

The Ultimate Valentine's Day Couple: Academics and Sports.

"Beads of sweat are collecting on my forehead and some adventurous one dared to slide down my cheeks. My eyes are working double time to focus on the ball that is just crossing the net and flying towards me. My feet automatically take their backhand stance and my hands are waiting for the ball.

Just as I make contact, I realize I am using a wrong grip but too late. The ball lands as flat as possible centimeters away from the baseline of the opposite court. Damn there goes my point. 'What happened to the spin?' a voice yells at me and it belongs to my coach."

This was the scene that came to my mind vividly during our Physics class. Our teacher was explaining to us the practical applications of a Theory (Bernoulli's theory). He explained to us that when a tennis ball is hit with a spin it allows us to utilise the laws of nature to easily amplify our effort leaving us at an advantage over our opponents. As I connected the incidents, the impact of realisation made me smile in satisfaction. I simply love physics and of course tennis.

Education is one beautiful word that meaningfully defines the journey of life. The way we see it today has undergone several evolutionary processes and has bifurcated into academics and sports. The sad part is, they are treated as rivals when they shouldn't be. In reality, just like in my case, they are like a lovely couple- they complement each other. They are like brownie and ice cream; good on their own but better together.

As the old saying goes, 'A healthy mind lives in a healthy body.' Our human body is like a machine. A machine works by using an engine and if we don't lubricate it regularly, it will eventually stop working and will become useless. Likewise, Sports protects our mind and our body from decaying.

Sports encourages and helps children to integrate the knowledge they gain by reading books with the day-to-day activities that they engage in.

Apart from that it is a solution to the woesome maladies of this century: Social problems such as loneliness, despondency, depression, stress and so on.

Team sports shows children the need to work in groups and presents a broader perspective of the world to them. It encourages them to make friends and not only helps them to express themselves but also to allow others to do the same.

The statistics on the number of people committing suicide has made it evident that people are finding it extremely difficult to deal with failure. Actually, the sky is the limit for the earnest. Thus, learning to deal with failure and loss has now become the need of the hour. Sports gives this ability to those who are courageous enough to stand up for it.

So, what are you waiting for? Grab the nearest sports equipment and dive right in and fall in love with yourself under all circumstances! Happy Valentine's Day!