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COURSE CODE: GST 122

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IMPORTANCE OF NATIONAL SPORTS

FESTIVAL IN NIGERIA

National sports festival has been a great benefit to Nigeria since it came .It has brought the country to a higher ground because of the communication with other countries.

We now have great talents which have been discovered in this festivals , as it brings individuals of different skills like athletes , acrobats, gymnast and so on. Festivals have several events which include sporting activities like volleyball, racing, basketball, even football. People who have talents relating to this come over and are able to show this skills.

Sports festivals also bring about tourist attractions. Sports is a world wide famous attraction and brings individuals together from every background religiously, economically and culturally. Apart from sports there are things in this festivals which attract people's attention such as jerseys, sport shoes like Nike, clothing, footballs, volleyball, table tennis sets, gloves, basketball, swimming clothes and so much more. This are equipments that are brought during festivals.

Another great benefit from sport festivals is that it brings about the country's development by the Government. The Government improves the cities were this festivals are held. Improvements such as building of new roads or repair, establishment of infrastructure, screening and cleaning of the environment, updating cities with the latest shops anf equipments, inviting of popular celebrities, high level of security to ensure a safe festival. People now have a free flow of traffic to come in and out of this festivals without disturbance. Also festivals are held for entertainment purposes for citizens. Power is given in constant and great supply as a result of this festivals. This makes watching the festival more entertaining and drag in more people.

The income generated for both government and the seller's is huge after this festivals. People come together to establish businesses, and sell of their goods to the tourists and spectators of events.

Generally, Festivals are an expressive way to celebrate glorious heritage, culture and traditions. They are meant to rejoice special moments and emotions in our lives with our loved ones. They play an important role to add structure to our social lives, and connect us with our families and backgrounds. They give us a distraction from our day to day, exhausting routine of life, and give us some inspiration to remember the important things and moments in life.

They were started to pass the legends, knowledge and traditions onto the next generation. All festivals are cultural in one way or another. There are many types of cultural festivals such as National, Religious and Seasonal. They all serve the purpose of bringing happiness to our lives, and strengthen our sense of community. National Festivals: They connect us as a people of a nation. National festivals connect citizens to important moments of a nation's history such as: the founding day of a nation, our independence day or in Europe VE day (Victory of Europe during WWII) is celebrated throughout the continent, with many nations having a public holiday. They solidify patriotic spirits in the society. Religious Festivals: religious festivals are for families. To keep this simple we can all agree that religious festivals help us to teach principles and ethics to our next generations. All different religious festivals bring the same message of love, tolerance and understanding. On these occasions we express our gratitude to God, for the special thing or event that originated on this particular festival. Seasonal Festivals: Seasonal festivals reflect attitude of people towards nature. These festivals are important because they are related to food supply. Human beings should adore the nature and acknowledge its beneficence before partaking any of its gifts. Overall in simple terms, universally all festivals are

related to harmony, peace and happiness.

Since festivals have both social and economic angles, In the chaotic and stressful planet we inhabit, happiness is overshadowed by negativity and insecurity and so the need for something that could bring positivity has been felt time and again. Thus, festivals that give us the opportunity to forget all our worries and celebrate the positive side of life, even if it is for a few days, came into existence.

Also festivals act like stress relievers and help us balance our emotions. More positivity naturally lowers negativity. It also provides an opportunity to reduce friction and brings estranged friends and relatives together in a bond of love.

Nothing brings people together like festivals do. They play a pivotal role in nation-building; bringing people from every religious, economic and social background together. If we look at the fascinating journey of human evolution, we understand that human beings do not invent or create something unless it is required. There is no written history to explain when festival celebrations started but in ancient Greece and Rome, festivals linked with religion, social organisation and political processes were celebrated.

Agriculture, in addition to religion and folklore, has significantly contributed to the tradition of festivals. Many festivals across the planet are associated with the time of harvest. Religious festivals like Christmas, Rosh Hashanah, Diwali, and Eid have gathered cultural significance over the centuries. Events of historical significance, such as important military victories or other nation-building events also provide the impetus for festivals. An early example is the festival established by the ancient Egyptian Pharaoh Rameses III to celebrate his victory over the Libyans.

We can say that festivals contribute immensely to feelings of social cohesion. Many such celebrations focus on cultural or ethnic topics and seek to inform community members of their traditions. They involve community elders sharing stories and experiences; setting templates for maintaining unity among families.

These festivals also stimulate economic activities since they provide employment opportunities to people. When Basant was banned in 2005, around 150,000 people in Lahore and 180,000 people in Gujranwala and Kasur lost their jobs. The recent ban on the celebration of Valentine's Day also deprived many people from earning a living by selling flowers, gifts and balloons.

Historically, festivals have been a great source of entertainment especially before the advent of mass-produced entertainment. They divert peoples' attention from their demanding lives and amuse them in their leisure time.

We can see how festivals have helped in the discovery of talents, bringing of curios tourist, economic development by Government and Income provision in Nigeria.

With this, we can proudly say National Sports Festivals are very important.