

Chapter 6

Sports and Tourism

PUNJAB BOARD



Sports and Tourism

Ex Q. 01: Explain the importance of sports.

Importance of Sports in a Society

Answer

It is well known that a healthy body has a healthy mind and a weak body has a weak mind. A healthy body requires exercise. Without exercise and abundance, our body becomes prone to fatigue, laziness and weakness. Education aims to prepare a well-rounded personality. Development of the body and mind is considered essential for quality education. Many physical and mental disorders start to arise due to a lack of physical exercise and sports. The purpose of education is not only the acquisition of wisdom but also the maintenance of good health and a healthy body to face the problems of life.

Definition of Sports

Sports refer to doing something that improves the mental and physical development of a person. Sports are such human activities that involve physical or mental exercise, or in some case both. In some sports, such as cricket and table tennis, an important factor is physical exercise, whereas in a game like chess, more emphasis is placed on mental planning and playing tricks correctly.

Importance of Sports

Sports are very important in human life. Sports develop mobility, agility, flexibility and leadership skills that cannot be found anywhere else. Sports focus on individual as well as collective benefits. Sports play an important role in human endurance, memory, strength and strengthening of physical organs. Due to sports, our body looks fit and energetic. If there are no sports, our body becomes completely weak and fragile. It is a famous saying that "The country where sports grounds are settled, their hospitals will be deserted and If the sports grounds are deserted, then the hospitals of that country will be peopled."

Interest of Children in Sports

Children are naturally fond of sports that helps exercise their body parts, which is a precursor to their better development. While games help in the better development of children, they also help in character building and psychological training of students. From time immemorial, various types of sports and healthy activities have been conducted in educational institutions to make children healthy and achieve the desired goals. It is clear from research that healthy children play an important role in education.



Hence there is a need to emphasize physical education and sports along with co-curricular activities.

Sports Activities in Elementary Classes

Sports is not only the favorite pastime of children but also a symbol of life, a guarantor of health and well-being, an aid in development and an effective means of education and training. On the contrary, formal education is usually strenuous activity for them and burdens their sensitive nature. Dry work - like reading and writing makes them sick. Hence, it is the need of the hour to lay extraordinary emphasis on educating young children through sports and inculcating the spirit of sports by engaging them in various activities of the school. By using educational games, not only do children learn through play, but they also enjoy the pleasure of both teaching and playing. In today's modern educational environment, the theory of sports education has gained acceptance as an effective teaching method.

1- Continuous Teaching causes Boredom In small classes.

children are made to sit in one place and concentrate on books all day long or any such activity not only causes boredom and disgust for them but also creates a feeling of hatred towards the school environment in their hearts.

Young children become mentally exhausted by sitting in one place, which cannot achieve effective educational goals.

2-Teaching with Sports Young children should be taught through games so that they can learn through play. In this way, they will not only enjoy studying but it also becomes an effective teaching method. For young children, every lesson should be designed with some play-based activity in which they can participate fully and learn something as a result.

Sports Activities in Higher Classes

Physical education and sports are also important in higher classes because keeping students healthy becomes even more imperative at this level. If their strengths are not channelized positively by keeping them engaged in sports and creating an atmosphere of competition, they desperately need positive guidance, there is a need for sports to highlight their talents. By conducting regular activities of sports like football, hockey, cricket, basketball, badminton, table tennis and athletics etc., in higher classes can guarantee positive results.

Advantages of Sports



Sports bring real joy to children, remove their confusion and worries, keep their faces happy, and satisfy their emotions. Sports help in overall harmonious development of their personality. Sports provide the following benefits to children:

Physical Advantages

Sports involve movement of the body and require physical exertion. Therefore, it maintains regularity in the flow of breath, blood circulation, digestive system and excretory system etc. Nerves and muscles are under control and the organs work properly in their proper place. The body gets energy for hard work and immunity to fight diseases. Overall health is improved and growth and maturity are greatly aided.

Mental Advantages

In sports, children come into contact with different situations and different peers. To deal with all these, they need to think and make timely decisions and actions. In this way, their understanding and power of decision increases, attention and concentration are trained, and experiences and observations are increased.

Emotional and Social Advantages

When a child plays, he has to communicate with others verbally or with the help of gestures. By doing this, he has to take into account the thoughts of others. When differences arise between children in a game, the importance of others' perspectives is learned by them. Through team sports, children learn cooperation and empathy with their peers, moderation in competition and contest, anti-bullying and waiting for their turn. They follow the rules and regulations of the game and obey the leadership. Through organized sports they also learn how to regard their fellows, how to limit their freedom for the sake of others and how to sacrifice their desires and personal interests to the collective interest.

Training of Effective Communication

When dramatic games are played in which the child plays any role, he adapts himself according to the character and tries to speak accordingly. While playing the game, the child practices words, sounds and sentences, thus he learns grammar through play. In this way, his language skills are enhanced and he becomes able to communicate more effectively to others.

Finding/ Deduction/ Conclusion



Sports are an important part of any healthy society that fosters positive attitudes and healthy competition in that society. This is the reason why all the countries around the world take special interest in the sports sector and strive for its development. There was a time when sports in the world were unimaginable without Pakistan and we were world champions in cricket, hockey, squash and snooker at the same time. But in the present era, where terrorism and political crisis have destroyed the education and health institutions, it has also directly affected the sports sector and we have lagged far behind the other nations in this field.

Ex. Q 02: Evaluate Pakistan's performance in Hockey and Cricket.

Profile of Pakistan in World' Sport

Answer

In the middle of the 20th century, when Pakistan appeared on the map of the world, at that time the world of sports was dominated by developed countries. Despite not having the basic facilities of sports, Pakistan, shortly after its establishment, showed such results in this field that stunned the whole world. Pakistan's past in the field of sports is full of many glorious moments and dignified performances.

Contrary to the present era, in the past, Pakistan's show case remained full of many important international medals, trophies and awards. This was the period when Pakistan proved itself to the world in various sports and gave a message to the world as an emerging "Sports Nation"

Fame of Pakistan

In the 20th century, the 80s and 90s was the golden era of sports in Pakistan. It was a period when Pakistan did not have the adequate facilities that other developed countries had, but perhaps it was the spirit that captivated the hearts and made the whole world as her followers. The positive aspect of Pakistan emerged in the world. During this period, Pakistan was considered to be the leader in four major sports. In these sports, Pakistan won many victories and performed remarkable feats due to which these sports, which include squash, hockey, cricket and table tennis, cause the fame of Pakistan in the world. Become famous. Among them, Pakistan's performance in hockey and cricket is presented below.

Hockey

Hockey is the national sport of Pakistan. If one were to know this today, he might find it funny considering the current performance of Pakistan in hockey. But it is also true that in the past Pakistan made unprecedented victories in the field of hockey.



In the past, the national team has won three gold medals in the Olympics, four World Cups, and three Champions Trophies. Pakistan claimed 8 times Asian Games, 3 times Asia Cup, 2 times gold medals in the title of Asian Hockey Champions Trophy and about 70 medals in the history of major competitions. Pakistan became the first Asian team to win the Champions Trophy three times as well as hold the world record for most victories in the Asian Games. Being consistently in the top 10 is proof of Pakistan's efficiency in the field of hockey.

Famous Hockey Players of Pakistan

The history of world hockey is still incomplete without famous players like Salahuddin, Rasheed Jr, Samiullah, Kaleemullah, Manzoor Jr, Hasan Sardar and Shahbaz Ahmed. They made Pakistan famous in the field of hockey for a long time. Players who have achieved world records in the world of hockey include Latif ur Rehman, Tanveer Dar, Waseem Ahmed, Muhammad Saqqlain and Sohail Abbas, and others. Latif ur Rehman was given the title of Flying Horse due to his unique gestures in the game. Tanveer Dar is the only player in the world to score three hat-tricks in the 1971 World Cup, his record is still unbreakable. Wasim Ahmed represented Pakistan in the most number of matches.

Sohail Abbas scored 348 goals and took the record of scoring the most goals in hockey.

Hockey World Cup

Like other popular sports, hockey must also have a champion. The idea first came to the mind of famous writer Patrick Rowley in the sixties, who was the first editor of World Hockey, a magazine published by the Federation of International Hockey (FIH). He felt the need to bring hockey teams together to compete for the world title in hockey as in football.

1-Efforts of Pakistan in conducting World Cup

It was Air Marshal (Retd.) Noor Khan who was the President of Pakistan Hockey Federation in the sixties who made this idea a reality. At the end of the national hockey tournament held in Lahore in 1969, he not only presented the expected trophy of the World Cup to Rene Frank, the then president of the Federation of International Hockey (FIH), but also offered to pay for air tickets and other expenses of the participating teams in the event of the World Cup of Hockey in case it is held in Pakistan.

2- First Hockey World Cup

In the meeting of FIH in October of the same year, a proposal was made to hold the World Cup and it was formally approved in the meeting of April 1970.



Thus, in 1971, Lahore (Pakistan) was announced as the host of the first World Cup of Hockey, but due to the strained relations between India and Pakistan, the Pakistan Hockey Federation had to withdraw from hosting the World Cup. However, Pakistan made it clear to the FIH that if it chose India as the host, then the Pakistani team would not participate in the World Cup.

3- First World Champion of Hockey

FIH hosted the first World Cup Hockey Tournament in 1971 in Barcelona, Spain. Ten teams participated in this world cup and Pakistan got the honor of becoming the first world champion of hockey. The captain of the Pakistani team in the event was Khalid Mehmood. At that time, Pakistan was also the Olympic and Asian Games champion. Pakistan defeated India in the semi-final and Spain in the final.

4- Second Time world Champion

In the 4th World Cup of Hockey, the Pakistani team won the world title again. Pakistani team performed brilliantly in the World Cup held in Buenos Aires (Argentina), by winning all the matches. Salahuddin was the captain of Pakistani team in this World Cup.

5- Third Time World Champion

India hosted the 1982 World Cup. The Pakistani team was captained by Akhtar Rasool, who was playing his farewell international tournament. Under his leadership, the team was able to defend the world title. In the same tournament, the world saw the magic of Hasan Sardar, whose eleven goals and beautiful game played an important role in Pakistan's victory.

6- Hockey World Cup in Pakistan

In 1990, Pakistan hosted the World Cup for the first time. In the final of the World Cup held in Lahore, the Pakistani team had to suffer defeat by the Netherlands.

7- Fourth Time World Champion

In 1994, under the leadership of Shahbaz Ahmed Sr, the Pakistan team once again became World Champion. In the final of the World Cup played in Sydney (Australia), the Pakistani team won the honor of becoming the world champion for the fourth time by defeating the Netherlands on penalty strokes.

Performance of National Hockey Team in Olympics

The modern Olympics started in 1896 in Greece. Olympic Games are held every four years in different countries of the world. Pakistan hockey team has participated in many Olympics. In these competitions, the national team has won three gold, three silver and two bronze medals.



The performance of the national team in the Olympics is mentioned below.

1- Participation in Olympics

For the first time after the establishment of Pakistan, the Pakistan hockey team participated in the Olympics in 1948, in which it won the fourth position.

2- Access to Victory Stand

In the 1956 Olympics, the Pakistani team came to the victory stand for the first time. Under the captaincy of Abdul Hameed Hamidi, the hockey team won the second position in the Melbourne (Australia) Olympics.

3- First Time Olympic Champion

The Rome (Italy) Olympics of 1960 is an important milestone in Pakistani hockey history. Under the leadership of Abdul Hameed Hamidi, the Pakistani team defeated India by one goal in the final and won the honor of becoming Olympic champions for the first time.

4- Second Time Olympic

Champion The 1968 Olympics were held in Mexico. In the final, the national team faced Australia, in which Pakistan made two goals to one and won the Olympic gold medal for the second time.

5- Third Time Olympic Champion

The 1984 Olympics were played in Los Angeles (USA) which once again brought good news for the Pakistani team.

Under the captaincy of Manzoor Junior, the national hockey team won the honor of being the Olympic champion for the third time.

6- Silver and Bronze Medals

After losing to India in the final of the 1964 Tokyo (Japan) Olympics, the Pakistani hockey team won the second position. Pakistan won the second position in the 1972 Munich (Germany) Olympics. For the first time, in the 1976 Montreal (Canada) Olympics, hockey matches were played on AstroTurf (artificial grass) instead of natural grass. This time, the national team won the bronze medal by taking the third position. In the 1992 Barcelona (Spain) Olympics, the team won the third position under the leadership of Shahbaz Ahmed.

Present Status of Hockey

In the present era, Pakistan hockey is in decline. The performance of the national hockey team is very disappointing. The team, which always used to trouble his rivals, failed to qualify in the last Rio Olympics and for the first time in history and could not qualify for the 2014 World Cup. The latest addition to the tale of the decline of the national game is that for the first time, Pakistan hockey team was not included in the 26th Azlaan Shah Hockey Tournament held in April.



It should be remembered that in this tournament, Pakistani team remained champion 3 times and the runner-up 6 times. The sad fact is that in this dark era of hockey, every ex-hockey player considers it his right to criticize the federation, but when he is offered some position in the federation, the tune of "all is well™ starts to resonate.

Practical efforts to find solutions to the real problems of the national sport are nowhere to be seen. For years, the wording has been going on and the static condition of Pakistan Hockey has stood still.

Cricket

Cricket is the most popular sport, loved all over Pakistan. The International Cricket Council allowed Pakistan to participate in international cricket in 1952, Pakistan played their first Test match on 16 October 1952 against India in Delhi. Currently, the Pakistan cricket team is considered among the strongest cricket teams in the world. The 1992 World Cup won by Pakistan cricket team is unparalleled. Apart from winning the One Day World Cup, Pakistan Cricket Team has also won the 2009 T20 World Cup and the 2017 Champions Trophy. Due to this performance, team Pakistan got the title of "unpredictable".

Famous Cricket Players of Pakistan

Pakistan has produced outstanding bowlers and batsmen including Fazal Mehmood, Sarfraz Nawaz, Imran Khan, Abdul Qadir, Wasim Akram, Waqar Younis, Shoaib Akhtar, Hanil' Muhammad, Zaheer Abbas, Javed Miandad, Inzamamul Haq and Shahid Afridi. Pakistan women's cricket team also represents their country in the world. Sana Mir and Bisma are famous female cricket players. Pakistani players have also held many records in cricket, like Shoaib Akhtar has the record for the fastest ball in cricket history. In addition to this, Hanif Muhammad scored the first triple century in the world of cricket and Shahid Afridi has the honor of scoring the fastest fifty.

Administration

The Pakistan Cricket Team represents Pakistan in the world of cricket and is managed by the Pakistan Cricket Board. In Pakistan, all types of first class cricket e.g. Test, ODI, T20 and women's cricket etc. are under the responsibility of Pakistan Cricket Board. This board works under the supervision of the Prime Minister of Pakistan. Performance of Pakistan Cricket Team in World Cup The first Cricket World Cup was played in England in 1975. The Cricket World Cup is held every four years in different countries.



The performance of Pakistan Cricket Team has been good in the history of One Day Cricket World Cup. In 1975, the World Cup tournament was organized for the first time in England. In which the national team was eliminated in the first stage. After that, in the World Cup competitions from 1979 to 1987, the Shaheens continuously qualified for the semi-finals.

Cricket World Cup 1992

The 1992 World Cup was jointly played in Australia and New Zealand. The white kit was replaced by colorful uniforms. After back-to-back defeats at the start of the tournament, the Green Shirts started their winning streak. After defeating New Zealand in the semi-final, Pakistan faced England in the final. In the final overs, Inzamam-ul-Haq and Wasim Akram took an aggressive approach and took the team's score to 249. In reply, the English team was bowled out for 227 runs in 49.2 overs. Wasim Akram took the wickets of Alan Lamb and Chris Lewis on two consecutive balls. In total, he dismissed 3 players. Mushtaq Ahmed took 3 wickets while Aqib Javed took 2 wickets. Wasim Akram was declared Man of the Match for his all-rounder performance. Pakistan won the final by 22 runs.

Present Status of Cricket

If we look at the recent performance of the cricket team, then the situation is that after getting out of the first round in the last World Cup, we also faced defeat in the series played against Australia, New Zealand and England. The main reason for this is that the glamor and money in cricket has alienated the players from the sportsman spirit and professional approach which was once the real identity and glory of cricket. Moreover no team is willing to enter the country due to security concerns. Apart from this, the lack of players from the regional level is also an important reason. Often, talented players are victimized with likes and dislikes of the administration.

Finding/ Deduction/ Conclusion

In order to improve the sports sector, the government must immediately take matters into its own hands and establish a system of merit and accountability by eliminating the culture of favoritism and corruption in sports. The revision of the sports policy will require the help of qualified athletes, world-class coaches, sports intellectuals and international sports organizations to formulate world-class policies instead of incompetent officers and ministers. It is the responsibility of all the provinces to take effective and active measures for the promotion and development of sports through their provincial institutions.



Ex Q 03: Describe the performance of Pakistani players in the field of Squash and Snooker.

Performance of Pakistan in Squash and Snooker

Answer

In the middle of the 20th century, when Pakistan appeared on the map of the world, at that time the world of sports was dominated by developed countries. Despite not having the basic facilities of sports, Pakistan, shortly after its establishment, showed such results in this field that stunned the whole world. Pakistan's past in the field of sports is full of many glorious moments and dignified performances. Contrary to the present era, in the past, Pakistan's show case remained full of many important international medals, trophies, and awards. This was the period when Pakistan proved itself to the world in various sports and gave a message to the world as an emerging "Sports Nation"

Fame of Pakistan

In the 20th century, the 80s and 90s were the golden era of sports in Pakistan. It was a period when Pakistan did not have the adequate facilities that other developed countries had, but perhaps it was the spirit that captivated the hearts and made the whole world as her followers.

The positive aspect of Pakistan emerged in the world. During this period, Pakistan was considered to be the leader in sports. In these sports, Pakistan has won many victories and performed outstanding feats. Due to which these sports, which include squash, hockey, cricket, table tennis and snooker, etc., became the reason for the fame of Pakistan. Among them, Pakistan's performance in Squash and Snooker is presented below.

Squash

Squash is a game played indoors between two players. It has a slightly sloping court surface. Hence, it is considered one of the toughest sports in the world in terms of fitness. Pakistan has gained prominence in this game. Pakistan's performance in squash is a reflection of Pakistan's glorious past. It can be estimated with the stats that Pakistan has won the World Open 17 times, and the British Open 12 times, which is the record for winning the most titles by any nation.

Famous Squash Players

For years, the names of famous Pakistani players Jahangir Khan and Jaan Sher Khan remained famous in the world of squash. Both these players have amazing records in British Open Championship and World Championship.



Jahangir Khan, the man of crisis, who defeated his opponents in 555 matches continuously from 1981 to 1986. In the 20th century, Pakistan produced seven British Open champions and Pakistani players held the title continuously for 30 years. From 1981 to 1996, Pakistan was considered invincible in squash.

Present Situation

The partnership of Jahangir Khan and Jaan Sher Khan greatly benefited Pakistan. But after these two players called the game farewell, Pakistan lost somewhere in squash and Pakistan's show case gradually became empty. Pakistan has not won the British Open title since 1997. The current situation is that no Pakistani player is able to qualify even to the main draw of the British Open.

Efforts of Jahangir Khan

Jahangir Khan, the greatest player in the history of squash, has started work to revive squash in Pakistan. Ten times British Open title winner Jahangir Khan said, "We have to do a lot to change the situation. It requires funding as well as the best organizational structure. And we have a plan through which the squash is likely to revive in the country™. The plan to bring squash back to the heights in the country also includes the establishment of a junior academy that will use the existing facilities at Jahangir Khan's Academy, Roshan Khan/Jahangir Khan complex in Karachi.

Under the project, the players will also be provided with resources to participate in foreign tournaments apart from recruiting coaches and developing talented players.

Snooker

Snooker is the name of a game played on a smooth surface table with a stick and balls. In this game two players or two teams of players participate in one match. The stick is 3 to 6 feet long and has a leather front end. This game is played all over the world and is very popular in France and England.

Fame of Snooker in Pakistan

A surprising result in snooker came in 1994 when Pakistan's Muhammad Yusuf won the IBSF World Snooker Championship held in Johannesburg (South Africa) by defeating Iceland's Johnson by 11 frames to 9. Muhammad Yusuf, from an anonymous background, was a well-known figure in the snooker and billiards community. His historic success popularized snooker among the local masses in Pakistan and opened avenues for sponsorship deals. Many young and emerging players started following the footsteps of Muhammad Yusuf and till now many Pakistani players have made their mark at the international level.

Distinction of Muhammad Asif in the IBSF World 6-Red Snooker Championship held in Carlow, Ireland in October 2013 and led Pakistan to the world title.



Pakistan Billiard and Snooker Association works for the development of snooker in Pakistan. Pakistani snooker players have won many medals in international competitions. Muhammad Asif, who belongs to Faisalabad, won a medal for Pakistan by being the runner-up in the International Open Snooker Championship held in Dubai in 2012. In the same month, Muhammad Asif won the honor of becoming the world champion by defeating England's Gary Wilson in the finals of the IBSF World Snooker Championship held in Sofia, Bulgaria. Under the national sports policy of PSB, he was entitled to a cash prize of rupees 1 crore for winning the world title. Muhammad Asif and Muhammad Sajjad participated in the IBSF World 6-Red Snooker Championship held in Carlow, Ireland in October 2013 and led Pakistan to the world title.

Distinction of Ahsan Ramzan

Ahsan Ramzan won the honor of becoming the world champion by defeating Irani Quest in the final of the IBSF World Snooker Championship to be held in March 2022. Ahsan Ramzan is the youngest snooker champion in the world. He was only sixteen years old when he got the title.

Finding/ Deduction/ Conclusion

To improve the sports sector, the government must immediately take matters into its own hands and establish a system of merit and accountability by eliminating the culture of favoritism and corruption in sports. The revision of the sports policy will require the help of qualified athletes, world-class coaches, sports intellectuals and international sports organizations to formulate world-class policies instead of incompetent officers and ministers. It is the responsibility of all the provinces to take effective and active measures for the promotion and development of sports through their provincial Institutions.

Ex Q 04: : Describe the status of any three indigenous sports in Pakistan.

Indigenous Games of Pakistan

Answer

The main purpose of sports has been to entertain. Along with promoting healthy activities, endurance, tolerance and brotherhood are also created in human beings with the help of sports. Different types of games were played in different periods of history, simultaneously in different regions of the earth and different nations for entertainment.



Some of these sports become part of the culture of a particular geographical region. These indigenous sports become specific and recognizable in that area and sometime expand to include more regions, countries, and even the global level. While cricket, football, hockey, volleyball, basketball and athletics are the most important sports in the world, many indigenous sports have also been important in the subcontinent for a long period of time. These sports have given this region worldwide recognition. Some of these sports are mentioned below.

Kabaddi

Kabaddi is a popular and beloved sport. In Pakistan, this game is mostly played in the villages of Punjab province, Apart from Pakistan, this game is played in India, Canada, America, Iran, England and Sri Lanka etc. The sport of Kabaddi is a combination of wrestling, karate, athletics and running. Kabaddi is a traditional game of Punjab which has become part of the Punjabi culture. With a beautiful blend of power and exhilaration, this game makes the audience gasp when it starts.

How to Play Kabaddi

In villages, on the day of kabaddi match, people come from far and wide to watch the competition.

Before the match, the ground is plowed to soften the soil, so that the players do not have to worry about getting injured while playing. Two teams consisting of the famous wrestlers of the region are formed. Fast, agile and powerful players are able to win points. The player who scores a point gets cheers and rewards from the fans.

Beginning of Kabaddi

There is no authentic evidence regarding when this game started in the subcontinent, but it is mentioned in the Hindu book Mahabharata. In ancient times, this game was played for martial skills in South India, but with the passage of time, the objectives of this game changed. Gautama Buddha, the founder of Buddhism, also played kabaddi with his friends. Although kabaddi has been around for thousands of years, it gained international recognition in the previous century when it was demonstrated at the 1936 Berlin Olympics. Today this game is played all over the world. Kabaddi is now a part of Asian Games, World Cup and other international sports. However, it is still not as popular as sports like football, cricket, hockey, rugby and badminton.

Kabaddi World Cup



India has had a monopoly on the global event of this game for almost a decade, but In 2020, the Pakistan Kabaddi Federation took personal interest and organized the Kabaddi World Cup in Pakistan in which Pakistan got success and became the world champion of this game. Previously all the Kabaddi World Cups were held in India. The Kabaddi World Cup (Circle Style) started in 2010. So far seven editions of this style have been held. Four Women's Kabaddi World Cups were also held in India and the winner was India. Before becoming champions, Pakistan reached the final four times but finished as runners-up. In the world ranking of Kabaddi, India remained at first place for a long time. Now after winning the World Cup 2020, Pakistan is at the first place, India is in the second place and Iran is in the third place. With the World Cup, this game has gained international recognition.

Malakhra

This game has been played in the Sindh region for five thousand years. Malakhra is also called Milh in Sindhi language; its player is called "Malh Pahlwan".

Malakharai wrestlers perform their art at fairs and festivals across Sindh and receive acclaim. In fairs held at the shrines of Lal Shehbaz Qalandar, Shah Abdul Latif Bhittai, Hazrat Abdullah Shah Ghazi, and other saints, Malakhra competitions are regularly organized.

Malakhra Corner has also been established in the Institute of Sindhology of Sindh University. Like other cities of Sindh, in the coastal city of Badin, Sirani, the fans get to see the interesting competitions of this cultural game of Sindh. Thousands of people come from far off places to watch this match and enjoy the game.

How to Play Malakhara

Malakhara is a popular form of Sindhi wrestling, which, similar to Japanese sumo wrestling, consists of trying to knock down an opponent while standing. In Afghanistan and Baluchistan, the thrust is made from the right shoulder during the game, while the left shoulder is used for thrusting in the Sindhi Malakhara. This game is also played in Gujarat and other rural areas of India. But all around the world, it remained a popular game of Sindhi Men, who call it "Lions' Fight". For a weak-hearted person, it is a matter of courage to enter the arena, he does not even have the courage even to watch the game when the players in the game toss each other in the air like football.

Training of Malakhara

Akharas have been built in the streets of all the cities of Sindh to teach Malh wrestling. The process of learning this sport starts at the age of 5 years and continues for 12 years.



A Malha wrestler is launched at the age of 17 years and his retirement age is 35 years thus he is able to wrestle for eighteen years. After retirement he is associated with it for life as a teacher of Malakhra based on experience. Competitions of this sport are organized at the public level in Sindh province throughout the year.

A sign of Sindhi Culture

The feudal lords, spectators and Malha wrestlers of Sindh have been continuing this sport for centuries without any support. A wrestler who wins a contest is publicly hailed as a hero, and tales of his bravery are spread widely. People tell their children stories of bravery and strength of Malha wrestlers. According to the locals, Malakhara is a part of Sindhi civilization and culture of and to forget is like to forget Sindhi civilization and culture.

Wrestling

The history of wrestling in the subcontinent is very ancient. In the history of India, wrestling was known as "Maal Yudh". According to historians, 'Mal' is borrowed from Sanskrit to mean wrestler and 'Yudh' to fight. The arrival of the Mughals in India was the basis for many cultural changes among the natives, while Iranian influences were already present in the subcontinent. Famous wrestler from Iran, Rustam was also very popular in India due to his legendary fame.

"Rustam" became a literary character which was used by poets in their poetry and writers in stories and plays.

How to Play Wrestling

As far as the style of the game is concerned, it is a sport, based on the expression of physical strength and is mainly played between two persons known as wrestlers. Both wrestlers try to knock each other to the ground with the help of their arm strength. Which one of them succeeds, is called Shah Zor. The experts of this art say that success in this game really depends on the skill of the player. That is, the more austerities or exercises he does, the closer he will be to success.

Famous Players of Wrestling

There have been prominent wrestlers in the Indian subcontinent. The most famous name is "Gama Pahlwan" who is also remembered as "Rustam-e-Zaman" and "Rustam-e-Hind". Gama was a wrestler whose fame spread across the world and due to which the name of India was also known in every corner of the world. The king of martial arts, Bruce Lee called himself a fan of the Gama wrestler. The names of Bholo brothers, Jhara Pahlwan, Yasin Sharif, Haji Afzal, Azal Pahlwan and Kala Pahlwan are still considered to be the recognition of Pakistan at international level.



Golden Period of Wrestling in Pakistan

From Muhammad Azeem aka Gama wrestler to Imam Bakhsh and Manzoor Ahmed aka Bholu wrestler, the golden age of Pakistani wrestling is formed, which kept the hearts of wrestlers all over the world in awe. Their journey as a wrestler was truly amazing. Their status was such that if they had been the champion of India or Pakistan, they would have been considered the champion of the world. Imam Bakhsh's son Bholu Pahlwan was the last link of these great wrestlers.

1- Medals of Bholu Pehalwan

The most famous among them was Manzoor Ahmed Bholu Pehlwan, born in 1927 in Amritsar, who was the eldest son of Imam Bakhsh and nephew of Gama Pehlwan. After the establishment of Pakistan, in 1949, Bholu defeated Younis Pahlwan in Dangal for the title of Rustam-e-Pakistan and took this title. In the 1960s, Bholu and his brothers toured Britain, where they defeated many wrestlers. In 1962, Bholu was awarded Tamgha-e-Imtiaz by the Government of Pakistan. Later he was also given the title of Rustam-e-Zaman.

2- Medals of Jhara Pehalwan

Zubair aka Jhara Pahlwan of the same family also earned a good fame in wrestling, by defeating the famous Japanese wrestler Inoki.

Current Situation of Wrestling in Pakistan

The Bholo brothers were buried next to a centuries-old tree near their akhara, where there is mostly a cloud of silence looming above. Same is the situation with wrestling in Pakistan today. There was a time when there were more than 600 Akharas in Lahore city alone, where around ten thousand youngsters used to get training. Due to poverty and lack of government patronage, the glorious past of Pakistan wrestlers is now becoming a mere memory. Where there are only a few wrestlers left who are passing this tradition on to the next generation.

Finding/ Deduction/ Conclusion

In the present era, the trend of youth and children towards their native sports has decreased a lot, which is mainly due to the increasing use of mobile phones and computer games among children. Due to these modern devices, the physical health of children has become very dangerous. They have been confined to the four walls of the houses. Due to which they are suffering from obesity, laziness, sloth and other problems besides many diseases. Children who play computer games are considered to be mentally smarter, but physically weaker.



Ex Q 05: Describe the problems faced by the tourism industry in Pakistan and suggestions for their solution.

Tourism as an Industry

Answer

In modern times, tourism has become an industry. Economic activities are boosted by tourism of historical and recreational places. It increases employment and national income for the people. The arrival of foreign tourists helps earn foreign exchange and stabilizes the economy. Pakistan is one of the best countries in the world in terms of tourism where beautiful valleys offer beautiful scenery. In the same way, the vast green undulating plains, the land of rivers and canals, beautiful flowers and the best fruits are also the center of attention here. Based on the beautiful combination of East and West, the ancient civilization, cultural heritage and historical places of the Indus Valley are some of the best examples. These are all things that promote tourism and by God's grace Pakistan is the hub of these beautiful landscapes.

Natural Sights in Pakistan

There are numerous recreational and tourist spots in Pakistan where nature can be seen spreading its colors.

The sight of which brings peace to the heart and happiness to the mind. Pakistan is a land of high mountains, beautiful valleys and lush green plains. Some of the beautiful valleys include Neelum Valley, Kaghan Valley, Swat Valley, Hunza Valley, Murree, Ayubiyah, Nathiagali, Skardu and Ziarat etc. In winter these areas are covered with snow and in summer the weather is pleasant. The most beautiful sights like waterfalls, lakes, winding roads and high peaks, in short Pakistan has everything of the beautiful scenery of nature.

Historical Sights in Pakistan

In addition, there are many historical sites and buildings throughout the country that are rich in historical information for students and tourists interested in history. For the followers of every religion, there are remarkable historical sites full of different cultural colors. Some of them are as follows:

- 1- Daman Koh Islamabad
- 2- Badshahi Masjid, Shahi Fort, Shalamar Bagh, Wazir Khan Mosque, Chaubarji, Jahangir Tomb etc. in Lahore
- 3- Haran Minar in Sheikhpura
- 4- Mahabat Khan Mosque in Peshawar
- 5- Rohtas Fort near Jhelum
- 6- Katas Raj Mandir Chakwal for Hindus
- 7- Nankana Sahib and Gurdwara Kartarpur for Sikhs, Gurdwara Panja Sahib Hasan Abdal



- 8- Harappa (Sahiwal), Mohan Jodaro (Larkana) traces of five thousand years old civilization
- 9- The ancient civilization of Gandhara spread in Taxila and its surroundings.
- 10- Ranikot Fort (Jamshoro) Sindh
- 11- Ziarat Residency (Baluchistan)
- 12- Bahawalpur Palaces, Lal Sahandra National Park and Derawar Fort.

Problems Faced by Tourism in Pakistan

Although there are many recreational, touristic and historical places, despite the tourism industry is not getting development in Pakistan. Many countries of the world are caring a lot of foreign exchange from tourism alone. While the rate of arrival of foreign tourists in our country is very low i.e. about 2 million per year. However, the number of local tourists is somewhat encouraging. There are several problems faced by the tourism industry in Pakistan, some of which are mentioned below:

- i- Lack of means of transportation for tourists.
- ii- Terrorism, from which especially foreign tourists feel insecure,
- iii- Lack of infrastructure required for tourism.

- iv- Inadequate accommodation facilities at tourist destinations.
- v- Lack of government patronage in tourism.
- vi- Negligence and inattention of concerned government agencies.

Suggestions for the Promotion of Tourism

A lot of foreign exchange can be earned by promoting tourism activities in the country by taking some steps mentioned below:

- i- The transport system should be improved.
- ii- Need to control the incidents of terrorism and make the law and order situation satisfactory.
- iii- Sanitation at tourist places should be according to international standards.
- iv- Provision of affordable accommodation facilities for tourists should be ensured.
- v- In hilly areas, where possible, chairlift should be installed instead of jeep service.
- vi- The provision of funds to the Tourism Development Corporation should be improved so that tourist destinations can be developed.

Effects of Tourism on Economy

Tourism boosts economic output. Prosperous tourism industry creates jobs and revenue through foreign direct investment. Wherever the tourism activity starts, permanent employment opportunities are created for the local population.



In terms of national income, the Kartarpur Corridor is estimated to generate 34 million dollars of direct income annually. Similarly, in other tourist destinations, revenues of up to \$350 million can be collected annually, including indirect costs such as hotels and travel facilities.

Efforts to Promote Tourism in Pakistan

The construction of a world-class motorway in Hazara Division has benefited the region immensely. While traveling to remote areas has reduced and become easier, this one road has introduced many fascinating tourists' sights to the world. Two excellent projects have been introduced in Punjab, the first is the "Albiruni Heritage Trail" in Jhelum District and the second is the provision of water sports and other facilities in the lakes of Potohar. In other parts of the country, the government is continuing to establish new resorts and build paved roads. Many roads built under the CPEC project have made many difficult areas accessible to the common man. On the one hand national level paragliding competitions are being organized in the areas of Chitral district, on the other hand jeep rally is organized in Thal Desert. Tourism is being promoted in deserts through tourist resorts in areas like Nagarparkar and Cholistan.

Establishment of "Indus Blind Dolphin Tourism Park" at Taunsa, water sports and resort on Indus River at Attock and restoration of religious places of Sikhs are also in progress.

Finding/ Deduction/ Conclusion

There is no doubt that tourism is a source of economic output. This creates revenue generation and employment opportunities. If the tourism industry is promoted in Pakistan, billions of rupees can be earned annually. In this way people will get business and economic stability will be experienced in the country. The potential benefits of tourism can only be fully realized when the structural constraints are fully addressed. Authorities in Pakistan still need to do more to ensure safe and sustainable tourism by relaxing visa policies, introducing training (to increase tourism opportunities and formalizing digital infrastructure).

Ad. Q: Explain the role of Pakistan Tourism Development Corporation in promoting tourism in Pakistan.

Pakistan Tourism Development Corporation

Answer

In modern times, tourism has become an industry. Economic activities are boosted by tourism of historical and recreational places.



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Establishment of PTDC

Pakistan Tourism Development Corporation was established in 1972. The main objective of establishing this institution was to promote the tourism industry in the country. For which the aim is to provide with the best information to the domestic and foreign tourists for the sightseeing of the historical and beautiful places of the country and to provide all the facilities that the tourists need.

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Sub Offices of PTDC

For this purpose, four institutions of PTDC were established:

- 1- Hotels (A commercial establishment that provides accommodation to travelers and sometimes permanent residents. It often has restaurants, meeting rooms and stores, which are available to the general public.)
- 2- Motels (a roadside hotel designed primarily for motorists, typically having the rooms arranged in low blocks with parking directly outside.)
- 3- Tourist Information Centre
- 4- Pakistan Tours Limited

Privatization of PTDC Hotels

Basically it is a corporation and semi-government organization. He had four big hotels under his auspices, each of which had an area of several acres. Three of these hotels were sold at a very low price through privatization and the employees working in them were dismissed from their jobs through the Golden Shake Hand scheme. The hotels to be sold include Flaties Hotel Lahore, Ceasal Hotel Murree and Deans Hotel Peshawar. Only Flash man's Hotel Rawalpindi remained under the supervision of PTDC.



PTDC Motels

Currently, this organization has many motels all over Pakistan and Azad Kashmir. Some of these are located in Swat Valley, Kaghan Valley, Skardu, Gilgit, Chitral, Pak-Iran Border, Wagah Border, Pak-China Border, Pak-Afghan Border, Bahawalpur, Mohan Jodaro, Hawkes Bay, Karachi, Khuzdar, Chaman, Ziarat, Kenbhar Lake, Quetta, Ayubia, Banjusa (Kashmir) etc.

Information Centers

Training centers of Pakistan Tourism Development Corporation are present at all airports as well as in cities like Multan, Bahawalpur, Taxila and Mohun Jodaro.

Transport Services

A major objective of this institution is to provide transport to the tourists. At the domestic level, the company has its own buses, high-speeds and coasters operating within the country. Pak-China and Pak-India International Bus Service is operating between the countries.

Deterioration of the Institution

This institution has so far earned a handsome amount of revenue in terms of foreign exchange and paid millions of rupees to every government in the form of annual taxes. But due to bad law and order situation after the incident of 9/11 and 2005 earthquake, this industry has suffered a lot. A training center in Kala Bagh Dam was destroyed by terrorists.

Employees were given regular training in this training center. In this way, this institution began to gradually decline. In 2010, various institutions were handed over to the provinces in the eighteenth amendment of the 1973 constitution. This had adverse effects on PTDC and the performance of the organization was affected.

Finding/ Deduction/ Conclusion

Tourism can become a profitable industry in Pakistan despite all adverse conditions if the government starts to patronize this institution. We have examples of India, Nepal and many other countries where billions of rupees are being earned annually from the tourism industry.

Ad. Q: Review the reasons for the decline of football in Pakistan and offer suggestions for its improvement.

Football

Answer

The origins of football in the subcontinent go back to the mid-nineteenth century, when the game was introduced to British India by British soldiers. Football in Pakistan is as old as Pakistan itself. In the beginning, the game was played between army teams. However, football clubs were soon established across the country. Kohat FC was the first club that was established in 1930.



After independence, more clubs were formed including Afghan, FC, Chaman and Wahib

How to Play

Football, also known as soccer in America, is a ball game. In this game, two teams of eleven players play with a spherical ball. This ball is made of leather, inside which a rubber bladder is filled with air. The field of play is 110 yards long and 60 yards wide with goals made by poles on both sides. The player tries to pass the football through the opposing team's goal by kicking it with his feet. The team that manages to score more goals is declared the winner.

Fame of Pakistan

The reason for Pakistan's fame in the field of football is the football made in Sialkot rather than the players. Pakistan's industrial city of Sialkot is famous for manufacturing sports equipment and especially the footballs produced in this city are very popular all over the world. 70% of hand-made footballs worldwide are manufactured in Sialkot. Footballs are exported to other countries including Germany, the United Kingdom, USA and Holland. The major importer of handmade footballs in Pakistan is Germany, which imports 14% of the total national exports, while the UK's share is 10%, the US 8% and the Netherlands 7%.

Establishment of Football Federation

Pakistan Football Federation was founded on December 5, 1947, Quaid-e-Azam Muhammad Ali Jinnah became its first Patron-in-Chief. This new federation was recognized by the International Federation as early as 1948. In 1950, the national team gained its first international experience in Iran and Iraq. In 1954, the Pakistan national team participated in the Asian Games in Manila and toured the Far East. In 1958, Pakistan again participated in the Tokyo Asian Games. Pakistan also participated in the annual Asian Quadrangular Tournament. However, the game did not develop as smoothly as it should have. Pakistan's participation in international competitions has not been regular. Due to the lack of skilled management in the federation, the standard achieved in the early 1950s could not be maintained.

Causes of Degradation of Football in Pakistan

Football is the most popular sport in the world but despite the immense talent in Pakistan, this sport has not got the popularity it deserves. Until the 1970s, Pakistan performed well in football, but after the fall of Dhaka, the football infrastructure in Pakistan was completely destroyed. The country, which had reached the 142nd position in the world ranking, is now down to the 194th position. Some of the causes are here under.



Negligence of the Government

In the four years from 1954 to 1958, the Pakistani team had succeeded in making itself known at the Asian level, but unfortunately the successive governments did not pay any attention to its development and the result was that the football in our country started to decline.

Factions in the Federation

The factionalism of the Pakistan Football Federation has destroyed the game of football in Pakistan. In 2007, the Pakistan Football Federation was entrusted to Makhdoom Syed Faisal Saleh Hayat, and then there was a chance of improvement in this game.

Institutional Politics

In 2012, the sport once again fell victim to traditional indifference due to mutual tussle between the federation and the Pakistan Olympic Association.

Corruption

The grant of billions of rupees received by FIFA is wasted due to the corruption of the higher officials.

Suggestions for the Improvement

In 2007 Geo Super Football League started. This is Pakistan's first professional national football tournament. In 2010, people's interest in football in Pakistan was extraordinary and the performance of the Pakistan team in the Asian Games was remarkable.

There is a need to take practical steps at the government level for the development of football and the promotion of this game in the country. Some of the suggestions are listed below.

New Setting of the Federation

Sincere and honest people should be entrusted with the responsibilities in the federation. New infrastructure, construction of new stadiums and organization of world level competitions should be arranged.

Elimination of Corruption

The FIFA grant should be used transparently. Matters like sponsors and media coverage should be taken seriously.

International Level of Training

The most important thing is to appoint a qualified internationally trained coach. The media should also come forward to play its role for its promotion.

District and Institutional Teams

Like the European Championship, in Pakistan too, football tournaments should be started at the district level. Institutional, school and college level teams should be formed and intercollegiate and inter-university tournaments should be started. Apart from this, competitions should be held between the teams of different cities and good players should be brought forward.



Structure of National Team

Provincial teams should be formed by taking players from the district teams, and a national team should be formed from the provincial teams. A team built with this step-by-step approach will yield exceptional results.

Finding/ Deduction/ Conclusion

To improve the sports sector, the government must immediately take matters into its own hands and establish a system of merit and accountability by eliminating the culture of favoritism and corruption in sports. The revision of the sports policy will require the help of qualified athletes, world-class coaches, sports intellectuals and international sports organizations to formulate world-class policies instead of incompetent officers and ministers. It is the responsibility of all the provinces to take effective and active measures for the promotion and development of sports through their provincial institutions.

Ad. Q: Present an overview of the game of lawn tennis and polo.

Lawn Tennis

Answer

Tennis is not a very popular sport in Pakistan and very few Pakistanis participate in international competitions of Lawn Tennis.

The Pakistan Tennis Federation (PTF) organizes the game in the country through which the Pakistan team has distinguished itself in international tennis competitions. The Pakistani team defeated strong teams like New Zealand in 2018 and Thailand in 2019 and qualified for the World Group Playoffs for the first time in the history of Pakistani tennis.

How to Play

Tennis is a racket sport played individually against a single opponent (singles) or between two teams of two players (doubles). Each player uses a tennis racket to throw a hollow rubber ball over the net into the opponent's court. If the opposing player is unable to return the ball correctly, the other player gets a point. Lawn tennis is played on a green or cement court, 78 feet long and 27 feet wide.

Famous Players of Lawn Tennis

Three players from Pakistan achieved international fame in lawn tennis world competitions.

Ahmad Hasan Khokhar

Ahmed Hasan Khokhar was the first Pakistani to represent his country in a Grand Slam tournament at Wimbledon in 1948,

Haroon Rahim

Haroon Rahim was a very successful player.



He was Pakistan's youngest singles national champion as well as the youngest player, having represented Pakistan in the Davis Cup at the age of 15. He is not only the highest-ranked singles player in Pakistan's tennis history, but was also the winner of multiple ATP singles and doubles titles.

Esam-ul-Haq Qureshi

Aisam-ul-Haq Qureshi is a Pakistani professional tennis player. Recently Aisam-ul-Haq Qureshi created history in Pakistani tennis, as he is the only Pakistani tennis player to reach the final of a Grand Slam.

Polo

Polo is a game known as the game of kings. The game started in England in 1061. The history of the Indian subcontinent shows that playing polo used to be a hobby of the royal family members here. Qutbuddin Aibak, the first Muslim king of India, also died after falling from his horse while playing polo. His mausoleum is in Aibak Road, Anarkali, Lahore. Polo is played regularly in Pakistan. There are about twenty-four clubs in Pakistan that support this game, the most important of which is the Lahore Polo Club. The National Polo Championship is also held in Lahore every year. Pakistan Army plays an important role in the promotion of polo in Pakistan.

How to Play

Polo, also commonly known as Chogan, is a hockey-style sport in which two teams of horsemen compete. Each team has three or four players. They have a long mallet in their hands with which they hit a white wooden ball and score goals for the opposing team.

Polo Matches in Shindur

In Pakistan, this game is played very fondly in the northern regions and Chitral. Fans from all over the world come to Pakistan to watch the polo matches held in the Shandur valley located in the northern regions of Pakistan. Shandur Polo Tournament is being played since 2000 years. The game is called Freestyle Polo which is played between teams from Chitral and Gilgit. Tourists from all over the world visit Chitral to watch this game.

Polo: A Costly Game

Polo in Pakistan is considered to be a rich man's game and it is also organized by big feudal lords and landlords. This is mainly because the horses used in this game are very expensive and their maintenance is even more expensive. Apart from feeding the horses, a team of trained people is required to take care of them.



Ad. Q: Describe the status of indoor sports played in Pakistan.

Indoor Games

Answer

Indoor sports are a variety of formal physical and mental games or exercises, which can usually be held at home, a gym, a sports complex or a covered stadium. Some of the indoor sports played in Pakistan are mentioned below.

Table Tennis

The sport of table tennis is on the decline in Pakistan. Due to the lack of government patronage, its organizers are also worried. There was a time when Pakistan used to stun in table tennis. Players like Anif Khan and Nazeem Shikoor brought Pakistan many world titles. Now this game is gradually declining for the last several years. The gradual closure of departmental teams also had a negative impact on the game. The players also seemed worried about the state of the game and their future. The organizers say that there is no lack of talent in the country but the government patronage is inadequate and funds are not granted. Players cannot be expected to perform well without giving importance to sports in the government's priorities.

Badminton

In Pakistan, this sport is popular among boys and girls equally. At the national level, there are male and female teams from Police, WAPDA, National Bank, Sui Gas, Higher Education, Khyber Pakhtunkhwa, Sindh, Balochistan and Punjab. Tournaments of this game are held at the national level. In 2015 Lahore PSO All Pakistan Badminton Championship was held which was won by National Bank. WAPDA won the women's singles title. National Bank won the men's doubles title. WAPDA team won in women's doubles. Efforts are also being made at the government level for the promotion of this sport.

Basket Ball

The game is played on a field 94 feet long and 50 feet wide. The number of players of both teams participating in the game is 5 each, while the weight of the ball is 20 to 22 ounces. This game is played on both indoor and outdoor. This game is especially popular in North America. The game has been pushed into decline, sinking the raft of merit in Pakistan, although there is talent to play basketball here. Basketball started in Pakistan around 1960 at CTI and Murray College in Sialkot. A basketball stadium was established here in 1971.



The period from 1971 to 1976 was undoubtedly the era of basketball in Pakistan. A Many athletes who graduated from Murray College went on to make fame at the provincial and national level.

Short Questions given in the Exercise of Book

Question 01: Explain the mental benefits of sports.

Answer:

During play, children come in contact with various situations and friends, which require them to think, make timely decisions, and take appropriate action. It increases their understanding and decision-making power, trains attention and concentration (extreme engagement) and increases experiences and observations.

Question 02: Write the names of four famous wrestlers in Pakistan.

Answer:

- 1- Muhammad Azim (Gama Pehalwan)
- 2- Manzoor Ahmed (Bholo Pehalwan)
- 3- Imam Bakhsh Pehalwan
- 4- Zubair (Jhara Pehalwan)

Question 03: What is the main purpose of establishing the Pakistan Tourism Corporation?

Answer:

The main objective of the establishment of Pakistan Tourism Corporation is to promote the tourism industry in the country. This organization provides information to the tourists about all the historical and scenic places of the country and ensures the provision of necessary facilities to them.

Question 04: State any two problems facing tourism in Pakistan.

Answer:

- 1- There is lack of means of transportation for tourists.
- 2- Terrorism, which makes foreign tourists feel unsafe.

Question 05: Give suggestions for the promotion of tourism in Pakistan.

Answer:

- 1- The transport system should be improved.
 - 2- The incidents of terrorism should be controlled and the law and order situation should be made satisfactory.
- Question 06: Kabaddi is popular in which countries? Answer: Apart from Pakistan, Kabaddi is played in India, Canada, America, Iran, England and Sri Lanka etc.



Question 06: Kabaddi is popular in which countries?

Answer:

Apart from Pakistan, Kabaddi is played in India, Canada, America, Iran, England and Sri Lanka etc.

Question 07: How many World Cups of Hockey has Pakistan won? Write the year also.

Answer:

Pakistan has won the Hockey World Cup four times.

- 1- First 1971
- 2- Second 1978
- 3- Third 1982 4- Fourth 1994

Question 08: How many times did Pakistan become the Olympic champion of hockey? Write the year as well.

Answer:

Pakistan became the Olympic champion of hockey three times.

- 1- The first time in 1960 (Rome)
- 2- The second time in 1968 (Mexico)
- 3- The third time in 1984 (Los Angeles)

Question 09: How is the game of Malakhra played?

Answer:

Malakhra is a popular form of Sindhi wrestling that consists of attempting to chit (defeat) an opponent by standing up, similar to Japanese sumo wrestling.

Question 10: Explain the relationship between sports and tourism.

Answer:

Both sports and tourism are healthy activities. They provide benefits such as discipline, courage and passion to face problems, mental relaxation and physical exercise. Both sports and tourism build the personality of a person. It plays an important role in building a healthy society.

Short Questions taken from the Textbook

Importance of sports in society

Question: What is meant by sport?

Answer:

Sports refers to do something that improves the mental and physical development of a person.

Question: Why are sports important?

Answer:

Sports are very important in human life because they develop leadership skills, make the body agile, and play an important role in increasing endurance, memory and physical strength.

Question: Explain the importance of sports with a famous quote.

Answer:

There is a famous saying that explains the importance of sports "A country that has sports fields are settled down, its hospitals will be deserted. And if a country's sports grounds are deserted, then its hospitals will be inhabited."

Question: What is the importance of sports in the better development of children?

Answer:

Children get physical exercise through sports, which makes children healthy and only healthy children perform better in the academic field. It also helps in training and character building of children.

Question: What is the best teaching method for young children?

Answer:

Young children should be taught through sports so that they can learn through playing. An activity should be designed for them in each lesson in which they participate fully and attentively. Not only, the children will enjoy it, but effective teaching will also be possible.

Question: What are sports activities in high classes and why are they important?

Answer:



Sports like football, hockey, cricket, basketball, badminton, table tennis and athletics can be useful for students in high classes. This will not only improve their physical health but will also help them to channelize their talents in a positive direction and prevent them from falling prey to indiscretions.

Question: Describe the physical benefits of sports.

Answer:

Sports involve movement of the body and require physical exertion. By which the respiratory system, blood circulation, digestive system, and excretory system remain correct. Nerves and muscles are under control and immunity against diseases is increased.

Question: Describe the emotional and social benefits of sports.

Answer:

Through sports, children learn cooperation and empathy with their peers, adherence to rules and regulations, moderation in competition, obedience and leadership, anti-bullying and waiting for their turn. Respect for friends, limiting one's freedom for the sake of others, and sacrificing personal ambition for the collective good also come from sports.

Question: How do sports teach effective communication?

Answer:

Grammar is learned through play as children practice words, sounds, and sentences through a variety of dramatic games. In this way, their language skills develop and they are able to communicate effectively to others.

Pakistan's place in the world in terms of sports

Hockey

Question: Which is the national sport of Pakistan?

Answer:

The national sport of Pakistan is hockey.

Question: Who presented the idea of holding the World Championship of Hockey and who made this idea a reality?

Answer:

The idea of organizing the World Championship of Hockey was proposed by "Patrick Rowley", editor of Federation of International Hockey magazine. And the person who made this idea a reality was the President of Pakistan Hockey Federation, Air Marshal (Retired) Noor Khan. He also offered to pay the air tickets and other expenses of the teams.



Question: When and where was the first hockey world cup held?

Answer:

The first Hockey World Cup was held in Barcelona, Spain in 1971, Question: Why the first World Cup of Hockey could not be held in Pakistan? Answer: In 1971, the first World Cup of Hockey was hosted by the city of Lahore in Pakistan, but due to the strained relations between Pakistan and India, the Pakistan Hockey Federation had to withdraw from hosting this competition.

Question: Explain the reason for the fame of famous hockey player Hasan Sardar.

Answer:

Hasan Sardar played an important role in Pakistan's victory in the World Cup held in India in 1982. In this tournament, he scored eleven goals and showed a very beautiful game.

Question: In the 1994 Hockey World Cup, which country did Pakistan defeat and how?

Answer:

In the final of the 1994 World Cup, Pakistan's opponent was Holland, which Pakistan defeated by penalty strokes and won the honor of becoming the world champion for the fourth time.

Question: Give a brief history of the 1992 Cricket World Cup.

Answer:

The 1992 Cricket World Cup was jointly played in Australia and New Zealand. In which colorful uniforms were used for the first time. Despite the bad performance in the beginning, the green shirts did not lose heart and reached the final to compete against England. The Pakistani team showed aggressive play in the final overs and gave the English team a target of 249 runs. The English team failed to meet the target as a result of which Pakistan won the World Cup by 22 runs. Wasim Akram was awarded as the man of the match for his all-round performance.

Squash

Question: What is squash?

Answer:

Squash is a game played indoors between two players. It has a slightly sloping court surface, so it is considered one of the toughest sports in the world in terms of fitness.

Question: Name the famous squash players in Pakistan.

Answer:

Jahangir Khan and Jan Sher Khan are among the prominent squash players in Pakistan.



Both of these players have amazing records in British Open Championship and World Championship.

Question: Mention Jahangir Khan's efforts to revive squash in Pakistan.

Answer:

Ten-time British Open title winner Jahangir Khan is determined to revive squash in Pakistan. He says that we have to do a lot to change the current situation. We need funds as well as the best organizational structure.

**Snooker, Football,
Lawn Tennis**

Question: How did snooker become popular in Pakistan?

Answer:

In 1994, Pakistan's Mohammad Yousuf won the IBSF World Snooker Championship by defeating Iceland's Jonsson 11 frames to 9. His historic victory popularized snooker at the local level and led to sponsorship deals. Later, many Pakistani youths followed the footsteps of Muhammad Yousuf and made the name of Pakistan known internationally.

Question: How many times has Pakistan won the World Snooker Championship? Also write the year.

Answer:

Pakistan won the World Snooker Championship four times. 1- Muhammad Yousuf 1994 2- Muhammad Asif 2012 and 2013 3- Ahsan Ramadan 2022

Question: Tell the reason for Ahsan Ramadan's fame.

Answer:

Ahsan Ramzan is the youngest snooker champion in the world who won the title of world champion at the age of just sixteen.

Question: What kind of sport is football?

Answer:

Football, known as soccer in America, is a ball game. In this game, two teams of eleven players are formed to play with a spherical ball. It is the most popular game in the world.

Question: When was the Pakistan Football Federation established and who was its first Patron-in-Chief?

Answer:

Pakistan Football Federation was founded on September 5, 1947 and its first patron was Supreme Leader Muhammad Ali Jinnah.



Question: Mention two suggestions for the improvement of the game of football in Pakistan.,

Answer:

- 1- New infrastructure and new stadiums should be built.
- 2- Qualified and internationally trained coaches should be appointed.

Question: What kind of sport is lawn tennis?

Answer:

Lawn tennis is played with a tennis ball and a racket. It is played on a turf or cement field '78 feet long and 27 feet wide'.

Polo, Table Tennis, Badminton, Basketball

Question: How is the game of polo played?

Answer:

Polo is a hockey-style game in which two horsemen teams of three or four players participate. These players hit a white wooden ball with the help of long sticks (mallets) and try to aim against the opponent.

Question: Where and since when is the game of polo being played in Pakistan?

Answer:

The game of Polo in Pakistan has been played for almost 2000 years in Shendur area of Chitral district.

Question: Name two famous table tennis players in Pakistan.

Answer:

- 1- Anf Khan
- 2- Nazo Shakur

Question: Why is the game of table tennis declining in Pakistan?

Answer:

Due to lack of government patronage, table tennis is in decline in Pakistan. Players are not given funds and departmental tecams have also been closed.

Question: What efforts are being made to promote badminton in Pakistan?

Answer:

Badminton is equally popular among boys and girls in Pakistan. At the national level, there are teams from various departments including Police, WAPDA, National Bank and Sui Gas, which compete against each other at the national level. Efforts are also being made at the government level for the promotion of this game.



Question: How basketball is played?

Answer:

The game is played between two teams of 5-5 players with a ball weighing 20 to 22 ounces. The playing field is 94 feet long and 50 feet wide with baskets installed on both sides for scoring goals. Question: When and where did basketball start in Pakistan? Answer: Basketball started in Pakistan around 1960 from CTI and Murray College in Sialkot.

Indigenous Sports of Pakistan

Question: What kind of sport is Kabaddi?

Answer:

Kabaddi is a combination of wrestling, karate, athletics and running. Before the match, the ground is plowed to soften the soil so that the players do not get injured during the game. Then teams are formed consisting of the famous wrestlers of the region who try to score points against each other.

Question: How is Kickley played?

Answer:

Kikli is a popular Punjabi girls' game in which two or four girls hold each other's hands face to face and bend back wards with their arms extended then by bringing the feet close together, they spin rapidly.

Question: What is the reason for the fame of Bholu wrestlers of Pakistan?

Answer:

In 1949, Bholu wrestler who won the title of Rustom-e-Pakistan visited Britain in 1960 where he defeated many wrestlers in various competitions. After which the Government of Pakistan awarded him the Medal of Distinction and later he was also given the title of Rustom-e-Zaman.

Question: How is Gully Danda played?

Answer:

Gully Danda is a game similar to cricket which is usually played by boys in villages. First one team hits the gully with a stick and the other team does fielding. Then comes the turn of the other team, the team with more points is declared the winner.

Question: How is the nail removal game played?

Answer:

Nail picking is a traditional cultural game in which a horseman comes running at high speed and pulls out a nail driven into the ground with his spear.



Tourism as an Industry

Question: Name some important historical places of Pakistan,

Answer:

- 1- Shahi Fort, Lahore
- 2- Shalamar Bagh, Lahore
- 3- Haran Minar, Sheikhpura
- 4- Rohtas Fort, Jhelum
- 5- Mahabat Khan Mosque, Peshawar

Question: Which institutions were created under Pakistan Tourism Development Corporation?

Answer:

- 1- Hotels
- 2- Motels
- 3- Tourist Information Center
- 4- Pakistan Tours Limited

Question: Which hotels of PTDC were sold through privatization?

Answer:

- 1- Flaties Hotel, Lahore
- 2- Ceasal Hotel, Murree
- 3- Deans Hotel, Peshawar

Question: Explain the role of PTDC in providing transport facilities to tourists.

Answer:

One of the main objectives of PTDC is to provide transport facilities to tourists. institution.

Pak-China and Pak-India bus service at the international level, while at the domestic level, this organization has its own buses, high-speeds and coasters that are providing their services within the country.

Question: State some reasons for the downfall of PTDC.

Answer:

The bad law and order situation after the 9/11 incident in 2001 and the earthquake in 2005 became the main reason for the destruction of this institution. Moreover, in 2010, under the eighteenth constitutional amendment, the responsibility of tourism was handed over to the provinces, which further affected the performance of this institution.