

SUMMARY WRITING

1. IMPORTANCE OF SPORTS

Sports play an important role in the overall development of a child. They keep the body fit and the mind active. Regular physical activity improves strength, stamina, and flexibility. Sports also help reduce stress and keep people healthy. Apart from physical benefits, sports teach valuable life skills. They help students learn discipline, teamwork, leadership, and time management. When children play in a team, they learn to cooperate with others and respect rules. Sports also teach students how to handle success and failure with confidence. In today's world, many children spend most of their time on mobile phones and computers. This reduces physical activity and affects health. Therefore, students should take part in sports daily to lead a healthy, active, and balanced life.

2. VALUE OF HONESTY

Honesty is one of the most important moral values in life. An honest person always speaks the truth and follows the right path. Honesty builds trust and respect in relationships, whether at home, school, or society. People trust those who are honest and dependable. Honesty also helps in building strong character. Students who are honest in their studies gain true knowledge and confidence. Cheating may give temporary success, but it never brings real happiness. Honest efforts always lead to long-term success. Though being honest may sometimes seem difficult, it always gives peace of mind. Honesty helps people live without fear and guilt. Therefore, honesty should be practiced in daily life to become a good human being.

3. ROLE OF TECHNOLOGY IN DAILY LIFE

Technology has become an important part of modern life. It has made communication faster and easier. People can connect with others across the world within seconds through phones and the internet. Technology has also improved education and healthcare. In schools, technology helps students learn through online classes, videos, and digital books. Doctors use advanced machines for better diagnosis and treatment. Technology has also made daily tasks easier and saved time. However, excessive use of technology can be harmful. It can reduce physical activity and affect health. Therefore, technology should be used wisely to enjoy its benefits without facing its disadvantages.