**A hobby** is any spare time activity that we love undertaking again and which always makes us feel better.

There are a lot of hobbies like golf, cricket, football, swimming, dancing, singing, etc.

Hobbies have the potential to relieve the stress out of the individual. They offer an avenue to throw the stresses to the back of the mind and assist an individual to gain his bearings and to think straightly. An element of contest, if present may add up the spice to the whole activity and raise vigor for aggressive pursuit.

**Importance of hobbies.**

1. It helps to relieve stress by keeping you engaged in something you enjoy.
2. Hobbies give you a way to take your mind off the stresses of everyday life.
3. They let you relax and seek pleasure in activities that aren’t associated with work, chores or other responsibilities.
4. Hobbies help you become more patient. In order to develop a new hobby, you have to learn how to do something that is brand new to you.
5. Having a hobby can help your social life and create a bond with others. A hobby is something that you can frequently enjoy with other people.
6. Hobbies help reduce or eradicate boredom. They give you something to do when you find yourself with nothing to fill your time.
7. It helps you develop new skills. A hobby that you really dedicate your time to will lead you to build new skills.
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