

Badminton: Badminton is a competitive sport which requires speed, agility and skill on the badminton court which is rectangular that is divided by a net. It is an indoor game that is controlled by the Badminton world Federation which was established in 1934 globally, match consist of best of three games of 21 points. This game necessitates a lot of energy and to one's physical fitness. This game is played using a lightweight Racket and a Shuttlecock in which two or four players hit a shuttlecock Back and forth using a rackets held crosswise and the most used terms in this sport is "Service and Scoring". It is one such sport which strengthens muscles, enhances reflexes, improves coordination, increases flexibility and improves balance. Some of the best badminton players in India are Saina Nehwal, P.V. Sindhu and so on; these players represent India in Badminton in Various Tournaments around the world. It is played at international, national, regional, zonal, at all levels .It was developed by British and India, and it becomes famous all over the world. This game is simple it does not have any complicated rules and has a fewer chances of injuries. The Best part about the Game is can be played by the people of all age groups and of any Gender. Badminton is fun to play.