



# SPORTS AND ADVENTURE ACTIVITIES



Name: Shraddha Bhan

REG. No: UKSG/19/83878

UNIT: 1 UK R&V SQN NCC PANTNAGAR

Institution: College of Veterinary and Animal Sciences

NCC cadets are allowed to participate in a host of many sports and adventure activities including cricket, volleyball, horse riding, rifle firing, mountain treks and expeditions, trekking, etc. Such adventure-based activities enable cadets to hone leadership skills and enhance their character qualities.

Sports activities help us strengthen our immune system and maintain physical coordination, enhancing body strength and improve mental power. Sports being a regular part of our daily life helps in character and health building of an individual. NCC has made this a part of our daily lives.



Most of the journey sport is undertaken in unsmooth and mountain areas. Glide is a very talked-about journey sport. The best advantage of journey sport is that the direct conduct of the character. It conjointly acts in the protection against mental and physical exhaustion. In sport, team spirit and a sense of belongingness are witnessed among players, team cohesion is created, and the individual becomes more sociable.

Playing any sport or journey activities plays a crucial role in the well-being of an individual. It promotes the development of our body and the risk of any fatal and harmful disease is also terminated for all times through sports. It keeps us healthy from harmful diseases. Lastly, we tend to embrace sport within the establishment, together with education. Many faculties provide the best chance to students in sports for best health and example for other students conjointly to require steps in sport conjointly together with education.