

Physical games versus computer games

[Sport & Tourism](#)



**ASSIGN
BUSTER**

Now a days people are tending away from physical games and activities. The reason is either lots of studies or the computer games, an ill-fated shortcut. Read this resource and realize the importance of games and sports in one's life. Importance of Sports and Games 'All work and no play makes Jack a dull boy'.

Rightly said so, that education without activities is always incomplete. A child may mug up the history textbook, but for how long? May be till the last bell of exams but if it gets a bit of interactive touch, then the same student may have such a memorization and understanding that he will not only just forget it ever in his life but also implement it in his life with an equal degree of effectiveness. The clear cut inference is this that if the education is the car then sports and activities are the Is this Essay helpful? Join OPPapers to read more and access more than 325, 000 just like it! get better grades keys to drive on towards the success! Yesterday I read a newspaper report which showed the tendency oildren to remain away from all sorts of physical activities. I felt really sorry to hear this. Friends if you think that if Newton had just studied days and nights to bring to the world his greatest achievement, 'The Principia', then you should also know where from he had got the idea, he got it from the falling apple when he was observing nature's beauty and strategies! So friends, reserve your playing time atleast for an hour a day, out of the tens of them which you devote in studying!! Look the world with different angles and you will realize that still there are infinetly many corners unexplored. See beyond your farthest point of visuality and know how beautiful the nature is! Enter the world of sports and games, a world beyond the pages of your books..

.! The Value Of Sports And Games: Games and sports keep one physically and mentally fit. They keep one away from diseases relating to heart, obesity, mental stress and sleeplessness. They instill in the player a spirit of self-confidence, self-reliance, discipline, justice, fair play and patriotism. Games provide us with recreation and enjoyment. Games are very essential for students but they are neglected in schools. Even parents do not have high opinion about games and they want their children to devote more time to studies.

India lacks funds, and proper training facilities are not provided to the players. Sports bring rich dividends to sportsmen. The government has formulated a New National Sports Policy. Effective measures should be taken to popularize, and encourage participation in games and sports. We all are familiar with the maxim 'Health is wealth'. According to the World Health Organization, 'Health is a state of complete physical, the absence of disease. ' Academics serve the purpose of nourishing the mind.

But Is this Essay helpful? Join OPPapers to read more and access more than 325, 000 just like it! get better grades a healthy mind resides in a healthy body. One can develop and maintain a healthy body by actively participating in games and sports. Games keep our body alert, active, youthful and energetic. They instill in us a spirit of adventure. Games increase the circulation of blood, boost metabolism, burn calories and improve the respiration and digestive system. A healthy person can work hard cheerfully for a long period of time, and can face dangers boldly. Games also instill in the players the spirit of self-reliance, self-confidence, justice, and fair play.

They enable him to follow other virtues like discipline, honesty, integrity, loyalty and patriotism. While playing games various exercises are performed automatically and one need not join a gymnasium to exercise. Brisk walking, running, cycling, skipping, swimming and yoga are common activities to keep fit. They also tone up the body of both the young and the old. Mild exercise are beneficial for patients recovering from heart...