

Sports, a growing
child are necessary
for the



**ASSIGN
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Sports, not only bring people together, but also set them apart. They bring everyone together by inspiring many fans to cheer for a particular sports. When two teams or two individual athletes are competing with each other, fans become divided according to their liking, thereby, involving not just those who are playing but also those who are watching. For students, sports are invaluable because not only do they instill values but are also essential for a harmonious life. It is through sports that students learn values like discipline, responsibility, self-confidence, sacrifice and accountability. Sports develop values of camaraderie, mutual trust and sportsmanship. They help a child to take his own decision and sharpen his thinking process. They teach the child to be unselfish and play for the team rather than for individual accomplishments.

They teach a child to accept defeat gracefully and handle disappointments, build self-esteem and confidence. Sports help not only in developing a child's body but also his mind. They are an essential way of giving vent to the physical energy which is in abundance in a growing child and are necessary for the physical fitness of the students because it tones up their muscles and strengthens their bones. They inspire and energize youngsters thereby giving them a positive experience of life. Sports address the physical and emotional needs of an individual. The intake of oxygen increases during physical activity making the brain function better. They make mentally active and improve his performance in academics also. Many parents feel that sports hamper the studies of students but it is a misconception, sports are recreational activities which not only provide a positive outlet to the energies of the children but also keep them away.

i mischief and are a great source for decreasing their stress level. Today, 1 of physical activity has become a cause of concern not only for schools also parents as it has lead to an increase in the cases of diabetes, extension and obesity among children. Thus, the therapeutic value of oils can not be undermined. One must also realize the immense potential of sports in bringing the Nation d people together.

They break barriers and help in creating a better world, specking cultural diversities and bringing about peace. In the end remember I study and no play makes jack a dull boy and that education without orts" is incomplete.