

# **Importance of games and sports**

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Education aims at the training of both the body and the mind. To have a healthy mind, we should have a healthy body. Physical training is a part of perfect education.

Games and sports have a great importance. They are as necessary for the body as for the mind. They keep us mentally alert and bodily fit. They have a great value for us. They inculcate the virtues of discipline and team spirit. They help the formation of character. They teach us to obey the rules. They teach us how to accept even a defeat gracefully. In short, they teach us sportsmanship.

Games and sports encourage a healthy spirit of rivalry. They develop in us quickness of decision and firmness of mind. They help to develop in us quickness of decision and firmness of mind. They help to develop pluck and patience.

But the value of games and sports is not limited to the academic field alone. Ours is a modern world of stress and strain, tension and cold war Games and sports alone can relieve tension in the international field. The Olympic Games, various other international meets like the Asian Games, the Commonwealth Games etc. have played a positive role in developing the spirit of universal brotherhood. They develop the spirit of friendship and cooperation among the countries of the world.

Games and sports are very important in the present-day world. They are a part of our national and international.

It is said that India, a country of ninety-five crores of people, is still lagging in the field of games and sports. We have now realized its importance. We

should take all possible steps for the improvement of games and sports in India. We fervently hope that India will do very well on the field games and sports in the near future.

***Jai Hind***