



SWIMMING: A HAPPY AND LIFE- SAVING SKILL WORTH LEARNING

CASE STUDY/INSIGHT

SWIMMING: A HAPPY AND LIFE-SAVING SKILL WORTH LEARNING

Swimming offers a wide range of benefits to health and the mind. It is an excellent activity to work our entire body and cardiovascular system. It improves the functioning of the heart and lungs, tones muscles, builds endurance and strengthens the body. It also helps in burning calories and staying fit. Hence, it is a good option for obese people to try and get the benefit. Swimming is said to help sleep better at nights and boost the quality of life. It is beneficial for the mind too. Swimming helps reduce stress, calms the mind and results in a state of peace. It also keeps the mind active and focussed. It reduces the symptoms of depression and improves mood. Swimming is said to increase memory in people who suffer from dementia. People with injuries and other medical conditions should consult the doctor before starting with swimming.

Swimming isn't just a sport or a leisure activity, it is a lifesaving skill that is worth learning. There are many situations in life where we have to travel to water. Crossing a river, boating in lakes or dams, travelling in ships and visiting waterfalls for fun are some of the instances where we deal with water. We might have experienced many of these in our life during vacation. When we happen to travel in water transport such as boats, coracle, crew boats and ships, there are some risks associated with it. In such situations, swimming plays a vital role in saving lives. It will help during an accidental fall into the water and also help saving others from drowning.



SWIMMING: A HAPPY AND LIFE-SAVING SKILL WORTH LEARNING

We should also engage our children to learn it. Today we have access to so many swimming classes being organized in cities and towns by trained swimming professionals. They also offer classes in different batches like regular, weekend and evening batches. Children can join such classes to learn swimming. Young children can learn to swim efficiently in a short period. Even with 5 - 10 hours of swimming training, children can acquire the basic skills of swimming. With practice, they can improve and become a skilled swimmer.

Sea swimming requires additional expertise and training. Sea swimming can be done free of cost but it involves risks. Only people with expertise in sea swimming and adequate practice should swim in the sea.

When we stay at hotels and resorts, there will be swimming pools. It will be better and worthy if we know swimming to some extent to spend some quality time in the swimming pools. Swimming will be a very good option during summers for relaxation.

If we have missed the opportunity to learn it, we can start now and have fun! SPLASH!