

BACKGROUND

- Physical Inactivity is one of the leading risk factors of NCDs (WHO, 2020)
- It is not only an Important health issue (WHO, 2018) but also a global pandemic (Kohl, et al. 2012)
- Inactivity accounts for 1–3% of national health care costs (WHO, 2018)
- There is a need for adequate places to engage communities in physical activities in order to plan for a healthy city (NRPA, 2014)
- India registered with the maximum prevalence of the insufficient physical activity in South Asia (Guthold, 2018)
- “A 15% relative reduction in the global prevalence of physical inactivity in adults and in adolescents by 2030.” (WHO, 2018)
- Cities have a particular responsibility and opportunity to contribute to this agenda. (WHO, 2018)

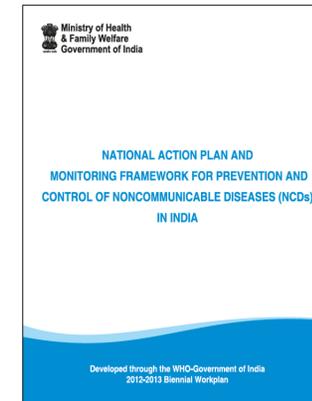
OBJECTIVE

- To explore the ways through which discourses about Public Health and Physical Activity are produced by the State
- To understand the strategies which State employs to influence the physical activities in the city by taking the case study of Open Gyms in the city of New Delhi, India.

CASE OF OPEN GYMS IN NEW DELHI

- New Delhi Municipal Corporation (NDMC) started the project in 2014 by setting up Open Gyms in 30 parks out of 124 parks
- South Delhi Municipal Corporation (SDMC) also passed a resolution to establish open gyms in every ward as a pilot project
- Case study of one ward have been presented to understand the politics of inscribed governance and performed governance

INSCRIBED GOVERNANCE



A 10% relative reduction in prevalence of insufficient physical activity

- Develop and implement national guidelines on physical activity for health
- Promote physical activity through evidence based public health campaigns by incorporating enhanced physical activity in daily routine, including through “active transport”, recreation, leisure, sports etc.
- Promote physical activity in schools through school based programmes and at work place using appropriate measures
- Multisectoral approach involving urban development department/municipal corporation/transport department etc. for creation and preservation of environments supporting physical activities in community setting, e.g. development of safe and accessible infrastructure for walking and cycling
- Promote community involvement in implementing local actions aimed at increasing physical activity



Table 9.1: Planning Norms, Standards for Recreational Areas/ Parks at Sub-City Level:

S.No	Category	Population / Unit (Approx.)	Plot Area (Ha)
1	City Park	10 lakh	100
2	District Park	5 lakh	25
3	Community Park	1 lakh	5

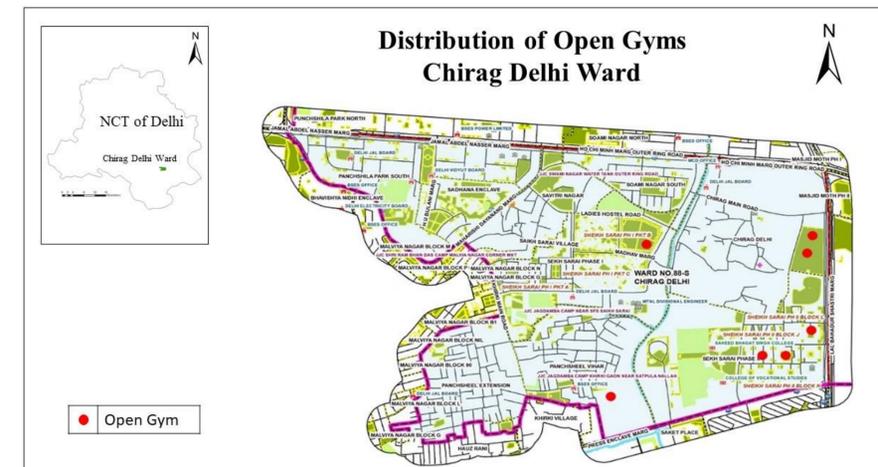
Note: 5 to 10 % of the Multipurpose Ground area will be under use for rainwater harvesting / water body.

Table 9.2: Planning Norms, Standards for Recreational Areas/ Parks at Neighbourhood Level:

S.No	Category	Population / Unit (Approx.)	Plot Area (Ha)
1	Neighbourhood Park [1]	10000	1.0
2	Housing Area Park	5000	0.5
3	Tot lot at Housing Cluster Level	250	0.0125

[1] Multi-gyms would be permissible in parks having an area of one ha, and would have built-up area upto 225 sq.m]

PERFORMED GOVERNANCE



CONCLUSION

The standards which are inscribed by the means of various legal documents such as master plan for promoting physical activity are negotiated in everyday life of the city and entangled in the performed governance.

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