



# IMPORTANCE OF SPORTS IN LIFE: WHAT WE GET OUT OF IT?

**CASE STUDY/INSIGHT**



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Playing and watching sports are favourite hobbies for many and some take sports as their career. Playing sports has numerous positive effects on health, fitness and spirit. It helps in reducing body fat, strengthening muscles & bones, increasing stamina & flexibility, providing relaxation to body, peace of mind and maintaining activeness.

Students from their young age must be encouraged to participate in sports. Apart from having health benefits, sports plays an important role is shaping a person's character and qualities. All of us might be familiar with the term 'Sportsmanship', which conceptualizes certain qualities of a sportsman. These qualities include balance between victory and loss, fairness in play, ethics, respect to even opponents and appropriate behaviour. A sport teaches a person to accept that both winning and losing are a part of the game and to treat the end results equally. The only criteria is to keep playing to your fullest until end of the game. Winning is to cherish and move forward towards the next step, while losing is to analyse the mistakes and correct them. This is applicable for real life also. Isn't it?



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Playing, towards common goal of winning, with a group of people, teaches a person to build teamwork and effective communication. Most importantly, a sport inculcates two important qualities in a person – endurance and persistence. These two qualities are of utmost need to achieve anything in life. Also, sports boost one's self-esteem. By practicing frequently and working towards your goal, one can build self-confidence and skills. A sport teaches to put in effort first and then expect rewards from it. Sports make a person more flexible in adapting to different kinds of situation. In general, sports persons are healthier and happier.

It is a good thing to see increasing participation of girls in sports. Earlier we had very few women participating in sports due to restrictions from their families. But the situation has been changing and we could proudly watch young girls achieving in sports. P.T. Usha, Shiney Abraham, Mary Kom, Sania Mirza, Saina Nehwal, Serena Williams, Venus Williams, Maria Sharapova, Steffi Graf, Monica Seles, Martina Hingis, Martina Navratilova, Sabatini, Mithali Raj, P.V. Sindhu, Sakshi Malik, Deepika Kumara, Dipa Karmakar are some of the famous women who have achieved great heights in sports. Parents should cooperate in allowing their girl children to participate in sports.

Apart from leisure, sports contribute a lot in moulding a person. In this busy life, it is important to allocate some time for sports in order to keep our body and mind fit, healthy and active.

