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Eng Essay Test 2.1

Day: _____

Date: _____

Importance of Extra-curricular Activities

Outline

1. Introduction

(i) Thesis Statement:

Extra-curricular activities are important in various aspects such as: maintaining physical health, mental health and also character building of a person.

2. Meaning of Extra-curricular Activities

3. Importance of Extra-curricular Activities

A. Extra-curricular Activities-

Help in Physical Health Maintenance

B. Important for Mental Health

C. Crucial Role in Character Building of a Person

(i) Extra-curricular Activities bring Inner peace and Satisfaction

(ii) These activities Build Qualities like, patience and Tolerance, and confidence

(iii) Extra-curricular Activities Help Thinking Out of Box

(iv) These Activities are crucial for Team Work Experience

(v) These Activities Help Avoiding and Reducing Screen Time

(vi) Extra-curricular Activities play crucial Role in Increasing People-to-People Interaction — Important for Unity, Peace, and Progress of the Society

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4. Case Studies Highlighting Importance of Extra-curricular Activities

5. Pakistan and Extra-curricular Activities — Importance

6. Conclusion

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Growth not necessarily begins within classroom but outside of the classroom and that is what extra-curricular activities are for. In recent era of science and technology, where educational institutions emphasize academics - which is important - along with this extra-curricular activities are equally important for student's well being. There are hundreds of examples and case studies reflecting how extra-curricular activities help building confidence, patience, inner satisfaction, peace and unity among people. Hence, extra-curricular activities are important in aspects like, physical health, mental health, and also character building of a person.

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Extra-curricular activities refer to those activities which students perform outside of the academic studies. These activities include participating in debates, sports, songs, dramas, painting, and many more. Extra-curricular activities help students learn how to work in a team, deal with different people and along with that these activities play huge role in identifying student's hidden talents. The most famous singers in the world started singing in school or college reflects how these activities can shape the career of one. Thus, extra-curricular activities in educational institutions are crucial.

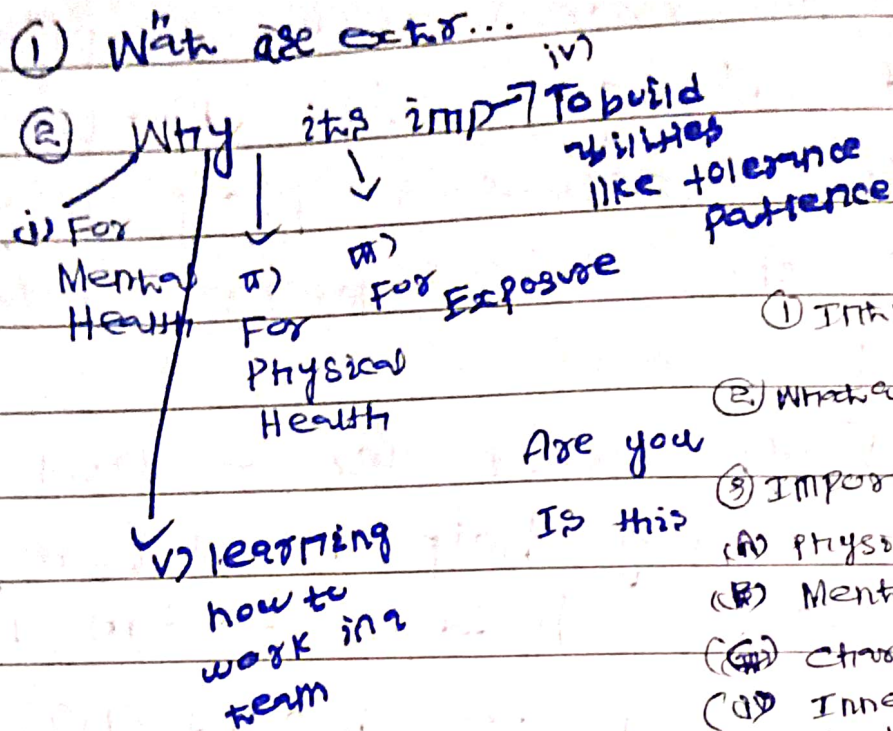
These activities not only help identify student's hidden talents but also maintenance of physical health. As students

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Sit and Study in classroom all day long and when they reach home, they do not get enough time to do any physical studies because of homework and tuitions.

Due to this schedule, children are getting diseases like, diabetes and fatness. That is why, extracurricular activities in educational institutions are crucial for physical health, as students participate in sports like, cricket, football, volleyball, and badminton which is basically their full body workout. Thus, extra-curricular activities play huge role in physical health of students.

Similarly, students' mental health is also improve due to these activities. As students are now having problems like, anxiety and

and depression due to burden of studies, expectations of society, parents and teachers. However, when there would be extra-curricular activities in schools or colleges, students would get relief. They would have opportunity to participate in their favourite activity which would be best for their mental health. Hence, one cannot deny the importance of these activities to keep mental health of students stable and secure.



① Intro

② What are E-C Activities

③ Importance

(A) Physical health

(B) Mental health

(C) Character building

(D) Inner satisfaction and peace

(E) Tolerance, Patience

(F) Leadership skills and Teamwork experience

(iv) Exposure - thinking out of box

Intro

Thesis Statement: The Extra-curricular

activities are not only ^{important} ~~beneficial~~ for physical health but also mental health. ^{vi) Helps avoiding screen time.}

Along with that, these activities also play imp role in Character building of a person. Thus,

(v) People to people interaction

④ Case Studies - ~~will~~ 1

Examples

⑤ Proverbs and Extra-curricular activities

⑥ Conclusion.

Importance of Extra-curricular Activities

Outline

1. Introduction

(i) Thesis Statement:

Extra-curricular activities are important for physical as well as mental health and also play important role in character building of a person.

Growth not always begins within classroom but outside of the classroom and that's what extra-curricular activities are for. A shy student, who is not where educational institutions like school colleges and universities educational institutions ~~prefer~~ ~~concentrate~~ indulge students into studies — which is also important — ~~also~~ along with this ~~physical~~ Extra-curricular activities are important.