Sports Should be made Compulsory in Schools

Point

Sports Impart Character
Games are essential and a necessity for children. Physical exercise keeps the body fit and trim, thus ensuring healthy eating habits. If there are no games for children in school, they tend to get weary and bored of school routine, and studies become a drag. It has been shown that if you are overweight you are more likely to develop health problems, such as heart disease, stroke, diabetes, certain type of cancer, gout (joint pain) and gallbladder disease. Research has also shown that students taking part in sports have better academic performance than those who were not exposed to physical games. Games also boost character building and prepare children for leadership roles.

Outdoor games are recreational and ensure that children are exposed to fresh air and exercise, which they might not get at home, the television and the computer dragging them away from any forms of physical workout. Children also develop a coordination of eye and limbs. They learn to be more social and outspoken. They learn to deal better with their fears, think more independently and become apt at disregarding little bruises and fusses.

So, since outdoor games and sports open a door to freedom of mind, sports should be encouraged in all schools and should be supported by all parents, because the children of today are the hopes of tomorrow.

Owais Yusufi
Class VI, Career Convent College
Lucknow

Counterpoint

Sport Activities

Daily Dose of Sports
The first decision-making ability starts when a child steps on to the playground with friends. Sports activities bring out many qualities in a student. Since sports help them inhale more air/oxygen bringing strength to the body, the body grows healthy and the brain becomes sharper, thus helping the student to do well in studies as well. It will not be wrong to say that the physical, social and intellectual development of kids starts in the playground. Besides, due to lack of sports activities, students/kids gain weight, which is hazardous to their health. Sports are considered to be the most comprehensive exercise for kids. I think kids should be provided at least one sports period everyday to make them grow as happier, healthier and more responsible humans.

Vibhor Mudgil
Class VIII, DPS, Indirapuram

Best Cure
Sports are like medicine for the health of children. Without improvement in health we can never build a good human being. So if sports are made compulsory for all then human health is protected by sports just like cancer is protected by chemotherapy. Also school is the first stage of health so it is the best time of taking treatment in the form of sports for total cure.

Md. Mahatab
Santiniketan (W.B.)

No Compulsion
No doubt, apart from studies, sports and exercises are also necessary for students, but making it compulsory means schools have to organize sports day a n y h o w otherwise it may be taken to task by the administration. So it will disrupt the study environment. Therefore, it should be left to the school management to hold sports events occasionally.

Shayan Ghani
Patna, Bihar

Develop a Sports Culture
I do not think there can be any counterpoint of this statement. Being a country that barely manages two or three medals in the Olympics, it should be mandatory for schools to provide sports facilities for students. This will not only kindle the passion for sports among students but will also create a sporty atmosphere in the whole of India. Coupled with this it will also address growing concern over health issues viz. obesity that is common among students going to schools, especially in urban areas.

Abhishek Anand
anandabhishhek309@gmail.com

Sports for a Healthy Body
To improve the power of thinking we need a healthy mind and a healthy mind demands a healthy body. Sports play an important role in keeping us physically fit. Today, with rapidly growing population and reducing numbers of playgrounds, students prefer to play computer and video games. In schools they are provided with proper facilities to play sports. But it should not be made compulsory. Instead we should try to make them interested in sports and this can be done by employing good sports teachers. Through sports our purpose is to make the students physically healthy and this will be possible only when they get interested in sports.

Dhritiman Kakati
dhritiman777@gmail.com

Some More Olympic Medals
Certainly, sport should be made compulsory in school. Not only on paper but also in practical terms. It will make children healthy not only physically but also mentally. It will also create a feeling of teamwork among them from their early childhood. There are a lot of games being played in schools that already train children for the Olympics.
played outside our country about which majority of us do not know. If sports is made compulsory then we will get a chance to know about them, and if children develop interest in such games from their early childhood then there is a chance that they may become good in their field, and we may increase our chances of winning some more medals in the Olympics.

Rituraj
Kota, Rajasthan

Enhancing Social Stability
It is often said: “A healthy mind resides in a healthy body.” But in this humdrum 21st century, the students’ life is so busy that they seldom think about their own well being. They are only running in the rat race to fulfill the aspirations of their parents. To overcome this negligence, sports would prove to be the most beneficial thing to help students to be fit physically and mentally. Playing games not only enhances the health status of students but also envisages a kind of team spirit, which in turn enhances social stability.

So, schools must consider the fact that games are not just wastage of time rather they are such rare treasures that shape the future prospect of a student. So students, Play games, not only to hit, But also to be 100% fit.

Valbhav Gupta
Muzaffarnagar (U.P.)

Make it Compulsory and Provide Financial Assistance
Education should mean a perfect balance between imparting physical and academic education to the child. Considering the fact that the obesity graph for children has been growing drastically since the past few years, the value of sports for children in the school cannot be underrated. Undoubtedly, games and sports help in recreation and are very good for de-stressing, encouraging team building and also teaching them to accept defeat. Sportsmanship and team spirit displayed by the players on the field can be imbibed by the students. Their display of punctuality and self-discipline could be adopted for betterment. Moreover, exercise invigorates the mind and body and helps to keep fit.

Making sports and extracurricular activities mandatory at the school enables kids to realize their own strengths and that is what schools are for. When young kids enter school they are unaware of their strengths and are still developing interest in various things. If extra curricular activities would not be compulsory at school many kids will never get a chance to try them out.

Sports should be made compulsory in schools to introduce a healthy lifestyle to all the school going children. However, there should be more variety of sports and activities like swimming, tennis, track and field, weight lifting (gym), as well as competitive and non-competitive games. Outdoor games are recreational and they ensure that children are exposed to fresh air and exercise, which they may not get at home. The TVs and computers are dragging the students away from any form of physical workout.

Unfortunately, in our country the state of sports is dismal and sportspersons lack proper training and sponsorship. Most of the schools lack the area and the infrastructure for sports. The State governments, school boards and Sports Authorities of India should enact laws to make sports a compulsory subject in schools and also provide financial assistance to schools.

Dr. S.K. Aggarwal
Dean, Academics
Amritsar College of Engineering and Technology

Sports Brings Happiness
I do agree, but schools generally think sports as wastage of time. But in reality, it’s no waste; instead it helps children in studies too. It assists them relax their mind which actually makes them concentrate better. Sports bring happiness, but most importantly it keeps the young minds fit and healthy. It also helps them find out a new career for themselves.

Sawarnik Kaushal
Patna, Bihar

Part of Learning
Yes, I agree with this proposal. In the age of cut-throat competition, the students do not get much chance to play. Also, most guardians do not show any interest in playing, they (guardians) stress only on studying. Many students sit all the time before television or computer. But sports are a great part of learning. All work and no play make them dull. If sports are compulsory in schools, then they will get enough opportunity to play with their friends with a free mind.

Anirban Nanda
West Bengal

Be Sporty!
Today, India is witnessing an economic transition. In general, excellence is achieved in every field at the cost of health, due to a sedentary lifestyle. So the necessity of being healthy and fit should be inculcated right from the school days. In the age of television, Internet and video games school children are becoming more physically inactive which consequently leads to childhood obesity. Childhood obesity is known to be associated with many serious health hazards including diabetes and heart disease in later life.

We cannot deny that sports, particularly outdoor games, play an important role in developing challenging spirits among children. Schools should incorporate outdoor sports activities like swimming, cricket, football etc. Every day, there should be at least one physical training (PT) hour compulsory for every class. Moreover, PT and sports activity should be made mandatory part of the curriculum. There should be a compulsory 100 marks or equivalent grade allotment made for sports activity, just like a regular subject. Children should be encouraged to participate in various sports activities keeping in view their interest and liking after proper counseling.

Most schools in big Indian cities lack playgrounds. The concerned ministry should make the availability of open playing fields mandatory prior to granting recognition to new schools or private educational institutions.

Mehmood G. Sayyad
Bio-Statistician, Pune
mgsayyad@gmail.com
Moulding Wet Clay

Children are the future of the country and they are like wet clay—we can mould them into any shape. A child must get all types of education from childhood itself. Generally in schools mental education is given by teaching different subjects. But physical education is also as necessary as mental education because for a developing country like India the youth must be fit enough both physically as well as mentally. So sports should be made compulsory. India is very poor in the field of sports though there are a lot of talented children in every corner. The talented children need some scope to bloom. And this can be possible only by making sports compulsory in school level as it is the only moulding & shaping stage.

Deepest Kumar Padhan
Odisha

Inner Thirst for Play

Sports are an important part of every student’s life. Children should be exposed to information in all the fields of current situation along with formal knowledge. I’m in full support of sports being made compulsory in schools. Being in the curriculum, children will get another reason of their liking to go to school. As every child has a potential, sports being made a part of studies can give them an opportunity to bring out their inner thirst for play. Taking part in sports would rejuvenate both mind and body. These days even the government has introduced an experimental program by the name “Learn with Fun” where ‘see and know’ and ‘do and learn’ play important roles.

Vidya C.
Lecturer, Dept of Engineering Physics, DSCE, Bangalore

Fulfilling Dreams

Sports in schools give a good opportunity to sport loving students. There are some students who are not good at studies but excellent in sporting events. It will help them to fulfill their dreams and they could even play for the country. It is useful both for the student and our country as well.

Ningthoujam Chetan Manipur

PT not Sports Should be Compulsory

Sports should not be made compulsory in schools. Rather the students who are interested in sports should be boosted. Besides the students who are found capable should be encouraged to take up sports. However Physical Training classes should be compulsorily conducted for physical fitness of the students.

Parasar H. Lenka
Dadar (East), Mumbai

Sport is Real Education

Since from the very beginning of civilization we have achieved many milestones of progress through sports. Sport is a form of physical activity that provides enormous opportunity to develop all round personality of a child. It also develops neuromuscular coordination that is vital for learning in a child. Sports bring physiological changes within the human body. Sports also develop several social qualities within a child such as co-operation, honesty, brotherhood, sympathy and cohesiveness. Hence, sports should be a compulsory subject in schools. Without sports the real sense of education cannot be achieved.

Kanu Kisore Sarangi
Raipur, Chattisgarh

Sports for Fitness

Sport is something that should be encouraged at the very elementary stage of one’s life and school forms an inseparable part of it. Nowadays schools are becoming academic oriented and as a result sports has taken a back seat. Due to this students face health problems and undergo a lot of stress. The list constituting the advantages of sports is endless. Sports should be made a mandatory part of a school’s curriculum. Physical activities, competitions, quizzes and other recreational activities related to sports should be included in the routine followed by children in schools.

Rohan Bhardwaj
Vadodara, Gujarat.
nicorobin3012@gmail.com

Iron Nerves from Sports

School is a platform for holistic development of growing minds. Sports expose the growing minds to a competitive paradigm and help them to adapt to the reality of success and failures as laws of life. Through sports, young boys and girls get opportunity to develop an attitude of cooperation, understanding, the attributes of decision making and experiencing the implications of discipline in real life situations.

Shrimanta Shankar Academy,
Guwahati
Dr. Mridusmita Datta
mridatta@yahoo.co.in

Olympic Hopes

Today every one is stressing upon studies. Even a kindergarten student is not being allowed to play the games that he or she likes. Due to this children become addicted to television and computer games, as a result they are becoming obese and are suffering from many diseases from a tender age. Schools are areas for all round development of a child. By implementing sports at the school level we could even get a number of players for the Olympics.

N. Sucharitha
XI Class, JNV, Ongole

Let the Spirit of Games Survive

In India majority of the people think of compulsory things as a burden. A better idea would be to make the availability of sports accessories compulsory to every student. And let the spirit of games survive own its own.

Kostubh Koushik
koshu9286@yahoo.in

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