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English Essay
M. Mahroz Adan
001
Test 4

15/100

Outline:

"Impact of Sports on Society"

1- Introduction

- (1.1) Start with facts and Statistics about Sports
- (1.2) Thesis statement: overall impacts of Sports on Society.

order?

2- Physical and Mental health benefits

- (2.1) Improved physical and overall well-being
- (2.2) Boosted mental health and reduce stress levels.

(3) Social cohesion and unity

- (3.1) Sports bring people together from diverse backgrounds.
- (3.2) fosters a sense of unity and teamwork

(4)- Economic Impact

- 4.1 - Job creation in sports related industries
- 4.2 - Boost local economies through tourism and events
- 4.3 - Bring international brands as a sponsor.

how?

Yes.

5- Role Model and Inspiration

(5.1) Athletes as role model for young people

(5.2) Inspire individual to persue their dreams and overcome challenges.

(6) - Cultural and National identity

(6.1) Sports reflects cultural values and tradition

(6.2) Unites nations during international Competitions.

(7) Conclusion

(7.1) Recap of the main points

(7.2) Emphasize overall positive impacts of Sports on Society.

Introduction

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The sports have been a part of human civilization for thousands of years. Every society have their own sports which usually highlights their culture. Sports plays crucial role in promoting physical fitness, mental well-being, and social cohesion. Sports have been an essential part of Pakistani culture for centuries, with traditional sports such as Kabaddi, polo and wrestling being deeply ingrained in the society's fabric. Sports provide an opportunity to athletes to showcase their talents on a global platforms, bringing pride and recognition to their country. Sports not only impacts on mental and physical health but also bring people together from diverse backgrounds. It also fosters the sense of unity and teamwork. Sports also brings economic opportunities through tourism and events. Athletes inspires individuals to persue their dreams and ^{overcome} Challenges. Sports have thousands of positive impacts that can bring nation together and help to forget the problems of daily life.

Not even one century

~~Physical and Mental health~~ benefits

1) Sports helps to improve the physical health of the individual, It can help to make immune system strong and to fight against thousands of diseases. It helps to improve the overall - well being of a person. Thousands of articles and researches proves that playing sports can make good mental & health and also impacts on psychological health of individuals.

2) Sports not only improves the physical health but also bring impacts on the mental health of the person. It can help to fight against stress and depression. The world today is in under crisis and everyone are under stress due to inflation and crisis of economy, Sports provide an opportunity to overcome the stress and depression. It also promotes the good mood and improves social and communication skills which helps to bring confidence and

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benefits

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Leadership ability in every individuals. Sports also helps to lower hypertension which very common now-a-days and also helps to improve sleep, healthier heart, reduced risk of diabetes and reduce the bellyfat body-fat.

Social cohesion and Unity

3.1) Sports brings people together from diverse backgrounds, whether it's cheering for a favorite team or participating in sports events. Sports create a sense of unity among each other. Today almost every nation is divided in ethnic and sectarian conflicts b due to which it is difficult to unite the nation but sports can play crucial role in bring nation together despite of ethnic and sectarian differences. Sports promote the brotherhood and strengthen the relationships among the members of society.

"Sports have Power to change the world."

Nelson Mandela

~~Wrong~~ context

Yes.

education

3.2) Sports teaches to work together as a team, Teamwork is a key to success and for teaching teamwork there is no better way than Sports. Sports teaches how every individual is important for any progress in any field and everyone have to participate to winning any game. Sportsmanship also teaches to overcome the challenges or hurdles of life and it also helps to fight against the failure. No matter how many times you fail to achieve your goal, what important is?, your participation in the achieving the goal.

4- Economic Impacts ; help to improve economy

4.1) Sports creates job in various Sports-related industries. Sports industries can boost any economy. According to BBE,

"The revenue in the sports & outdoor market in Malaysia is projected to US \$ 137m in 2023 and expected to grow US 196m\$ by 2027"

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The economy of Malaysia takes huge advantage of their sports industry. Similarly, the sports goods sector of Pakistan is being a prominent export sector. Pakistan's production of high quality professional sports goods are highly demanding in international market, Sialkot is hub of sports goods production, which creates several jobs opportunities for locals. Pakistan's made footballs are used by FIFA (famous football league) several time.

4.2) Sports also boost local economies through tourism and sports events. Sports events like cricket leagues, PSL (Pakistan sports league) and other international matches attracts tourists to visit Pakistan which promotes local hotels, restaurants and markets. Sports have potential to contribute huge portion in economy of Pakistan. Tourists bring dollars and other currencies to Pakistan which helps to improve the economy.

currency reserves of the country. Sports events needs to be conducted every year for ~~boosting~~ the economy of the country.

4.3) The International brands and sponsors also invest in sports sector. which helps to improve the economy of the country. Sports is being watched all over the ~~world~~ so the international brands ~~se watch~~ it finds it as a opportunity to promote their brands. This help to grow foreign reserves and to make strong economy.

Athletes as a Role Model and Inspiration.

5.1) Athletes are famous among the young people and they become the role model for them. Young people used to follow their ^{favorite} athlete and learn to overcome the failure of the game and also it motivates them to play without the fear of failure. Athletes helps to motivate

Yes.

youngsters in every field of the life. The sportsmanship learned from the athletes are helpful to face the failures of the life. Teenagers are less matures and they try to suicide due to failures of life but the teenagers that follows sports are more strong and active.

5.2) Sports also impacts on individual for persuing their dreams of life. Sports teaches that no matter how many time you fail but what important is your participation. When ever you fail in any feild, you need to keep try again and again, you will get succeed.

"Just believe in yourself. Even if you don't, Pretend that you do and at some point, you will."
Venus Williams.

Sports reflects cultural and National Identity

6.1) Sports reflects the social, traditional and cultural values of the nation. Every game or sports shows the tradition of the nation which helps to strengthen the unity among the society members. Pakistan's local sports like Kabaddi, use to show the Punjabi culture that is going on from hundreds of years. The national game Hockey also promotes the local game of Pakistan. It is a resemblance of local Pakistani game 'Grilly dinda'. The local games helps to make strong relationship among the society.

6.2) Sports unites the nation in international events. Such as the cricket match of India - Pakistan is the only place where everyone call their self Pakistani citizen despite of having sectarian and ethnic differences. Sports plays huge role in bring the nation together without every difference.

Yes.

~~Conclusion.~~

Sports have many benefits including physical fitness and mental health. Sports not only gives physical health but also provide stress relief. Also the sports help social cohesion and unity among the nation. Furthermore the impact of sports on economy helps to improve the local businesses and promoting tourism. The sports not only make us entertain but also helps to provide a way of life.

→ Essay structure

→ SNA

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