Vikram’s English Academy (ICSE)

**All Work And No Play**

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A common sentence heard by every student in this generation is ‘Education is the most important thing in our life’. Indeed education is a gift of knowledge that cannot be stolen and can bring you to the top of your dreams. But in today’s world getting only educated is not enough, a person needs to be highly educated with degrees, masters, etc. This kind of condition that has been created leads to immense competition among the youth. Thousands of students study through the nights and days to get that one seat for perceiving a higher standard of education.

How many of these students go for at least a half an hour walk to release themselves? Well, according to me they even don’t get up from their study table and walk up to the hall to sit with their families and have their dinner. Yes, I do agree that hard and industrious work is necessary to achieve our goals in life. But concentration on work without recreation tends to make a person dull and unsociable. The minds constitution is such that it can work for a long time. But at the same time, proper relaxation is absolutely necessary to keep it from getting overtaxed.

An overtaxed mind losses all social spirit making the personality dull. Often even the school students are made to study their lessons continuously, so as to get good results in examination. School students are tortured by some parents. These stressed out students refrain from going to play due to the fear of examination and thinking about how their parents are going to react when the results would be out. But all this rather tends to make a child just a bookworm with no social abilities.

Furthermore all work and no play makes Jack a dull boy. A relaxed mind is a rejuvenated one. It retrieves all its capacities to absorb knowledge after proper recreation. Recreation revitalizes the mind’s inborn abilities. That is why the school stresses on extracurricular activities in school routine. A balanced scheme of work and recreation is the proper way to keep the mind in trim shape.

All this is specially important in the case of children because it is the age when the personality of the child is being moulded. In short, work with no recreation will make Jack a dull boy. On the other hand, combination of work with recreation will make him a balanced person!