

ARTICLE

HAPPY NATIONAL SPORTS DAY

29AUGUST

Acharya V Venkat
Director
7Sports Foundation
(Awakening the Athlete in every individual)
9949957979.

The scoop of the day
A very happy National Sports day to all.

India celebrates National Sports Day on **29th August** to commemorate the birth anniversary of hockey legend, Major Dhyan Chand. The day is also dedicated to the nations' sports heroes and champions, honoring their contribution and dedication towards bringing laurels to the country.

" Everyone one is a Sports person," everyone has an amazing personality and Athlete inside them.

On the occasion of Sports day, let's discuss and look at benefits of playing a sport.

Any form of physical activity can also be included for those who are not in any particular format of sport.

Sports in simple words can be an engagement of physical body and mind in achieving a target, Goal. even we can consider walking to be a sport.

There are 8000 different kinds of sports according to some sources.

In the recent past, India as a country is moving towards a sporting culture, and giving importance to Athletes and their preparations with facilities. As a result, India stood 5th place in commonwealth games 2022, and also in the medals tally in Olympics increased.

IMPORTANCE OF SPORTS

The first thing sports helps is in building one's character and personality of an individual.

For a common person who are not a professional athlete, the body and mind are engaged, playing any form of sport, keeps the physical body active, the body releases enzymes which are necessary to be healthy. for the mind it's also a therapy. The mind is engaged in a positive activity also the mind becomes free from any stress.



For Adults sports can bring in health benefits like

- Helps to enhance blood circulation,
- Manage Weight.
- Help control diabetes.
- Better Sleep patterns
- Chemicals in the brain get released that can make you feel happier and relaxed.
- Reduces Stress levels.
- Improvement in Mental Health.
- Better Lung Functioning.

One of the important aspects is Human connections, Meeting New people, Making new friendships.

In today's times, it's very important to engage in some sports to keep oneself fit.

for example: Those who are not able to do yoga or sports which are difficult can pick up any simple activity of their choice, the condition is to engage in some physical activity.

The community model of living has increased, and facilities are provided, the management can come up with healthy community initiatives where everyone is engaged in some activity to keep themselves fit. Together we need to build a sporting and Fit communities.

Schools, Colleges, Communities, Corporates are trying their best and are providing facilities, sponsorships despite many challenges.

We need more contributions, collaborations for better infrastructure, athlete development programs, Talent identification programs, Coach development programs. Let's together make an effort.

"It is not my country's duty to push me ahead.

It is my duty to push my country ahead."

– Major Dhyan Chand

Importance of Sports for Children & Youth



Children & Youth
are the future icons of
the society and nation

There are many benefits of putting the children in sports, parents are requested to put their children in any sports at an early age, they can start at the age of 5 - 6 years, depending on the interest and looking at other factors. Parents can look at nearby sports centers or stadiums available and also discuss with professional coaches.

By Engaging in sports activities, children can benefit in many ways, Sports gives an opportunity towards

- A healthy life style,
- Social skills, they learn Team work,
- They learn how to share and care for each other,
- They learn support and encourage each other
- They learn about success
- They learn how to manage failures
- Develop Leadership skills
- Improves confidence
- Overcome shyness
- Increased concentration
- healthy growth of bones, muscles, ligaments and tendons.
- coordination and balance
- Physically and mentally healthy



Regular Physical activity, Sports gives an opportunity to develop mental abilities, increases self -esteem, also helps in reducing stress and anxiety.

Today there are many opportunities to become a professional player and play competitive sports and make a career.

Children who do not participate in sports at all can develop sedentary life styles activities, spend time in computer games, television, and with no physical activities for example can lead to other complications like obesity, other growth-related issues.

There are challenges in this journey, lets together contribute whatever and where ever possible in our own capacity for the development.

Let's Together spread awareness in our capacity about the sports and its importance. Encourage children & youth to pursue sports along with studies Let's together build a happy and healthy society, let participate in nation building.

Acharya V Venkat

Ph: 9949957979