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Sports play a crucial role in the holistic development of students, contributing to their physical, mental, and social well-being. The impact of sports goes beyond the playing field, influencing various aspects of a student's life and shaping their character.

1. Regular participation in sports helps students maintain physical fitness, which is crucial for overall health.
2. Physical activity is a great way to relieve stress and manage anxiety, which can be particularly beneficial during high-pressure academic periods.
3. Regular physical activity has been linked to better concentration and cognitive function, which can positively impact academic performance.
4. Sports often require collaboration and communication with teammates, helping students develop important social skills.
5. Participating in or leading sports teams can enhance leadership abilities and responsibility.
6. Juggling sports and academics teaches students how to manage their time effectively, balancing practice, games, and study.
7. The commitment required for sports can foster a strong work ethic and discipline.
8. Achievements in sports can boost self-confidence and provide a sense of accomplishment.
9. Sports teach students how to handle setbacks and failures, building resilience and perseverance.
10. Skills developed through sports, such as teamwork, communication, and problem-solving, are valuable in future careers.

“Sports offer a well-rounded experience that supports physical health, personal growth, and academic success, making them a vital part of student life.”

Here in Maherbanu College Students get very good support for sports, students take part in various inter college and university level sports and achieve awards and appreciation's.



COLLEGE FOOTBALL TEAM



STUDENTS PLAYING KABBADI



COLLEGE BOXING CHAMPION



COLLEGE VOLLYBALL TEAM



COLLEGE KABADDI TEAM



COLLEGE BADMINTON PLAYERS IN BADMINTON MATCHES



CHESS COMPETITION ORGANISED IN COLLEGE