



LAXMINARAYAN COLLEGE

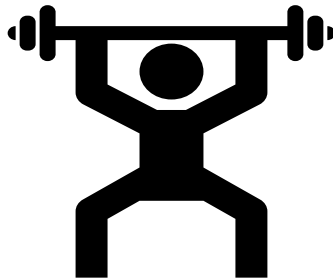
JHARSUGUDA,

(NAAC ACCREDITED)

PO-K.M. ROAD, JHARSUGUDA-2

ODISHA, 768202

Estd-1969



ANNUAL SPORTS REPORT

Academic Year

(2021-2022)

The importance of sports essay explains that sports play a vital role in our lives. It helps us to stay healthy, fit, and active. It teaches us the value of teamwork and encourages us to work hard and never give up. Sports also help us develop discipline, dedication, and commitment, which are essential values for success in life. It is also a great way for people to socialize and make new friends. Therefore, we should all strive to make sports a part of our daily lives.

The Key Elements:

- **Competition:** Sports pit individuals or teams against each other, pushing them to achieve a goal or outperform their rivals.
- **Physical Activity:** Get your heart pumping! Sports require movement and can improve your fitness, strength, and coordination.
- **Variety:** There's a sport for everyone! From teamwork in soccer to individual focus in gymnastics, find your perfect match.

The Impact:

- **Health and Fitness:** Sports are a fantastic way to stay active and improve your overall well-being.
- **Life Skills:** Teamwork, discipline, and sportsmanship are valuable lessons learned on the field or court.
- **Community:** Sports bring people together, fostering friendships and shared experiences for players and fans alike.

50th inter college athletic meet of of Sambalpur University (19th and 20th December, 2021) at OSAP ground Jharsuguda. Organised by Laxmi Narayan College, Jharsuguda.

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