

**INTERNATIONAL RESEARCH FELLOWS ASSOCIATION'S**

# **RESEARCH JOURNEY**

**Multidisciplinary International E-Research Journal**

**PEER REFEREED & INDEXED JOURNAL**

**December - 2018**  
**Special Issue - LXXVI**

**Chief Editor**  
**Dr. Dhanraj T. Dhangar**

**Editor**  
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**The Journal is indexed in:**

**University Grant Commission (UGC) Sr. No. 40107 & 44117**

**Scientific Journal Impact Factor (SJIF)**

**Cosmos Impact Factor (CIF)**

**Global Impact Factor (GIF)**

**Universal Impact Factor (UIF)**

**International Impact Factor Services (IIFS)**

**Indian Citation Index (ICI)**

**Dictionary of Research Journal Index (DRJI)**



Impact Factor – 6.262

ISSN – 2348-7143

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PEER REFREED & INDEXED JOURNAL

DECEMBER -2018

SPECIAL ISSUE- LXXVI

For 3<sup>rd</sup> National Conference

on

**Self Employability Skills Development in  
Physical Education and Sports Sciences.**

Chief Editor :

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**SWATIDHAN INTERNATIONAL PUBLICATIONS**

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154	Y.Srinivasulu A. Anjana Devi	Effect Of Specific Training Programme On Selecte Physiological Variacbles Of High School Level Male Kho-Kho Players	856
155	Zahoor Ahmad Bhat Dr. K. Sreedhar	Effect Of Cricket Specific Exercises Training On Cricket Playing Ability Among Men Cricketers	861
156	Zuhair Amin Wani  Dr. M.A. Hassan	Comparison of Physical parameters of Rural and Urban School children	867
157	Ajoy Singha Cleverson Syiemlich	Emotional Intelligence And Mental Well Being Between Chronic Exercisers And Non-Exercisers:Acomparative Study	871
158	Dr. Atul Sharma	Role of Nutrition in Physical Fitness of Sportsman	876
159	Dr. Sanjay Deshmukh	POSTURE AND HEALTH	880
160	Dr. Sunil kumar	Yoga For Health And Happiness	884
161	Dr. Ulhas Deshmukh	The Role Of Physical Activity And Exercise In Obesity And Weight Management: Time For Critical Appraisal	889
162	Dr.Rajeshwari G Konnur	Socio-economic status and its impact on the personality traits among women volleyball players	895
163	Dr. Rajesh Kumar Das	A Lifestyle of Government Employee and Self-Employment Persons	901
164	Qazi Inaam Saboor	Role Of Yoga In Promoting Physical Fitness	906
165	Dr. Shrikant S. Mahulkar	The Importance Of Sports In Human Life	912



## THE IMPORTANCE OF SPORTS IN HUMAN LIFE

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### Abstract:

A sport is an integral part of human life. It is very necessary to take the time to play other activities of life along with sports. You must have heard that saying 'Healthy mind is in a healthy body', that means if you participate in physical work and sports jumps, then you will be healthy and you will be able to actively do all your daily activities. We must be very healthy in both human and mental levels, in which sport jumps play a very important role.

**Keywords:** Importance, Sports, Human Life

### Introduction:

Ideal of perfect and perfect life is to have healthy mind in healthy body. Being a healthy body is essential for the execution of its duties. The body and mind should work with their full potential and they should be flexible, active and functioning according to their wishes. If they are healthy and healthy, then they will be able to do their work right and efficiently. The best way to keep body parts healthy is by exercising with physical skills and hard work and keeping them healthy.

It is extremely important for a person to have good health. A healthy body is the only healthy brain. In other words, having a healthy body for a healthy brain is essential. The sick body gives rise to the morbid mentality.

Since Vedic times, our ancestors have considered 'healthy body' - meaning healthy body. Sports or exercise is very essential for a healthy body, that is, the only requirement for sports or exercise to keep the body healthy is as much as food and water for living. Student life is the cornerstone of human life. All good and bad habits which have been assimilated in this period have a lasting effect on human life. Along with the study, exercise is helpful in all-round development of humans. Students who give equal importance to sports with their studies are often skilled.



They are completely healthy only with both body and mind. Sports has good mental health. They are more agile than other students and they have more development of human qualities such as patience, tolerance and forgiveness. In our country, many methods of exercising like yoga, punishment, running, wrestling, swimming etc. are popular. Playing is also a form of exercise. Football, hockey, Kabaddi, Kho-Kho, Cricket are some of the major sports in the country.

Hockey is our national sport. We have been World Winner for many years in this game, but nowadays, sports like cricket, chess and tennis are increasing in popularity in the country. Even in cricket, our team has been the world champion. In chess, our name is in the top countries. In the past few years we have earned a lot of fame in the tennis world.

Based on the nature of sports, we can divide them into two parts - Inland and Outlandish. There are intrinsic sports such as chess, table tennis, carrom, while hockey, soccer, cricket etc. are called Outland Sports. The person can choose the games according to his interest and convenience.

Outland sports are better than health because they are played with jumping in open environments. Coordination of outland and intrinsic sports can also be useful for humans. All games have their own specific rules. We should play the game according to these rules and methods. The games provide good health to the people as well as the games played by the spirit of the game awaken mutual harmony and team spirit among the people.

If we look at the people of developed countries compared to developing countries, their health is better. They are more healthy in comparison to physical and mental forms. All these countries initially gave importance to sports with education, which made all-round development of their citizens possible.

Now in our country, the importance of sports has started to be understood. More encouragement is being given to the government to promote sports than in the past years, as well as increase in our sports budget. Its positive results have also started to come. In the past years, we have earned many important achievements in the world sporting world.

Therefore, it is mandatory for the all-round development of human beings that we give equal importance to both sports and education. For the healthy and strong future

of the country, youth should understand the importance of the game and more economic budget and facilities should be provided for the promotion of the Government by encouraging new talent to get opportunity and proper facilities. Apart from this, it is also important that every citizen of the country understand and adopt the importance of exercise and play so that its all-round development can be possible.

**Conclusion:**

The game is a symbol of youth of any country. The people of this country are healthy and young. A lazy full and passive nation never progresses. That is why the country's development depends heavily on physical exercise and sports jumps. Partner, people paying attention to sports are away from diseases, so that their life is full of happiness. Hope you enjoyed this essay on sports or sports and would have learned something from this.

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On



## Self-Employability Skills Development in Physical Education & Sports Sciences

13<sup>th</sup> – 14<sup>th</sup> December, 2018

- Organized by -

Department of Physical Education & I.Q.A.C.  
S.G.B. Amravati University, Amravati, Maharashtra

## CERTIFICATE

This is to certify that Dr./Miss./Mr./Mrs. SHRIKANT S. MAHULKAR

of Kate Antapraya Awasalkar Arts College, Mandhata has participated in the 3<sup>rd</sup> National Conference on Self-Employability Skills Development in Physical Education & Sports Sciences held at S.G.B.A.U., Amravati, Maharashtra from 13<sup>th</sup> to 14<sup>th</sup> December, 2018 as a Delegate / Presented Poster / Presented Paper

The Importance of Sports In Human Life

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