

## International Institute of Health Management Research, New Delhi

### SPORTS WEEK

IIHMR, Delhi is one of India's premier health management institutions in the country. As we truly try to achieve the definition of health as an absence of disease, we would need managers of health and not merely those who treat sickness. At the core of managing health at an individual level lies sports and fitness with its range of benefits for one's well-being. These range from the lungs to the heart to the brain and beyond.

Apart from the biological benefits of sports and fitness, it also teaches a great deal about the challenges of management and life itself!

First and foremost, sports are about **team spirit**. Team spirit which we learn in sports binds us to achieve the team goals. The teams members know their own and other team members' strengths and weaknesses and build on each others' strengths and cover for weaknesses. Each player has strengths and weaknesses and keeps building on its strengths and improve in the areas of weakness.

Secondly, sports teach us that if you do not **have a goal**, you do not get anywhere. Sportsmanship is the key to success in the professional and personal life. Sports also remind us that we have to **follow the rules in life**. If one does not follow rules, sooner or later, as sports have shown, one gets caught. When you get caught breaking rules, you may not be fined, to play for a few games or may even face a life time ban. In the professional and personal space also rules apply and if one is a true sportsperson one will follow the rules even when no-one else is looking. In sports, as in life, one ought to relentlessly try to improve upon oneself.

Thirdly, teaches us **how to deal with failures in life**. Sport is not about winning and losing but moving on. In Sports as in one's professional and personal career one should endure the thrill of winning and the agony of defeat in the same manner. No victory is final, nor is any defeat. Overconfidence from victory and despondency from defeat is counterproductive, both in sports and in life. As the legendary story of King Bruce of Scotland goes, he lost six battles only to be taught by a spider in a can that one can overcome. *Losing is part of the game. If you never lose, you are never truly tested, and never forced to grow. Davin Sivlin, American Game Designer*

Sports and fitness thus go far beyond health. They show us the path to a successful career and life ahead, if only we can read between the lines!

