu, Bihari ya ho Jaat

Sab bhool jaate hain apni aukat

Everyone plans to get laid har raat

But eventually, they use their haath

Forever lonely.

(East India Comedy, 2017).

Translation

Heart wishes, heart wishes, heart wishes

To visit Goa on a long weekend.

The heart wishes to not stay without alcohol.

Day after day there are Russain Blonds

We'll go to Baga and act like boys

We'll rent Aactiva and Dio for a cheap ride

For curlies to smoke and do drugs.

Heart wishes,

With fake tattoos, I will look really sexy

No, no. No!

Heart wishes

We'll go swimming wearing only Frenchies.
Thought that we would look like Saif and Aamir Khan,
In reality, we end up looking like garbage from Lagaan.
This is India's Ibiza,
You can come here without a visa.
Stock up alcohol inside your freezer
Get drunk, pass out and get amnesia.
Where's my memory?
Getting tipsy
Drank too much
High on drugs
There's awesome weather here
To eat there is Prawns garlic butter
There is a Display Picture for every Facebook and Tinder
But still, girls reject us
Whether you are a Gujju, Mallu, Bihari or Jaat
Everyone forgets their status and class
Everyone wants to sleep at night,
But eventually, they use their hands.
Forever lonely.
(Karolina9, 2017).

At the outset, this song is regarded as an anthem to the lonely lads. Further claiming that hundreds of Indian boys travel to Goa in search of a wonderland filled with alcohol, narcotics and prostitution. Goans have expressed their displeasure over the fact that many visitors behaved in the same manner as in the video song, but they contend that Goa is more than just beaches, alcohol and women. It also offers other attractions including famous temples, churches, heritage homes and more. Goa is endowed not only with pristine beaches but is also known for its magnificent natural scenery, an abundance of flora, unique-looking temples and churches, vibrant and exciting feasts and festivals and, most importantly, warm and welcoming locals who come from a diverse

range of cultural backgrounds. The songwriters have presented a faulty image of the state of Goa and its residents. The lyrics and graphics have picturised Goa to be in a dim light instead of being in the limelight.

Commenting on the graphics that have been analysed in this research, it can be said that most of the songs have been successful in portraying the accurate exquisiteness of Goa, except for some songs, especially the ones created by outsiders in their music videos have been characterised Goa from the point of view of the tourists, that is, focussing on what the visitors enjoy doing in the state such as exhibiting the freedom for an open-minded sense of dressing and drinking which is otherwise restricted in their homelands.

Conclusion

The best aspects of the East and West have been marvellously merged by the Goans. Christians, Catholics, Muslims and Hindus all live side by side in harmony in the warm, exuberant culture of Goa. All significant holidays are joyfully observed by Goans, who uphold their long-standing customs and rituals and work to keep the community united notwithstanding any religious differences.

The initial songs that have been selectively analysed have positively captured the precise picture of Goa and the Goans since the composers were originally the natives of the land. Being the sons and daughters, of their homeland, the lyrics reflected the reality of what Goa is actually about.

Goa has distinguished itself as the most sought-after travel destination and has quickly attained international acclaim as a tourist popular spot. But the number of visitors has significantly decreased. The downturn in tourism, according to authorities in the industry, may be ascribed to several things, including the collapse of the world economy and the bad media Goa has had in recent years due to problems with drugs, violence against foreigners, the safety of women and negative publicity of Goa and the Goans. Nevertheless, a person visiting Goa will surely be left content with all that Goa offers. Goa must be on the bucket list of every person who loves to travel. Goa is so beautiful that one will not be able to finish giving a detailed description of its beauty. Goa is truly a heaven of nature and seashores in India.

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