

Performdigi

Essay Value of Games 200 to 250 words

Games and sports are an important factor in education. In the past, there was no provision for them in Indian schools and colleges. But now no educational institution is complete without some arrangement for different games and sports.

Games and sports have many advantages. They improve health and help in building up a good body. As games are played in the open air, the body gets plenty of sunshine and fresh air. The value of good health is well expressed in the proverb—"A sound mind in a sound body." Hockey, football, and other games provide better health than walks can.

Games have another advantage. They develop a spirit of comradeship. Students do not play for themselves only but for the team as a whole. Thus a sportsman develops a broad outlook and learns the value of co-operative work. These habits prove highly useful in life.

Games often help in entering life. A good player is generally preferred to a book-worm with no interest in games. Extraordinary players choose games as their profession in life. Sometimes they are selected to represent their country in international tournaments or Olympic Games.

Thus, games are very important to us. They keep our mind and body health. The games give strength to our body to fight against different kinds of diseases. So we must play different kinds of games.