In present life style, majority civilians opt to watch sports in Television and not interested to participate. Due to away from sports activities there by physical exercise, people are suffering with more health problems. This leads to so many adverse conditions.

Sports are giving good exercise to human, not only the person who works in the doors but also outdoor and physical job strained employees also needs sports to get a proper exercise. It gives you health and mental relaxation.

In urban areas, majority people are suffering with many deceases. Among them Heart attack, blood pressure and diabetes are common to everybody. By looking into the details 80% of the patients are pertains to the group of people who do not play any sports and spent their lives only by sitting either in work place or at home. It is cleared by many scientists that with minimal participation in sports one can avoid such health problems.

Due to the present life style, being an ordinary civilian spends his time either work place or at home. They do not spend any time in sports ground. It makes them more work pressure and unable to come out from the bad moods of office work tensions. So, soon they become mentally sick. This also follows social relations, as not mingling to other people not even at sports ground, left them alone in the busy life.

By considering the above said points, not participating in sports should lead any human to the negative side in ways of health, mental and social relations.