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Where Minds Pollinate

Class 10

Pakistan Studies

Chapter 2

NOTES

10th NBF book

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PST

Chapter no 2

Book class 10th

Topics covered

- Leisure activities
- Leisure activities in Pakistani society
- The significance of sports in Pakistan
- National and international sports in Pakistan
- International sports in Pakistan

SLO based questions

1. Define leisure activities and list any three examples.

Leisure activities are enjoyable activities done during free time for relaxation, entertainment, or personal development. Examples: playing cricket, reading books, and storytelling (Dastan Goi).

2. Why is leisure time considered an integral part of everyday life in Pakistan?

Leisure time helps people relax after work, reduces stress, strengthens family and community bonds, preserves culture, and improves physical and mental health.

3. State three ways leisure activities improve the quality of life.

Improve physical and mental health.

Reduce stress and anxiety.

Strengthen social relationships and community bonding.

4. How do leisure activities contribute to physical fitness? Give examples.

Sports and outdoor games improve strength, stamina, flexibility, and overall health. Examples include cricket, football, hockey, walking, and cycling.

5. Describe the psychological benefits of leisure activities.

Leisure activities reduce stress, improve mood, boost confidence, increase creativity, and promote emotional well-being.

6. How do leisure activities help in reducing stress and anxiety?

They relax the mind, provide enjoyment, distract from daily worries, improve emotional balance, and encourage social interaction.

7. How do leisure activities foster community cohesion and social relationships?

They bring people together, encourage teamwork and cooperation, strengthen friendships, and create a sense of belonging.

8. Explain the role of leisure activities in preserving cultural heritage.

Traditional games, festivals, music, dance, and storytelling pass customs, traditions, and values from one generation to another.

9. What is the importance of storytelling (Dastan Goi) in rural Pakistan?

It preserves history, traditions, moral values, and local folklore while entertaining the community.

10. List four common leisure activities in rural Pakistan

1. Kabaddi

Kabaddi is a traditional team sport played mainly in rural Pakistan. It requires strength, speed, teamwork, and quick thinking, and is often played during village fairs and festivals.

2. Kushti (Wrestling)

Kushti, also called Pehlwani, is a traditional wrestling sport. It promotes physical strength, discipline, and courage, and is practiced in wrestling arenas called Akharas.

3. Storytelling (Dastan Goi)

Dastan Goi is the traditional art of telling folk tales, legends, and historical stories. It preserves Pakistan's culture, history, and moral values while entertaining people.

4. Folk Music and Village Festivals

Folk music and village festivals are popular forms of entertainment in rural Pakistan. They celebrate local traditions, strengthen community bonds, and preserve cultural heritage.

11. Why is cricket the most popular sport in urban Pakistan?

It has international success, widespread media coverage, professional leagues like PSL, and is played by people of all ages.

12. What is the national game of Pakistan? Briefly describe its history of excellence.

Hockey is Pakistan's national game. Pakistan has won 4 Hockey World Cups, 3 Olympic gold medals, and several Asian titles.

13. Name three traditional sports and one feature of each.

Kabaddi: Team sport requiring strength and quick reflexes.

Kushti (Pehlwani): Traditional wrestling emphasizing power and discipline.

Malakhra: Traditional wrestling popular in Sindh with cultural importance.

14. Who is known as the "Maradona of Hockey"? Mention two other famous hockey players.

Hasan Sardar is known as the "Maradona of Hockey." Other famous players are Samiullah Khan and Shahnaz Sheikh.

15. Why is squash called the "National Pride" of Pakistan? Name two legendary players.

Pakistan dominated world squash for many years through outstanding achievements. Legendary players are Jahangir Khan and Jansher Khan.

16. Why is cricket called the "National Obsession" of Pakistan?

It is loved across the country and has brought major international victories, including the 1992 Cricket World Cup, 2009 T20 World Cup, and 2017 Champions Trophy.

17. List four famous Pakistani cricketers and one achievement each.

Imran Khan – Led Pakistan to the 1992 World Cup victory.

Babar Azam – One of the world's top batters.

Wasim Akram – Legendary fast bowler with over 900 international wickets.

Sana Mir – Former captain of Pakistan Women's Cricket Team and ICC Hall of Fame inductee.

18. Write a short note on the significance of sports in Pakistan.

Sports improve physical fitness, mental health, teamwork, discipline, and national unity. They also create employment, promote tourism, and enhance Pakistan's international image.

19. Name two famous Pakistani boxers and one achievement each.

Hussain Shah – Won Pakistan's first Olympic boxing bronze medal (1988).

Muhammad Waseem – Won international boxing titles and represented Pakistan globally.

20. What is the current status of football in Pakistan?

Football is becoming increasingly popular, especially among young people, although it still faces administrative and infrastructure challenges.

21. How do sports help in building national pride and identity?

International victories unite the nation, inspire youth, promote patriotism, and improve Pakistan's global reputation.

1. How do leisure activities build stronger social networks?

Leisure activities bring people together and encourage communication, cooperation, and teamwork. They help people make new friends, strengthen relationships, and create a sense of belonging within the community.

2. How do traditional games, festivals, and storytelling preserve culture?

Traditional games, festivals, and storytelling preserve culture by passing customs, traditions, language, history, and moral values from one generation to the next. They keep Pakistan's cultural heritage alive and strengthen cultural identity.

3. Common leisure activities in rural Pakistan?

Kabaddi, Kushti, Malakhra, storytelling, folk music, village fairs, and festivals.

4. Difference between urban and rural leisure activities?

Rural areas: People enjoy traditional games like Kabaddi and Kushti, storytelling (Dastan Goi), folk music, and village festivals. These activities are community-based and preserve cultural traditions.

Urban areas: People prefer cricket, gyms, shopping malls, cinemas, social media, online gaming, and other technology-based entertainment. These activities are more modern and individual-oriented.

5. Why is hockey Pakistan's national game?

Because of Pakistan's outstanding achievements, including 4 World Cups, 3 Olympic gold medals, and many Asian championships.

6. How did Jahangir Khan and Jansher Khan contribute to Pakistan's reputation?

Jahangir Khan and Jansher Khan made Pakistan a world leader in squash by winning numerous World Open and British Open titles. Their outstanding achievements brought international recognition and made squash a source of national pride for Pakistan.

7. Why is cricket Pakistan's national obsession? Which titles has Pakistan won?

Cricket is the country's most loved sport. Pakistan has won the 1992 Cricket World Cup, 2009 ICC T20 World Cup, and 2017 ICC Champions Trophy.

8. Who was Hussain Shah and why is his medal important?

Hussain Shah won Pakistan's first Olympic boxing bronze medal in 1988, making history for Pakistani boxing.

9. Which non-traditional sports are gaining popularity and what values do they promote?

Non-traditional sports such as javelin throw, snooker, mixed martial arts (MMA), and e-sports are gaining popularity in Pakistan. They promote discipline, determination, confidence, teamwork, sportsmanship, and perseverance while encouraging young people to participate in diverse sports.

10. How do javelin throw and snooker contribute to national pride?

International achievements by Pakistani athletes have increased Pakistan's global recognition and inspired young athletes.

Detailed Answer

Discuss how leisure activities in both rural and urban areas of Pakistan contribute to Community cohesion, cultural preservation, and psychological well-being. Give examples from Traditional practices, festivals, and modern recreational trends.

Ans: Leisure Activities in Rural and Urban Pakistan

Leisure activities play an important role in improving the quality of life in Pakistan. In rural areas, people enjoy Kabaddi, Kushti, Malakhra, storytelling (Dastan Goi), folk music, and village festivals. These activities strengthen community bonds and preserve cultural traditions. Storytelling passes history, customs, and moral values from one generation to another.

In urban areas, people spend their leisure time playing cricket, visiting parks and shopping malls, using social media, watching television, and playing online games. Technology has introduced new forms of entertainment while increasing social interaction.

Leisure activities also improve psychological well-being by reducing stress, anxiety, and depression. They encourage teamwork, cooperation, creativity, and healthy lifestyles. Thus, both traditional and modern leisure activities promote community cohesion, preserve Pakistan's cultural heritage, and improve physical and mental health.

Q2 Explain the significance of sports in Pakistan by highlighting the achievements of traditional Games (Kabaddi, Kushti, Malakhra), national sports (Hockey, Cricket), and international Successes (Squash, Javelin, Snooker). How have these sports shaped Pakistan's national Identity and international recognition?

Ans: Significance of Sports in Pakistan

Sports are an important part of Pakistan's culture and national identity. Traditional sports like Kabaddi, Kushti, and Malakhra preserve cultural heritage and promote strength, discipline, and teamwork. Hockey, the national game, has brought Pakistan great success with four World Cups and three Olympic gold medals. Cricket is the country's most popular sport, with major victories including the 1992 World Cup, 2009 T20 World Cup, and 2017 Champions Trophy.

Pakistan has also achieved international recognition in squash through Jahangir Khan and Jansher Khan, who dominated the sport for many years. In recent years, sports like javelin throw and snooker have further enhanced Pakistan's global reputation through international achievements.

Sports improve physical fitness, mental health, discipline, teamwork, and national unity. They inspire young people, create employment opportunities, and strengthen Pakistan's image around the world.

Q3. Evaluate the challenges faced by sports development in Pakistan, such as infrastructure, Funding, and administration. Suggest strategies that could help Pakistan strengthen its Position in both traditional and non-traditional sports, and discuss how investment in sports can promote national pride and unity?

Ans Challenges and Solutions for Sports Development in Pakistan

Sports in Pakistan face several challenges, including poor infrastructure, limited funding, weak administration, and lack of modern training facilities. Many talented athletes do not receive proper coaching or financial support.

To improve sports, the government and private sector should invest in sports facilities, organize regular competitions, provide scholarships, train coaches, and develop sports academies. Schools should encourage students to participate in different sports.

Greater investment in both traditional and modern sports will improve Pakistan's international performance, create employment opportunities, promote healthy lifestyles, strengthen national unity, and increase national pride.

Answer the following questions briefly (book exercise)

1. Describe how leisure activities contribute to mental well-being.

Leisure activities such as sports, jogging, walking, picnics, arts, crafts, and social gatherings provide a mental break from daily pressures. They reduce stress and anxiety levels, promote the release of endorphins (the body's natural "feel-good" hormones), enhance mood, and foster a sense of happiness and contentment. They also improve cognitive functions such as memory, attention, and problem-solving skills by stimulating the brain in enjoyable ways.

2. What are some traditional leisure activities that are popular in Pakistani society?

Traditional leisure activities popular in Pakistan include:

Outdoor games such as Kabaddi and Malakhra

Storytelling (Dastan Goi) by elders

Traditional crafts (pottery, weaving, embroidery)

Folk music and cultural festivals

Village fairs (melas)

Hunting and fishing in some areas

Community service activities

These activities are especially common in rural areas and help keep cultural traditions alive.

3. How do leisure activities help in preserving cultural heritage?

Leisure activities such as traditional games, festivals, music, dance, crafts, and storytelling play a vital role in cultural preservation. They keep these traditions alive by passing cultural knowledge, practices, history, mythology, and values from one generation to the next. Festivals like Lok Virsa Mela and communal celebrations allow people to experience and participate in cultural rituals, fostering a sense of pride and belonging while promoting cultural diversity and understanding.

4. Explain how participation in sports can improve physical fitness.

Regular participation in sports improves cardiovascular health, strengthens muscles, enhances flexibility and endurance, and aids in weight management. It reduces the risk of chronic diseases such as heart disease, diabetes, and obesity. Sports also improve coordination, balance, and overall physical strength, contributing to a healthier and more active lifestyle.

5. What are the benefits of team sports for social development?

Team sports foster community building, teamwork, cooperation, and communication skills. They teach discipline, dedication, hard work, fair play, and leadership. Participation in team sports helps individuals develop mutual respect, strengthen relationships, build self-esteem and confidence, and create a strong sense of belonging and collective identity within the community.

6. Name two international sports in which Pakistan has gained recognition.

Hockey: Pakistan's national game with a rich history of Olympic gold medals and World Cup titles.

Squash: Pakistan has produced world-class players like Jahangir Khan and Jansher Khan who dominated the sport internationally.

(Other examples: Cricket and Boxing)

7. Identify and briefly describe one traditional and one non-traditional sport popular in Pakistan.

Traditional Sport – Kabaddi: A popular contact team sport with roots in rural Pakistan. It combines elements of wrestling and rugby. Two teams take turns sending a “raider” into the opponent’s half to tag defenders and return safely. It promotes strength, speed, and strategy and is played at national and international levels.

Non-traditional Sport – Cricket: The most popular and widely followed sport in Pakistan. It is played in streets, parks, and stadiums. Pakistan has produced many world-class players and has a passionate following. It is often called the “national obsession.”

Answer the following questions in detail (book Exercise)

1. Discuss the various psychological benefits of leisure activities and how they contribute to overall mental health and well-being. Provide examples from Pakistani society.

Leisure activities offer significant psychological benefits. They reduce stress and anxiety by providing a mental break from daily pressures and routines. Physical activities like sports, jogging, or walking release endorphins — the body’s natural “feel-good” hormones — which enhance mood and create feelings of happiness and contentment.

These activities also improve cognitive functions such as memory, attention, concentration, and problem-solving skills by stimulating the brain in enjoyable and meaningful ways. Social leisure activities help build emotional support and strengthen relationships, reducing feelings of isolation.

Examples from Pakistani society:

Family picnics, social gatherings, and festivals allow people to unwind and bond.

Storytelling (Dastan Goi) in rural areas provides entertainment and moral lessons while reducing stress.

Playing cricket or kabaddi in streets and villages promotes joy, teamwork, and mental relaxation.

Visiting parks, beaches, or historical sites offers a refreshing break from urban life.

Overall, regular engagement in leisure activities leads to better emotional balance, resilience, and improved mental well-being.

2. Examine the role of leisure activities in fostering community building and social cohesion. How do these activities help strengthen relationships within a community?

Leisure activities play a crucial role in fostering community cohesion and building stronger social networks. Engaging in group activities such as sports, community events, festivals, and volunteer work provides opportunities for individuals to connect, interact, and develop meaningful relationships.

Shared experiences help build trust, mutual respect, and a sense of belonging and collective identity among community members. Participating in leisure activities encourages teamwork and cooperation, which are essential for a harmonious community.

These activities also bridge cultural and generational gaps, promoting inclusivity and understanding among diverse groups. By bringing people together in positive and enjoyable settings, leisure activities contribute to a more connected, supportive, and resilient community.

In Pakistan, examples include village melas, Eid celebrations, cultural festivals, cricket matches in neighbourhoods, and traditional games like kabaddi that unite people across ages and backgrounds.

3. Analyze the importance of sports as a vital recreational pursuit in Pakistan. How do sports contribute to physical health, mental well-being, and social integration?

Sports are a vital recreational pursuit in Pakistan that significantly contribute to the physical, mental, and social well-being of individuals and communities.

Physical Health: Engaging in sports improves physical fitness, coordination, flexibility, strength, and endurance. It reduces the risk of chronic diseases such as heart disease, diabetes, and obesity.

Mental Well-being: Sports provide stress relief, boost self-esteem and confidence, and teach resilience and perseverance. Physical activity also improves cognitive functions, including memory, concentration, and problem-solving skills.

Social Integration: Sports foster community building, teamwork, and cooperation. These skills are transferable to other areas of life. They bring people together, promote fair play, discipline, and leadership, and create a sense of national pride and unity.

In Pakistan, sports like cricket, hockey, kabaddi, and traditional wrestling unite people across regions and backgrounds, strengthening social bonds and national identity.

4. Evaluate the impact of traditional sports on preserving cultural heritage in Pakistan. How do these sports reflect the cultural values and history of the regions where they are popular?

Traditional sports play an important role in preserving Pakistan's cultural heritage. Games such as Kabaddi, Kushti (Pehlwani), Malakhra, and Rasa Kashi have been passed down through generations and remain deeply rooted in rural culture, especially in Punjab and Sindh.

These sports reflect regional cultural values such as physical strength, courage, discipline, teamwork, and community spirit. They are often played during cultural festivals and celebrations, linking them to local history, traditions, and identity.

For example:

Kabaddi promotes strength, agility, and strategy and is popular across rural Pakistan.

Malakhra in Sindh involves colourful belts and open-field matches during festivals.

Kushti is practised in Akharas and follows traditional training methods and diets.

By keeping these sports alive, communities maintain a living connection to their history and cultural practices, ensuring that younger generations remain connected to their heritage.

5. Assess the current state of football in Pakistan, including its history, challenges, and future prospects. How does football compare with other sports in terms of popularity and development in the country?

History: Football was introduced in Pakistan during the British colonial era. The Pakistan Football Federation (PFF) was established in 1948. The Pakistan Premier League (PPL) is the top-tier professional league. Pakistan has a history of notable players and a memorable victory against Japan in the 1960s Merdeka Cup.

Current State & Challenges: In recent years, the Pakistan football team has shown some improvement but remains far behind top-tier teams in Asia and the world. Major challenges include limited funding, lack of proper infrastructure, and administrative issues.

Future Prospects: Despite these problems, there is significant potential for growth. Collaborations with international football organizations, foreign clubs, and coaches can provide valuable support and expertise. A strong grassroots movement and better training programs can help develop the sport.

Comparison with other sports: Football has a dedicated following in certain regions but is less popular and less developed compared to cricket (the national obsession) and hockey (the national game). Cricket and hockey have achieved far greater international success and public attention. However, with proper investment and organization, football can grow and gain more recognition in Pakistan.

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