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Abstract: The article discusses man's realization of his unique existence through sports. It also discusses the views of several personalities like Martin Heidegger, Gabriel Marcel, and Jean-Paul Sartre about man's realization of his uniqueness. Sartre believes that a man in a state of self-deception by public demand, abandons his own unique individuality in fulfilling a particular function. In sports, athletes realize their unique individuality by relying upon their own special capabilities and potentials.

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