Background Motivation:-

The emotional commitment a worker makes in their job is known as employee engagement. It is determined by how much time, effort, and talent they are willing to invest in their jobs and how much they are prepared to sacrifice in order to contribute value and progress both the team and the business as a whole. Sports are a great team-building and engagement activity since they force workers out of their comfort zones without the usual pressure from the workplace while still being enjoyable.

Employees who work in a social atmosphere are more likely to develop strong interpersonal skills. It is possible to learn discipline, decision-making, tolerance, cooperation, goal-setting, and goal-achieving through friendly rivalry in sports, all of which are similar to the objectives that businesses pursue in any case. Sports and friendly competition during a game assist staff members to appreciate the significance of leadership while also enhancing their learning and adaptability, which are crucial for teamwork, problem-solving, and strategic thinking. It also aids in communicating a crucial element of graciously accepting triumph or failure.

Many businesses have started include sports in their calendar of annual events. They give their "big" outdoor team sports events additional consideration in order to foster a sense of sportsmanship and team spirit, which further boosts engagement inside the organisation.

Objectives:-

the importance of employers providing a supportive context, fostering staff-

led team formation and considering motivational readiness of employees

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With more jobs becoming routine and mechanical, the importance of Employee Engagement has been rising and companies have been spending lots of time devising ways to keep the employee engaged in his work. Hence, this study will focus the factors which are responsible for high employee engagement with the help of sports.

The objectives of the study are:

1. To identify the factors which contribute to engagement.
2. To understand the major challenges in engaging the employee.
3. To establish a correlation between workplace sports and employee productivity/morale