

“Sports Should be made Compulsory in Schools”

Teaches Teamwork

There is an increasing need to balance the heavy academic focus within the students' life,



which must include many things beyond simple acquisition of facts. All sorts of skills should be inculcated among the children during their formative years. For example, indulgence in sports can help the child forge positive social relationships, to be calm and patient, and most importantly it teaches them the benefits of teamwork, which is very necessary for children of today's generation to know. Sports can be a boost to the child's self worth and responsible behaviour.

Shivani Bhatia
Dehra Dun, Uttarakhand

Additional Stress?

In the wake of increasing load of studies on a school going child, making sports compulsory will not help the children in schools. Sports act as an additional stress, with increasing expectations of parents and sport coaches to perform well in sports too. Often it leaves the children with no spirit for either study or sports. This is the most harmful state as it leads to depression. Yoga and Meditation can be a perfect extemporization over sports. They provide stability to mind, relieve the tension and provide a perfect general health. They endow a healthy mind, body, heart and soul and can be a boon for students.

Manu Arya
Bhopal (M.P.)

Physical Workout

A famous quote goes: "All work and no play makes jack a dull boy". Games are essential 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 the school routine, and studies become a drag. Introduction to sports at an early age develops teamwork, and sportsmanship in children. Outdoor games are recreational and they ensure that children are exposed to fresh air and exercise, which they might not get at home, with the television and computer dragging them away from any form of physical workout.

Jagdish Valecha
Bandra (W), Mumbai.

Want to Make Bookworms?

All students are overburdened with studies. With no time for recreation, no time for engagement in the playground, students are compelled to become bookworms. For a healthy generation our children should be encouraged to play games.

Debasis Ghosh
Barrackpur

Give Me Some Time For Studies

As a student I think sports at school should not be made compulsory. If it is made compulsory then students need to be in school at least 1 hour extra for their sports class (if timing of other classes remain same). When students come home, they are too tired to revise their lessons for weekly exam. I feel that our studies should come first.



Besides, sports activities cost extra money. Schools demand their students buy special sports outfits and equipment. For poor students, it is just a huge burden and for someone who doesn't like sports it is just a waste. I am not against sports but I think school sports should not be compulsory. Every student has different skills, talent and abilities. Please take note that not all of us enjoy sports.

Anjan Kumar Das
Hooghly, West Bengal

Tare Zameen Par

Kids are like 'Tare Zameen Par'.



To make them shine brighter, sport is the best tool that helps the development of physical and mental abilities. Games like chess develop thinking ability, games like football and volleyball strengthen muscles & bones. Sports help to maintain our health and protect us from diseases like hypertension.

Anshumita Sarangi

Emulate China

To have a healthy body and a healthy mind it is absolutely essential not to ignore sports. To develop the brain, particularly in school-going kids, this activity has to be vigorously promoted as it is conducive to their mind development. We should not forget that as a nation we are laggards in sports. It may be recalled that in the last

Olympics we, having a population of about a billion, could muster only one gold, whereas China topped the medals tally. China believes in catch them young policy and is not averse to applying draconian measures on tiny tots. We should try to do what China is doing, without adopting the cruelty approach.

Shashi
Indore

For Muscle Development

We know food is important for a healthy body, similarly sports are important for health. About half of the weight of our body is



made up of muscles. Muscles increase with exercise and training. So, students must engage in sports.

Sanjay Goswami
Mumbai

Physical Education Necessary

The modern world is full of health hazards and has become so mechanized nowadays that every individual remains under anxiety, stress and tension, which ultimately lead to depression. Physical education helps at this stage—it reduces the stress, tension and depression, which is essential for maintaining the body fit and healthy.

Hardikkumar Rajendrabhai Gandhi
Sri Sathya Sai Vidyaniyetan, Gujarat



For a Healthy Nation

It is said that if you want to understand the Vedas, you should play football. The meaning is clear, playing will make your body and mind sound.

School is a place where children grow up into eligible civilians, where they develop their mind and soul. Making sports compulsory in school will help them learn discipline and understand the meaning and advantage of teamwork. It will also develop their immune system against various diseases.

Murari Kr Choudhary
SHIATS, Allahabad

Boon For Fitness

Merely studying for hours, and no play makes a child indolent.



Indoor games boost the intellectual abilities while outdoor games strengthen the flexibility and endurance of young bloods. Sports diminish obesity and inculcate fitness. They help in maintaining blood pressure and heartbeat. They accelerate the rate of sweating, which in turn helps in fostering proper exchange of water with the environment. Good health allows better perception and learning potential.

Vasu Mittal
Saharanpur (U.P.)



Encourage Sports

Physical education helps the development of children in many ways such as alertness of mind, enhancing integrity, gaining knowledge about health & diseases etc. Hence, sports need to be encouraged among the upcoming generation.

Dixit S. Patel
Sri Sathya Sai Vidyaniketan, Gujarat

Support Sports

Alertness of mind, national integration, emotional



development, discipline, character, and personality can be enhanced through sports. There should be equilibrium between studies and sports. Montague avers: "Sports does neither train up the soul nor body but the whole man".

Narendrakumar B Sather
Sri Sathya Sai Vidyaniketan, Gujarat

To Escape Coercion of Parents

Playing keeps children in fine fettle, arouses in them the sense of fellow feeling, co-operation, social behaviour and teaches them how to obey rules and regulations. So playing has an educational value. Childhood is the blooming time also of one's physique and intellect and playing enhances that boosting the secretions and circulations of the body fluids and oxygen and thereby keeping all organs activated.



But the parents are keen to gratify their expectations at the expense of their children's toils, compelling them relentlessly to adhere to their studies allowing hardly any time to play. Hence, sports should be made compulsory in schools so that children have an excuse to get rid of the cruel coercion of their parents and teachers.

Anil Kr De
Dist Hooghly (W.B.)

Emulate China

We should emulate China in sports. Unless sports are made compulsory in our schools, we cannot make sports persons of high caliber out of our children. As the adage goes: "All work and no play makes Jack a dull boy". So, Parents and Teachers instead of engaging their children and students, respectively, in studies throughout the day, should focus on sports activities of the children too, so that they can relax and rejuvenate their minds and bodies and also increase their physical stamina.

If opportunities and encouragement are given to sporting talents in children, we can have many more Siana Nehwals, Sania Mirzas, Sachin Tendulkars and Vishwanadhan Anands.

Ms. Nirmala P. Rao
Hyderabad

One Period Every Day

The present childhood generation is living in an electronic culture. They are more interested and attracted towards electronic devices like Radio, TV, and Mobile phone. If

we calculate the schedule of any child for one day, then the entire 24 hours goes without exercise. They are not interested in doing exercise or yoga in homes. So, sports should be made compulsory in schools. There should be at least one period every day compulsory for every student.

Dr. Gajanan D. Zade
Head, Dept. of Physics,
J.N. College Wadi, Nagpur

Not Just Pastime

Sport is not only a fun activity but also keeps children physically fit and mentally active. Children go to school to gain knowledge. But why should that knowledge be limited only to various subjects? Why not sports. Kids like to play different sports that may not be available in their homes but school gives them an opportunity to play those sports as well. Although some parents may argue that their children play sports at home then why should a period be dedicated to sports in school? Well, it should be realised that playing sports helps children develop teamwork and sportsmanship. This is very important as some children cannot accept defeat the way they accept victory. There are too many benefits from sports to ignore it as just a pastime activity. It serves a greater purpose than just entertainment and should be encouraged by parents and teachers in schools.

Vibhuti Pant

Necessary Ingredient for Development

Sports not only boost one's immune system but also teach a person how to win and loose. It inculcates the habit of making quick decisions in every sphere of life. It also increases agility,

Point Counterpoint

endurance and efficacy in work. It propagates dedication, discipline and realization of responsibility in children. Schools are the best medium in shaping and molding the leaders of tomorrow. A school without a sporting habit is like a flower without smell and a fruit without taste.

Rahul Rohitasa
Bihar

Nurture Talent

Sports should be made compulsory in schools before it is too late. The manner in which our sports persons are returning empty-handed from



various international sporting events is a matter of grave concern and shame for all of us. Despite such a huge population our achievement in sports has been quiet dismal and pathetic. A national talent hunt should be conducted at the grassroot level particularly in rural areas. Many a budding talent is just waiting for an opportunity to showcase their talent. It is the duty and responsibility of our Government to tap the talent and groom them to compete at the top level. A pragmatic National Sports Policy is the need of the hour.

Jyotiranjana Biswal
Orissa



Let Us Play

Sports lay the building blocks of physical fitness and schools lay the building blocks of a person's mind. Sports should be made a mandatory curriculum in the schools, so that a student gets an opportunity not only to play but also to keep fit and simultaneously work on his academics. This would also prove beneficial for students who have lost hope to do well in studies, for they would be able to bring out their hidden caliber in the field of sports.

Shreya Pramanik
Class IX, Jodhpur

Stress Reliever

Sports should be made compulsory in schools because it will inculcate values like maturity, confidence, responsibility and discipline in students. It will help them to interact with other people and also relieve them of stress because of their studies.

Saumya Gupta
Vit University, Vellore

Need of the Hour

There is an old saying that everything in excess is bad. Most of us put stress on studies

in schools as compared to sports without estimating the positive effects of sports that may count from physical fitness to mental health. It is said that a sound mind resides in a sound body only. So sports can be considered as integral part of personality.

In today's tech savvy world where every one is glued to electronic devices, no body finds time for personal fitness in terms of exercise. A well-known author has said: "If you can't devote time for exercise, you may have to devote time for illness". Sports at school level also keeps check on obesity from young age, which is the culprit in many complicated diseases including diabetes.

Harsh Kapila
Nangal Township (Punjab)

Refreshing Time

Students nowadays come home from school after 6 to 7 tiring study hours and then get down to completing their homework and then they go for tuition. The entire day is dedicated only for studies. This causes laziness, irritation, anger and students become mentally as well as physically ill. There should be a period of about 1 hour duration for playing various types of games. This should be made compulsory for all students and even additional marks or grade should be awarded to students for their performance in sports.

Ravi P. Shaliwal
M.Sc. Biotechnology,
Udaipur (Rajasthan)

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