

Pollution

Additional of harmful substances to nature is called pollution. Pollution is of different types. The smoke coming out from the chimneys of industries and the silencers of the vehicles cause air pollution. We can check this by reducing the polluting factories and using good quality fuels and engines. Now we can plant trees which will convert carbon dioxide into oxygen. We have to develop and use solar power to reduce air pollution.

Water pollution is caused by leaving untreated industrial wastes directly into rivers , tanks and lakes. This should be avoided by all means. The wastes must not be discouraged into rivers directly. The wastes should be treated in a proper way. Ocean water is polluted by leakage of oil from offshore oil wells and during movement of ships. Proper measures and care should be taken to check the leakage of oil.

When we throw plastic wastes and other under gradable wastes ,it causes soil pollution. Soil pollution makes the soil infertile . Most of the people in India are dependent on agriculture. Hence , soil pollution should be avoided if we want the farmers to progress.

Noise pollution caused by industries, honking of horns using loudspeakers and bursting crackers. We should avoid using horns near schools and hospitals. We should not use loudspeakers after 8pm and loudspeaker's sound should also be minimized. Bursting of crackers also should be controlled. Pollution affects the health of all living beings . All sorts of pollution, spoil the ecology and that should be avoided.

Value of games and sports

Introduction- Games and sports are very important in life. Games and sports are necessary for the harmonious development of heart, mind and soul. Games and sports provide us a good exercise to keep us healthy. To lead a happy and successful life physical and mental health is indispensable. A man can never be mentally strong if he is physically weak. Games and sports are an important part of education also, games help in the physical and mental development of a person.

IMPORTANT SOURCES OF RECREATION – Games and sports are an important source of recreation. After playing games we begin to feel cheerful, games and sports remove the dullness of mind. Games and sports provide exercise to our body to make us physically strong. Physical strength helps us to fight the battle of life.

PHYSICAL FITNESS- Those who do not work hard becomes ill. Games and sports provide exercise to human body, they make us fit and strong. A healthy person can gain success at every step of life.

NATION UNITY- Games and sports creates the feeling of national unity among the country men. When players from all the corners of the country make a team, they develop the team spirit. When they play , they constitute a national unity. The audience never think about their name, caste, religion. They think only about the country.

VALUE IN STUDENTS LIFE- Games and sports have great value in students life. The sports teach many things to the students ,games and sports develop their sportsmen spirit, mental outlook, cheerful nature, sense of humour and strong physique. All these are important traits of a successful life.

CONCLUSION- In short we can say that no games, no health, no benefits, no pleasures , no life. So we should take part in games and sports regularly. Our government should make all kinds of games

and sports easily available for people. Our girls are lagging in games and sports, so special attention should be paid in the direction. Special facilities should be provide to our players so that they may be able to raise the name of our country in the world Olympic and in other international events.