



# Sports : A way of life

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## An Appeal to Parents



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Today is a time of intense competition. Whatever goals and ambitions you set in for your child or whatsoever you dream for your kid, he or she has to face intense competition and struggle to achieve the goals. You instil a sense in your child to pursue such ambition so that he/she can become an engineer, lawyer, doctor or a civil servant, but you remain ignorant to the difficulties he or she may be subjected to in course of pursuing it or to say it simply you tend to pay least attention in preparing him to face such difficult situation with grace and courage.

Always dream big for your child as without such dreams you won't achieve big. Don't you feel when setting big goals and trying your wards to scale great heights, you also need to make sure that he/she doesn't falter, break down or give up? Don't you feel, it's your responsibility to make sure that your child is prepared to face and overcome the tough competition that lies ahead of him? Today, we have numerous instances, where the children fail to cope up with the pressures of intense competition, fall under the bout of depression and often develop suicidal tendencies. Do you want your child to have a weak personality? Do you want your child to be someone who lacks conviction and courage to face challenges? One who breaks down under pressure? Is indecisive? Gets depressed in case of failures? Or becomes mentally unstable?

If you wish your child to face struggle of life with a positive mindset, if you want his as well as your dreams to come true, then it's your responsibility that you sow the seed of strong character and personality in him from early stages of his/her life. Sports may be an effective tool for this.

It has been established through various researches that sports play a vital role in overall personality development of an individual. If you are a sportsman, you'll be brim full of these 16 qualities:

Honesty! Ethics! Fighting Spirit! Team Spirit ! Decision Making Ability ! Discipline ! Stability of Mind ! Respect for All ! Tolerance! Courage to take the initiatives! Believe Team work ! Support for the Weak ! Emotional Stability! Honest Self Assessment! Conversion of Negative Energy into Positive Energy etc.

Your children who will have these qualities will be strong enough and capable enough to make all your dreams come true. Also, they will have personality which will never let them down and falter in tricky or negative situations. He will have both Mental and Physical strength to overcome all the challenges, which life throws at him.

Let us pledge today that we will motivate and encourage our children to play. We will not only dream big but we will make our children strong enough to attain those dreams. The kind of excitement we show to acquaint our children with the knowledge of alphabets or numerals, we will show the same level of excitement to teach them about sports.

This appeal is being made on the Teachers Day as the parents are considered to be the First Teacher of every student.

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1. The increasing number of suicide cases in Kota among students who come here from different parts country to take coaching for various competitive exams, is a matter of serious concern. As per the police records in the state of Rajasthan, there was not even a single case of committing suicide or attempted suicide by sportsman in Rajasthan. Thus it is clear that those who are associated with sports neither committed suicide nor attempted suicide.
2. The conclusion drawn after an analysis of survey conducted on patients visiting Psychiatric Department in hospitals of Jaipur in Rajasthan and Ghaziabad in Uttar Pradesh clearly revealed that 90 percent of those who were depression patients, were in no way either actively or in any form, were associated with sports. Only 10 percent of such patients were reported to be some time associated with some sports.
3. When the issue of recovery of depression patients were discussed with Psychiatrists, an interesting fact came to light that the possibility of recovery is comparatively better among those who were ever associated with sports or its allied activities either in past or present in any form, than among those who were never associated with any sports.
4. A survey was done under the direct guidance and supervision of Prof. (Dr) U S Agarwal from Sawaiman Singh Hospital. After a proper study of this survey, he made conscious, encouraging and apt comment: The above drawn conclusion clearly establishes, if someone plays games or remains involved in sports; it helps him to fight depression. So before visiting a doctor for treatment, priority should be given to sports ground.