

Challenging life experiences

Sociology



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BUSTER**

I was later diagnosed with Pneumothorax. My doctor advised me to avoid any kind of rigorous activity and sports. This was a very difficult period and the very thought that I would not be able to pursue my passion for sports was scary and devastating. I stopped playing the game for about 6 months; however, I did continue basic training with the hope that I would get another chance someday to play the game. My hopes did not go in vain as my determination and hard work resulted in my re-selection back to the team in 2011. Thinking back, I now realize that my health problem could have been averted if I had avoided the continuous training sessions and physical strain. I now know my limitations and will henceforth be more careful. I will work towards maintaining good physical and mental health as they are extremely crucial for succeeding in life.