Sports is good for all of us in daily life as it involves us in common physical activities under healthy environment. The environment of sports becomes very competitive and challenging for the sportsmen so they focus on the challenges put in front. Physical beauty of the person involves in making the humanity of him. There are variety of sports played accordingly by the people in various countries. National or international level sports competitions takes place in any country for any sports. Revolution comes in the sports field time to time and replaced by ashtanga or other forms of yoga. Playing sports help us in many ways all through the life. Variety of sports activities bring a lot of positive opportunities for us. There are various problems also occur however they do not matter. Participating in the sports activities enhance children’s school accomplishments. Sports are the way to big achievement in the children’s life however depends on their active involvement and experiences they already have. Getting interested in any of the sport gives a worldwide identification and lifelong achievement. Facing challenges of sports teaches us to tackle with other challenges of the life as well as survive in a competitive society.

Sports help people living a healthier life due to the physical activities and proper movement of all body muscles. Several diseases like obesity can be avoided by indulging sports and physical activities. These sports teach discipline to people because every game has its own rules and regulations to be followed by players in true letter and spirit. Time management is also a benefit of participating in these games.