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② Importance of Sports for Women

Outline

① Introduction

② Thesis Statement: There is a great importance of sports for women, as this is a perfect way to build social connection, to bring economic prosperity and women empowerment in the society.

③ Importance of Sports for Women

- ① Sport provides health benefits for women.
- ② Sports build a good social connection and global image.
- ③ Sports provide economic stability.
- ④ It is crucial for empowering females as well.
- ⑤ Sports provide both physical and mental health benefits.
- ⑥ This is a source of inspiration for future generation.
- ⑦ Women get confidence to do perform well in all aspects.

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(4) Challenges of Sports for Women

- (i) Lack of basic facilities is a challenge for sports.
- (ii) There are no any particular modern pattern for sports.

(5) Recommendations

- (i) Availability of basic facilities leads towards better results.
- (ii) There is a need of modern pattern of sports.

(6) Conclusion

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— INTRODUCTION:

Undoubtedly, sport is an exercise of mind and a pure soul of our body. Sports play a note worthy role by providing social economical and individual benefits specially for women.

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Women are the essential part of the society and it is a reality that women need a special attention as well as well.

They need proper availability of all the things such as Food, education and sports.

Because, Food is for body and sports are for the mind and growth. Secondly, not only sports provide health benefits but also social and international connection.

National level sport specially Women games build a way towards the positive and prosperous results. Sports boost up the economy

of the state and this is another way to empower the female

in society. As sports give an inspiration to the both

current and future generation.

Women feel that they can do anything perfectly and they get a confidence, that nothing is impossible in the society.

Simply, Sports are the basic rights of women.

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Moreover, Sports are an initiative to provide a better health facility to the women. This is a fact, that from the primary level to college level, this becomes a key responsibility of the parents, teachers and the sport teachers to give awareness to the females that yes, there is sport to enjoy, there is game to play in order to make a good health, and a better social bond.

Sports build an international image specially in women aspect. It is because women are sometimes neglected due to inferiority or any ignorance factor, but it is totally true, that if women are given better chance and an opportunity in sports department, they would be the true fruit and result oriented aspect for the society and state.

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This sector brings economic stability for the nation. Women sports in other words attract the international media and people to join join and develop the tourism as well.

Sports is directly concerned with the tourism, that is closely related with the economic stability and prosperity.

In short, Women sports play an essential role in the economic development too.