

COMMERCE EXAMINATIONS
ENGLISH SHORTHAND
PROFICIENCY GRADE – III Paper
(Condensation of Notes)

January, 2019

Time : { Dictation : 10 Minutes
 Condensation : $1\frac{1}{2}$ Hours

[Max. Marks : 100

Instructions to Readers :

1. The passage given below should be dictated at the rate of 150 words per minute.
2. The candidates should be asked to take down the passage in the reporting style of phonography and prepare in longhand a condensed report of the same in INDIRECT FORM. The condensed report should consist of not more than 540 words.

Speech of Hon'ble Minister for
Sports on the occasion of Sports
Day Function

Good Morning to the Principal,
Teachers and dear Students,

On this occasion of Sports
Day function, I would like to
 $\frac{1}{4}$ share that sports are / good for
all of us in daily life as it involves
us in common physical activities
under healthy environment. The
environment of sports becomes
very competitive and challenging

for the sportsmen so they focus
on the challenges put // in $\frac{1}{2}$
front. Physical beauty of the
person involves in making the
humanity of him. There are
varieties of sports played
accordingly by the people in
various countries. National or
international level sports
competitions takes place in
any /// country for any sports. $\frac{3}{4}$
Playing sports help us in many
ways all through the life. We

all know that sports and games benefits us in many ways however we do not get full benefits of them. Sports help /1/ us to achieve many things in life such as health, fitness, peace, money, name, fame, etc. It provides a lot of opportunities in our life however needful dedication, commitment and regular practice. They also cause some problems / if we practice in wrong way however source of happiness and peace. According to the survey of many parents, it is found in their statement that sports participation enhances children school accomplishments.

A question geneally arises in our // mind that why some people choose sports career and how they get success without study properly. From where they get inspired to go into the sports

career. I think, some of them are interested in the sports /// $\frac{3}{4}$ from birth, some are inspired by the parents and teachers and some are by the famous sports-persons. Whatever the reason behind is, if one is interested in the sports, they would surely be successful in the future. Variety /2/ of sports activities 2 bring a lot of positive opportunities for us. There are various problems also occur however they do not matter. Participating in the sports activities enhance children's school accomplishments. Sports are the way to big / achievement $\frac{1}{4}$ in the children's life however depends on their active involvement and experiences they already have. Getting interested in any of the sport gives a worldwide identification and lifelong achievement. Facing

challenges of sports teaches us
 $\frac{1}{2}$ to tackle // with other
 challenges of the life as well as
 survive in a competitive society.

Some of the sportsmen
 become interested in the sports
 and games from their childhood,
 some from birth as God gift
 $\frac{3}{4}$ however some of /// them
 create interest to the particular
 game or sports in order to go in
 that area and earn name and
 fame. Some of us need
 inspiration and motivation from
 our parents, teachers or famous
 sportsperson hoever some
 3 of /3/ us have God gifted
 inspiration. Athletes having
 interest in the sports, play sports
 with their best effort even when
 they defeat or lose. They already
 know the fact that they will win
 $\frac{1}{4}$ some game whereas lose some./
 They become very disciplined all
 through the life in order to get

success and be ready on time.
 They do regular practice with full
 commitment towards their
 sports.

If one has involved in the
 sports and games activity, // $\frac{1}{2}$
 they has good mental and
 physical growth and
 development. It let us learn
 many necessary things in the
 life. It helps us in developing our
 personality, confidence level and
 maintain physical and mental
 balance.

Being interested in /// the $\frac{3}{4}$
 sports and games activities make
 us learn about how to tackle
 with the difficult situations in
 the life and keeps body relax and
 mind free of tension. It develops
 the habit of working in team by
 developing/4/ the sense of 4
 friendliness among team
 members. It makes a person
 with the mental and physical

toughness by shaping the body and mind and removing tiredness and lethargy. It improves blood circulation all through the body thus / improves the physical and mental well-being of the person.

Sports and games are activities which makes a person more capable with high level efficiency. It removes the mental exhaustion and makes us capable to do any hard work.// In the modern education system, the sports has been made an integral part of the education to make education interesting, tension free and enjoyable. Education is considered as incomplete without sports because education with sports activities draws /// more attention of the children towards study.

Sports activities are very necessary for all especially children and youths as it stimulates the physical and mental growth. It improves memory level, concentration level and learning capacity of the children./5/ A small child can be a famous national or international level player if they practice sports from their childhood. Children should participate in all the sports competition held in their schools and colleges to remove their hesitation / and go ahead. Sports and games have nice career in the future for the good sportsman. It gives us opportunity to grow in the life and earn money, name and fame. Now-a-days, sports facilities are being developed

$\frac{1}{2}$ in // almost all the schools and colleges in both rural and urban areas so the students having interest in the sports and games activities can get better path to go ahead.

Sports loving people do regular practice of /// the sports with proper discipline on daily basis. Most of the people never realizes benefits and importance of the sports and games. However, some people become very conscious about their health and fitness who want to be fit, /6/ attractive and always look smart. Sports can be very beneficial for us in the life as it makes our career together with the health and fitness including other many benefits. Earlier, $\frac{1}{4}$ people were not so / interested in the sports activities and getting health and fitness. However, now-a-days, everyone

wants to be famous, healthy, fit and active especially in the sports field. The scope of this field have been very vast because everyone understands // its $\frac{1}{2}$ importance and benefits in the life. People know that sports have better career, name, fame and money than other field.

Sports and games are activities which keep us physically busy and fit unknowingly. Imagine that if /// a car do not get proper $\frac{3}{4}$ servicing or regular use, may be get rust and useless. In the same sense, if we do not involve in the physical activities our body may become useless and deceased after some /7/ years 7 which is the main reason of unhealthy and painful life. Our boy is similar to the car engine, both can be fit on regular use and healthy diet. Sports

activities keep our body's blood pressure, circulation / and other physiological functions active and balanced. According to the research, it is found that people who do not involved in any type of physical activities in their life are struggling with many problems in the middle age // like high blood pressure, stress, tension, depression, tiredness, fatigue, etc.

Some people do not play sports and games however very much interested in seeing the sports activities on TV such as cricket, hockey, football, volleyball, etc. It /// gives them pleasure and happiness when their favourite sportsperson win. Now-a-days, sportspersons are in high demand in the market because they have great business value at national and international level. We should

involve in our life in any /8/ 8 sport activity, not only to make a career, but to be healthy and fit.

Sports are not limited to the specific areas of life, it blesses a person with lifelong achievement. It is found that children who / participate in the challenging sports contests also love the classroom challenges and can function in the competitive society. Regular participation in the sports teaches children to play the game of school and life. They know well how to// win the losing game. Sports persons become very disciplined and confident in their whole life and never become hopeless from the hard life struggles. They easily develop morals, necessary skills and art of living.

$\frac{3}{4}$ In such a /// technological world, the competition is increasing regularly in the society which needs more effort from the children and youths to go ahead. In such case, sports and games play creative roles in developing a peaceful mind and highly /9/ skilled mind which is very necessary to survive in competitive field. Anybody who is interested in the sports activities never quit from any game of the life. Participating in the sports and games teaches $\frac{1}{4}$ to be a / team player to them who have attitude to always be the center of attention. Sports and games are confidence building activities also gives lots

of fun to the children. It brings the sense of improvement, accomplishment and feeling // $\frac{1}{2}$ of personal progress.

Now-a-days, girls are also participating in the sports and games activities to the same extent as boys on their own will without hesitation from the family or society. Sports are career builder activities builds /// better and bright $\frac{3}{4}$ career. Children of the modern time are getting very interersted in the variety of sports and games as they get motivated from the sports TV shows or cartoon networks in their early age.

Thank you, /10/ 10