

E-sports: competitive gaming for the next generation

If you think 'e-sports' is a term used to describe the activity of playing sports electronically, well, you are half correct. Electronic sports, abbreviated e-sports, is used as a general term to describe the competitive play of video games at both amateur and professional levels. However games that are considered as e-sports do not just belong to the sports game genre; they also include first-person shooter or real-time strategy genres, such as the commonly known Counterstrike or Dota.

E-sports play a unique role in engaging the youths and promote mental capabilities and alertness. Recognising the benefits of e-sports, TOUCH Cyber Wellness & Sports (TC&S) has been organising bi-annual e-sports carnival for youths from all walks of life since 2006. In addition, TC&S also encourages parents to participate in the carnival with their teenage children to strengthen family bonding. In December last year, 64 youths signed up to compete in three game categories, namely Dota, PS3 Winning Eleven and Xbox Project Gotham Racing.

It was a day of adrenaline rush as the youths competed to vie for the top place in the league. Teams gathered at the Cyber Wellness Centre to discuss their game plan and strategies, while keeping a close watch on the other teams' game play. The competitive nature of e-sports also led to much team cohesion and camaraderie for the youths.



TC&S Manager, Poh Yeang Cherg, said, "We believe that there is a place for e-sports in the youth community as it provides them with an opportunity for good clean fun and a way to improve their social, mental and emotional development. E-sports carnival will definitely continue to be a regular feature in our Centre's line-up of cyber wellness programmes."

