

Importance of Sports⇒ Outline:

1. Hook

2. Thesis Statement:-

Sports play paramount role as it showers positivity on one's mental and physical health.

⇒ Introduction:1. Meaning and Types of Sports

(a) What is Sports

(b) Types of Sports

(i) Cricket

(ii) Hockey

(iii) Football

(iv) Tennis

(v) Racket Shutter

(vi) Snooker game

(vii) Volly ball

2. Institutes for Sports

(a) Educational Institutes

(b) Private Institutes

(c) National and International level

3. Physical fitness

(a) Sound body has sound mind

(b) Reduce Obesity

(c) Control Sugar Level

(d) Regulate pressure of Blood.

(e) Reduce traumatic injury as it induce flexibility

(f) Burn extra Calories

4. Mental Health is improved.

(a) Mental as well as Physical activity

(b) Sharpens intellectual skills.

(c) Helpful in minimizing depression, anxiety, stress and hopelessness.

(d) Mind freshening activity.

5. Promote tolerance:

(a) Embracing win-lose situation

(b) Learn to be more prepared

(c) Positive association among sportsman

(i) Shaking hands after game is over

(ii) Greeting each other warmly

(iii) Courage to face failure

6. Beneficial for Economic Independency

(a) Sports as a Source of income

(i) National and International level

(ii) Coaching Sports

(iii) Sports teacher.

(b) Economic Empowerment for women

- (a) Women participation
- (b) National prestige for women as well as men.
- (c) Women Championship
 - (i) Cricket Women winners
 - (ii) Tennis women Players
 - (iii) Women Foot Ballers.

7. Conclusion

