

SUMMARY:

Physical education and sports is essential for the development of a fully integrated individual who would be a productive individual and be able to balance all facets of life in a healthy and successful manner. However, it is not limited to healthy individuals only, it is equally important for people with disability or disabilities as well. It is in fact more essential for people with one or more disability to be involved in some form of physical activity. The benefits of involvement in physical activities and exercises have been established by experts who implement these activities at various institutions where people with physical and/or mental disabilities are housed or trained. We have seen players having endless limitations in speech and movement or more excelling in sport, the IT industry, Fashion designing and many more. It will be unfair to limit a person merely on the basis of his or her disability rather we should try and make our curriculum and environment more and more handicapped friendly so as to open more avenues for people with disability to rise and shine and reach their full potential.