

# Holistic Development: *The Influence of Sports on behavior of Individuals*



Sushant, with coach Rohan, teammates Niranjan and Phillip, at a 10k run in Bhubaneswar

the Gram Vikas School” says Sushant on his enthusiasm in joining volleyball and athletics. “Being part of a professional set-up has made me develop qualities which will be beneficial in the long-run. Being punctual, managing my time between studies and sport, and being focused on my work are just few examples among my long-list of positives”, adds the 15-year old on his experience from Pro Sport Development’s sports programs.

Participating in sport has not stopped Sushant from pursuing his academics, as he continues to excel in his studies. His maths and science teacher, Lingaraj Mishra, says that his concentration and attention to detail has improved, and he doesn’t hold back in helping other students with their problems. Sushant has always been credited for his desire to improve, and sports has only increased his determination for perfection.

Sushant says he wants to continue learning from sports and his studies, and pass on this knowledge to the younger generations of rural Odisha. These qualities will hold him and many such athletes who are influenced everyday by Pro Sport Development’s programs in good hands, benefitting them when they pursue higher studies or seek employment.

Since the start of the Khel Vikas after-school programs, the concentration was on physical activity among the students. There was an emphasis on introducing these children to sporting activity and helping them understand the benefits of playing sports. While doing this, we noticed a positive change in the behaviour of individuals playing sports. In addition to developing their knowledge within their chosen sport, students grew as leaders and role-models for the younger generation.

This was evident from Pro Sport Development’s volleyball and athletics programs. One such student who has developed in terms of physical, emotional and intellectual capability is Sushant Sabar, currently studying in Class 10 at Gram Vikas High School, Kankia, Odisha. In addition to being the best runner in the team, he has also taken up the responsibility of being a leader among his peers. It’s been two years since Sushant joined the school and from day one he has shown a lot of interest in sports. He initially joined the volleyball team, soon becoming an integral part of it’s core team. He later joined the athletics program, which was started in March 2014, and has emerged as one of the most competitive runners at the school level.

As Sushant continued to participate in the sports program, his confidence improved multi-fold on and off-the field. Sushant’s involvement in classroom discussions, extra-curricular activities and academics vastly improved after his venture into sports. “I was always an active kid in my village, running around and playing with my friends all day. This encouraged me to join the sports program at



“concentration and attention to detail has improved, and he doesn’t hold back in helping other students in their problems. Sports has only increased his determination for perfection. .”

Sport has enhanced:

- Motivations
- Leadership Skills
- Attention to detail
- Determination