

Essay on sports and adventure

As an NCC cadet my instructor has told me about how important sportsman ship and sprit of adventure is for oneself and specially in NCC.

Playing sports is important because it helps us to stay healthy, helps you to fight depression and anxiety, and also to challenge yourself. Spirit of adventure is also important as you learn to turn your fear into a positive experience and it is also thrilling.

Sports, a sportsman should have the required skill and physical power. Sports are usually it is hard. These are many sports such as football, racing, wrestling, hockey, etc. Adventure, someone who is doing adventure should be mentally prepared. There are both hard and easy adventure sports we can do. Such as bungee jumping, trekking, paragliding, etc. are some of the easy adventure sports and as for hard is mountaineering, rock climbing, river rafting, etc.

The sports that we play usually for example: football, badminton, basketball, volleyball, etc. helps us with sleep as it releases chemicals in brain that can make you happier and relaxed. You can also improve your fitness level as well as reduce your stress. When you play this sports you can find new friends which has a dozens of players. Sports can helps you become more confident. If there is pros then there is cons too. Cons of playing sports are: playing sports can be exhausting and it may also lead to serious injuries which may take a lot of time to recover. Success in sports may depend on individual, when u play sports like badminton, wrestling, weight lifting, etc. and on the other hand and when you play sports like basketball, football, volleyball, etc. it depends on team work and sportsman ship.

Just like sports there r pros and cons of adventure too. The pros of adventure is that we can spend time outdoors which can reduce stress. It helps us connect with nature. Nature can give new energy to our soul. When you complete a adventure sports you get a sense of accomplishment. There are cons of sports but it has a low risk as compared to adventure. The cons of adventure are very dangerous. There is a very big possibility of injuries even with the safety precautions. These sports can be traumatic. If a person can't perform as he or she expected to perform than his or her confident level may drown drastically.

As we can see the pros and cons of both adventure sports and normal sports. By looking into the cons we should never be afraid of doing such things as it only discourages us. We can just think of what we can gain from it. As Bachandri Pal said "adventure should be part of everyone's life. It is the whole different between being fully alive and just existing."



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