

SPORT & ADVENTURE ACTIVITIES

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Cadet

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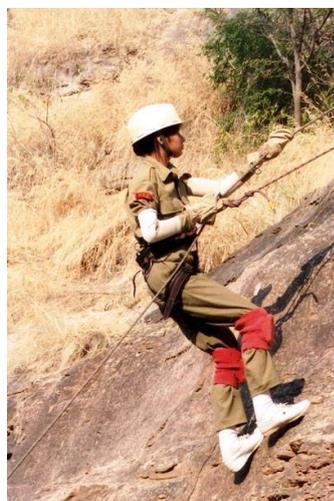
5 Gujarat Battalion NCC Surat

Sports are an activity which includes physical and skill performed by an individual sport is also very crucial to maintain the health and sound body. Any sport activity improves cardiovascular health Reduced body fats improve Stamina flexibility agility and muscles development other benefits which is very important for body. Outdoor sports like cricket and football are famous and most played sport all over the world both the games have a unique fondness and huge fan following swimming, volleyball, karate skating etc are few games that promote self confidence and boots energy.



Person develops strong stamina and endurance while playing the sport.

Sports are suitable and essential for the people of all age's group but most crucial for student when



their skill and character are surfacing moreover and framing excellent health. Sport would also be a very adventure which encompasses high level of danger these are typically outdoor sports including intense, sometimes life threatening action making an adventure atmosphere.

Fundamentally a sport person loves adventurous sport but other people

also go for them. Some of those sport including sky diving, paragliding

etc. Most of the adventure sport is undertaken in hilly and mountain

areas. Hang gliding is a very popular adventure sport. Best benefit of

adventure sport is the direct conduct to the nature. It also act as the

protective cover against mental

and in the physical exhaustion.

In sport team spirit and a sense

of belongingness are witnessed

among a players team

cohesion is created, and

individual become more sociable. Playing any sport or

adventure activities plays an important role in the well-

being of an individual. It promotes the overall development

of our body fatal and harmful disease are also terminated

for life through sport it keep healthy from the dangerous

disease lastly we must include sport in the school system,

along with education & many school give best opportunity

to student in sport for best health and example for other

student also to take steps in sport also along with education.

