



## MEMBERSHIP BENEFITS

Being a member of Sports Club, you will enjoy

- Friendly Inter-campus Matches from time to time
- Sports Club will organize tournaments in sports like Cricket, Football, Badminton, Table Tennis, Hockey and Athletics etc.
- Cultural Activities.

Fun Exercise, good for you  
Lowers stress, Helps sleep  
Keeps weight down

- Sports Club will provide opportunities for sports enthusiasts to share their interests and participate in events.
- To encourage children to participate in exercises that is Appropriate for their ages.
- To encourage children to take part in fun games and activities that develop the basic movement skills of running, balancing, jumping, kicking, and throwing.

## Benefits of Youth and Teen Sports Participation

Sports and extra curricular activities will give you a chance to get out and get involved. Sports are a great way to keep you in shape and considered to improve several attributes

- Improve strength and endurance
- Helps Build Healthy bones and muscles
- Reduces anxiety and stress
- Increases self-esteem

### How to Join:

- Contact your Branch Head
- Fill in a registration form