

Global Health And Nourishment: Emphasizing Skills in Physical Education and Sports

Dr. Subhash M. Shekokar

Director of Physical Education and Head

Nevjabai Hitkarini College, Bramhapur, Chandrapur, Maharashtra, India

Abstract: *Healthy amount of manageable stress can lead to increased brain functioning, a boosted immune system and better preparation for future stressful situations, which can positively affect emotional health with your work and home life. Physical fitness is usually achieved through proper nutrition, moderately vigorous physical activity, exercise and adequate rest. Before the Industrial Revolution, fitness was defined as the ability to perform daily tasks without excessive fatigue. It especially suggests that the possible connection between the new schooling model and the objectives set out in plan 2030 be broke down, as a main impetus for methodological change, and establish the framework for future business related examination in instructive organizations. This article discusses sustainability through exercise and physical activity. After 15 years of progress towards the Millennium Development Goals (MDGs), the world is focusing on replacing Sustainable Development as the recently adopted 2030 Agenda for Sustainable Development changes. Examining the achievements and future performance of the eight Millennium Development Goals, the global local region led by the UN attempted a wide-ranging conference activity with partners from all sectors of society and adopted 17 Goals for Sustainable Development to be pursued over the next 15 years. a year A universal desire to bring individuals and the planet closer together and leave no one behind. The 2030 Agenda is an extraordinary opportunity to launch global actions to promote progress around the world, recalling sport for development and peace.*

Keywords: Sustainability, physical activity, goals, sports, development