



IMPORTANCE OF INDOOR SPORTS IN OUR LIFE

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ABSTRACT:

Sports square measure a awfully vital a part of our life. it's if truth be told the foremost technical half in giving us. our identity. With urbanization indoor sports have become a lot of widespread. In massive cities and in industrial and business centers a couple of faculty and schools have their own playgrounds. it's as a result of these cities and centers have hardly any open house for outside sports. thus a lot of and a lot of establishments square measure encouraging indoor games. Like outside sports indoor sports additionally develop associate all-around temperament of a player each physically and mentally. The indoor games like Ping-Pong, carom or chess do tons over the outside games. They improve the talent, hypermetropia and therefore the thinking power of a player. They encourage the spirit of competition. They teach cooperation and sportswoman spirit. They additionally teach the lesson of tolerance and discipline. thus all establishment should encourage them. they must, in fact, type associate integral a part of information.

INTRODUCTION:

The tendency to play may be a natural instinct of an individual's being. From childhood to maturity, everybody loves sports. Even within the early stages of humans, many sorts of games were contend. Hunting, Wrestling, Dueling, Skills, Songs, Traps, etc. Games they play. the traditional Greeks contend many sorts of games. The Greeks gave the sport an everyday and arranged look. Sports had a awfully vital place in their lives. Within the glory of the Greeks, their Olympiad, Nemean, Pythian, Isthmian, etc. Periodicals were illustrious. it had been thought-about honorable to participate in these matches and to win. These matches embrace running, tipping, chariot and racing, wrestling, boxing, etc.

games were enclosed. Even among the Romans, sports have a importance priority.

In our country Bharat, in ancient Vedic times, yet as within the Sanskrit literature and religious text amount, gambling, fencing, wrestling, chariots and horse races etc. Games were modish. Like India, Even within the country like Egypt, China, Japan etc. games like song, bald, chess, chess are practiced since precedent days.

Indoor sports square measure those who we have a tendency to play within our home. All kinds of indoor sports don't demand physical activities perpetually. Indoor sports like chess, darts, air contact sport, etc. square measure less exigent physically. However some indoor sports like ping malodour or Ping-Pong supply recreation likewise as could be a nice exercise. It helps to mingle up individuals of various ages socially. Ping Pong is one in all the foremost standard indoor games that is contending everywhere the planet. the recognition of ping malodour is especially because of the various health advantages of the sport. If you've got contend ping malodour, you may positively grasp the various healthy advantages of enjoying the sport.

BENEFITS OF INDOOR SPORTS:

Spending Your Leisure Time:

Playing indoor sports is an excellent way to spend your leisure time properly. You can play this type of game in proper lighting even at night and in any type of weather. So there is no chance of getting over heated or getting drenched due to sudden rain. Indoor sports facility allows you to play in all types of weather. You do not have to prepare much to play the game because usually these can be easily arranged in short time.

Helps to Burn Out Extra Calories:

If you are in search of a new pastime that could give you a regular dose of exercise, then indoor sport like ping pong is a good choice. It provides fun and is challenging sport to burn out our extra calories in any type of weather. If you play this game for just a few minutes, you will sweat profusely. Regular playing of ping pong really helps to subtract a few extra pounds from your body. If you

have tried a lot to lose weight and failed every time, you need to play the game and find how beneficial it is.

It Enhances Your Mental Alertness and Concentration:

Ping pong is a fast-paced game. Records show that the fastest smash by a professional ping pong player can cross the speed of 70 miles per hour. So there is no chance of boredom and regular practicing of this type of indoor game makes you mentally alert. Regular playing of ping pong also enhances your concentration. If you suffer from lack of concentration or focus, this is the game which is here to make a difference.

To Keep You Fit Physically:

Regular playing of ping pong helps to improve your body fitness as it incorporates several body movements. Experts say that regular engaging in active indoor game like table tennis helps to develop fast-twitch muscle which ultimately improves your reflexes. This improvement of the reflex will surely help you to live your life more enjoyably. Play an hour of table tennis every day and you will know how beneficial it is for your body.

Improve Hand-Eye Coordination:

While enjoying indoor games like ping pong or table tennis they would require constant coordination of your eyes and hand. For this reason regular habit of enjoying this indoor game improve hand-eye coordination.

Creates Happiness, Reduces Stress:

While taking part in a game, there's invariably an honest quantity of laughter. Laughing along and having fun will keep the seniors happy and healthy.

Memory Formation and Cognitive Skills:

Board games or any indoor games help us to practice essential cognitive skills and enhance the parts of brain responsible for complex thought and memory formation. Creative indoor games help the brain retain and build cognitive associations well in old age.

Keeps The Risks For Diseases Like Alzheimer's And Dementia At Bay:

Keeping the mind of seniors' active and interact suggests that they're physical exercise the brain and building it stronger. A stronger brain has lower

risks of losing its power and therefore reduces the danger of psychological feature decline, like related to insanity and Alzheimer's.

Lowers Blood Pressures:

Laughter facilitates in manufacturing endorphins (a chemical that offers the sensation of happiness) which naturally help muscles to relax and blood to flow into which it is able to apparently lower blood pressure.

Improves Immune System:

Positive feelings and thoughts, just like the laughter and pleasure that invariably comes with board games or card games, improve immunity by releasing some chemicals that fight stress and boost system.

Therapy Treatment (Coordination and Dexterity):

Many board games need the employment of fine motor skills to choose up or move items, actions that take each coordination and facility. Regular apply and activity improve their basic skills that are necessary to older.

SOME INDOOR GAMES TO BE PLAYED:

1) Card Games - Card Games like bridge, rummy; card game etc. will stimulate the brain and facilitate amnesia.

2) Board Games – Seniors will relish board games like scrabble, carom, Ludo, dominoes, world expedition, monopoly, bingo etc

3) Mahjong – This game involves tile matching. The players merely find matching tiles and take away them in pairs till they can't go any or they clear all of them.

4) In my suitcase (memory game) – In this game, one person lists an object and the next person has to repeat the previous names and then add his or her own, and so on.

5) What's That Saying – This game includes hundreds of well-known sayings. Players are given clue words to figure them out. Be the first to guess the correct saying!

6) Reminiscing – Sharing with friends and family the most memorable events, favorite holiday, best advice received, best advice given, funniest moment, favorite memory etc

7) **Guess the song** – One person plays songs, shares lyrics, or gives clues and the rest guess which song it is.

8) **Computer Games**

9) **Crossword Puzzles** and other interesting word games like Spellathon, make words, weave a story etc.

10) **Pictionary**

11) **Dumb Charades**

12) **Carrom**

13) **Table tennis**

14) **In my grip (memory game)** – during this game, one person lists associate object and also the next person should repeat the previous names so add his or her own, and so on.

15) **What's That language** – This game includes many well-known sayings. Players square measure given clue words to work them out. Be the primary to guess the proper saying!

16) **Reminiscing** – Sharing with friends and family the foremost unforgettable events, favorite vacation, best recommendation received, best recommendation given, funniest moment, favorite memory etc

17) **Guess the song** – One person plays songs, shares lyrics, or offers clues and also the rest guess that song it's.

18) **PC Games**

19) **Problem Puzzles** and alternative attention-grabbing word games like Spellathon, make words, weave a story etc.

20) **Dumb Charades**

21) **Carrom**

22) **Ping-Pong**

CONCLUSION:

Sports and games are terribly helpful to us as they teach us timing, patient, discipline, cooperation and dedication. Taking part in indoor sports facilitate us in building and rising confidence level. If we have a tendency to apply indoor sports on regular basis, we are able to be a lot of active and healthy. Being

concerned within the indoor sports activities facilitate us in obtaining protected with varied diseases like inflammatory disease, obesity, obese, heart issues, diabetes, etc. It makes us a lot of disciplined, patient, punctual, and courteous in life. It teaches us to travel ahead in life by removing all the weaknesses. It makes us daring and offers the sensation of happiness by reducing the incidence of tension and angry. It makes us physically work and mentally comfort exploitation that we are able to simply trot out all the issues.

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