



Not Only Sports, But Sportsmanship

National Hindu Students' Forum (UK)'s annual Zonal Sports Competitions are approaching. There are 2 events taking place this year. We held in Nuneaton at the Nuneaton Academy on Sunday 18th November for students in the North and Midlands. Another competition will be held in Southall at the Featherstone Sports Centre on Saturday 1st December for students in the South of the country and London.

NHSF (UK) supports and works with over 45 universities across the UK, with the aim of developing and cultivating skills by providing a 'home away from home' environment through various events we host, enhancing students' opportunities to become leaders of the future.

The upcoming sports competitions aligns with this aim through an emphasis upon developing key characteristics such as honesty, integrity and respect, as well as the skills of leadership, through encouraging ownership for the world around them and being the drivers of change in the world; and compassion, through developing a selfless mindset.

Students representing their universities will compete against each other in the traditional Indian sports of kho-kho and kabaddi, as well as football, netball and badminton. They will have the opportunity to engage in other to activities to build our core values, including learning about the environmental impact of single plastic use and discussing the low participation of the Hindu community in organ, cell and blood donation. Students will also have the opportunity to delve further into understanding what it means to have a healthy lifestyle and how Hindu values can assist to manifest that.

This year's theme, #ThisHinduSocietyCan, encourages students to try new sports, get involved and stay involved throughout their lives. It encourages students to push themselves the extra mile and acquire values such as discipline in order to stay committed to their sporting activity and thus perform with their utmost passion each time they partake.

END

For further information, please contact:
NHSF (UK) Public Relations Team
prteam@nhsf.org.uk