



NSS ACTIVITY

Sports meet at ZPHS valluru on occasion of Janmabhoomi – 5th Jan 2018

As a part of **Janmabhoomi** program NSS Unit of RISE college conducted the games for High school children in its adopted village Valluru. M.E.O. Chenchu Punnaiah garu inaugurated the games by hoisting the flag Mr.Ch.Venkata Subbaiah attended to this program as chief guest. After completion of the flag hoisting M.E.O. Chenchu Punnaiah garu gave a speech on importance of sports in student life. He said that games and sports are an integral part of a student's life. A student should study hard to be successful in competitive examinations. But, he should also play games and sports to enjoy the health and vigor of life. Along with bookish learning, a student should spend his time on games and sports. There are many people who give importance only to bookish knowledge. Indeed, there is often no provision for games at all. Reading and writing involve mental strain. The mind then hungers for relief. Reading and writing also involve physical strain.

The physique then needs extra fuel. Regular participation in outdoor games in such cases makes the body fit and at the same time gives the relief required. 'Sound mind in a sound body' is an unavoidable necessity for all, particularly for a school-going or college-going boy or girl. RISE NSS unit P.O K.S.J Prakash garu while talking about the benefits he mentioned that sports have been viewed as a way to stay healthy and in shape, but their importance goes much further. He also mentioned that playing sports teaches life lessons like discipline, responsibility, self-confidence, accountability, and teamwork. Studies have shown that exercise increases blood flow to the brain and helps the body build more connections between nerves, leading to increased concentration, enhanced memory, stimulated creativity, and better-developed problem solving skills. In short, playing sports helps your brain grow and makes it work better. As a part of games long jump , skipping, kabadi have been conducted by the volunteers under the guidance of Principal Daivakrupa & P.E.T N.Aruna garu for all the high school students. On behalf of RISE College RISE NSS unit P.O K.S.J Prakash garu presented the mementoes to the winners. In all more than 100 students have participated in this event.

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