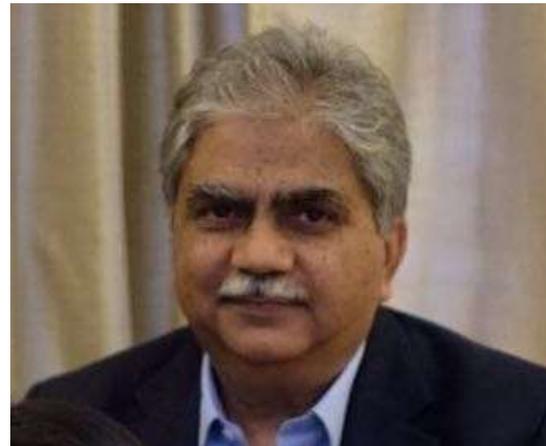


Sports build better life skills

Sports are beneficial for our physical health. However, research has shown that participation in sports can positively affect our mental health and provide social benefits as well, allowing us to connect with teammates and friends in a recreational setting. Sports teach us how to deal with failure, cope with challenges, plan strategically, learn teamwork, and much more. Marking World Radio Day 2018 celebrations on the theme of "Radio and Sports," please enjoy this interview with Mr. Satish Kaushik, psychologist, entrepreneurial trainer, and founder of Rajbala Foundation.



Alfaz-e-Mewat is using the World Radio Day 2018 theme of "Radio and Sports" to present special programs on life skills that sports impart. Please share your thoughts on this.

My congratulations to you all on World Radio Day. Presenting programs on life skills that sports provide is a very good initiative. It reminds me of an incident when we were interviewing candidates for the position of sales executive from an MBA college in Jaipur. One candidate in the final round was a wrestler. When I asked him why he thought he was suitable for the job, his answer was that this sport had taught him perseverance, hard work, and consistency—all vital to achieve goals and all qualities needed in an efficient sales executive. Impressed by his answer, we hired him. I firmly believe that sports are an integral part of overall balanced growth.

Psychological issues often start from adolescence and go unaddressed at that time, or even later. Do you think there is a connection between behavioral and psychological issues and the lifestyle of someone who has not engaged in any form of sport?

Human beings go through a process of development—physical, social, psychological, and emotional—throughout their lives. Every phase has its own characteristics. Psychological issues are not as prominent during early childhood but become more visible as a child grows. If these issues can be addressed at an initial stage, the probability of healing them improves substantially. Sports help people attain and sustain balanced physical and mental health. A lack of sports during childhood can impair proper physical growth, mental health, and self-esteem.

Why did you choose to present the psychological counseling show on Alfaz-e-Mewat?

Our NGO, Rajbala Foundation, works in healthcare and education. One of our projects, Udaan, promotes mental health for a happy life. To take this initiative to a larger population and to the grassroots, community radio serves as a very

good medium. The proactive attitude and enthusiasm of the Sehgal Foundation team, as well as their work at the grassroots level, motivated me to partner with Alfaz-e-Mewat.

In light of the recent manual for higher educational institutes released by the Ministry of Human Resource Development on how to curb suicides among students, do you think mental health awareness is important at all levels.

Taking care of mental health is very important for the balanced growth of a human being. Physical health and mental health cannot be dealt with separately as they affect each other. A combined approach is necessary. The psychological well-being of students is necessary to address in order to avoid suicides and other antisocial activities.

Do you agree that mental health should precede physical health?

Both physical health and mental health are necessary for the balanced growth of a human being. They are equally important, as they are symbiotic in nature and interwoven. One cannot give precedence to one and ignore the other. Health is a combination of physical, mental, and emotional well-being.

Do you see any differences in the psychological needs of students in urban and rural areas?

No. Urban and rural areas have similar problems except that some of the problems, owing to poverty and lack of education, are more typical of rural areas.

How do you define "Life as a Sport"?

I feel if we want to be happy, we should take life as a sport. Play it to the best of our abilities and enjoy. There may be ups and downs, such as winning and losing in sports, but possessing sportsmanship is vital. So in life, be a sport!

(Interview by Pooja O. Murada, director, Communications, S M Sehgal Foundation)