

# 11th SAF Games

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The 11th South Asian Games was a major multi-sport event held at Dhaka, Bangladesh from January 29 to February 9, 2010. This was the third time that the Bangladeshi capital hosted the Games, thus become the 4th city to host the Games multiple times (after Colombo, Kathmandu and Islamabad). It was the largest sporting event ever in the history of Bangladesh. Prime Minister, Sheikh Hasina formally inaugurated the event at the Bangabandhu National Stadium which participated by more than 2,500 athletes from eight South Asian countries i.e. Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka. Honourable Finance Minister and Chairman of the Organizing Committee Abul Mal Abdul Muhith, MP, President of Bangladesh Olympic Association General Mohammad Abdul Mubeen and State Minister for Youth and Sports Ahad Ali Sarker spoke on the great occasion. The prime minister hoisted the Games' flag to declare the meet officially open upon conclusion of the welcome speech and hundreds of pigeons and balloons were flown into the sky immediately afterwards. Legendary footballer Kazi Salahuddin kindled the cauldron after the torch rounded the stadium with Lutfunnessa Bakul, Jewel Rana, Rakibul Hasaan, injured freedom fighter Gulam Mustafa, Akram Khan and Mahbub Alam ran around the track. National footballer Aminul Haque and athlete Nazmunnaahar Beauty took the oath on behalf of all participating athletes. Kutumb, the Games' mascot, accompanied by Mishuk and Duronto, the mascots of previous two SA Games hosted by Dhaka respectively in 1985 and 1993 also appeared in the venue enthraling the audience. The students of Bharateswari Homes performed a butterfly dance at the onset of cultural show setting the pulse after a poem of Rabindranath Tagore and a song of National poet Kazi Nazrul Islam was presented by a play. Thousands of students from different city schools, donning traditional outfits, choreographed different songs ranging from folk to patriotic and the display at the gallery changed accordingly. A total 3000 students from Dhaka Eden College performed at the gallery in what the organizers called Callisthenic Display. There are 23 official sports for the 11th SAF Games. For the first time, Twenty20 cricket is including in the Games.

**Participating Nation: 8**

**Sports/Events: 23**

Archery, Athletics, Badminton, Basketball, Boxing, Cricket, Cycling, Football, Golf, Handball, Hockey, Judo, Kabaddi, Karate, Shooting, Squash, Swimming, Table Tennis, Taekwondo, Volleyball, Weightlifting, Wrestling and Wushu

## **Pakistan's Participation in 11th South Asian Games**

323-member Pakistan Contingent participated in the 11th South Asian Games held in Dhaka, Bangladesh from 29th January to 9th February, 2010. The following were the members of Pakistan Contingent.

Contingent Officials		
1.	Mr. Anisul Hassnain, Secretary Sports	Chef-de-Mission
2.	Dr. Abdul Waheed Mughal	Secretary / Dy. Chef-de-Mission / Treasurer
3.	Ch. Muhammad Asghar	Admn. Officer
4.	Dr. Waqar Ahmad	Doctor
5.	Dr. Mahrukh Siddiqui	Lady Doctor
6.	Mr. Kamran Mehdi	Physiotherapist
7.	Mr. Abid Shamoon	Masseur
Athletics		
8.	Maj. Masood Haider	Manager
9.	Ch. Muhammad Siddiq	Coach
10.	Rana Ghufra Hussain	Coach
11.	Mr. Maqsood Ahmad	Coach
12.	Mr. Mehmood Riaz	Coach
13.	Mr. Haq Nawaz	Player
14.	Mr. Basharat Ali	"
15.	Mr. Fayyaz Ahmad	"
16.	Mr. Mohsin Ali	"
17.	Mr. Liaqat Ali	"
18.	Mr. Muhammad Asif Javed	"
19.	Mr. Ali Amir Murad	"
20.	Mr. Afzal Baig	"
21.	Mr. Muhammad Imran	"
22.	Mr. Zafar Iqbal	"
23.	Mr. Muhammad Imran Tahir	"
24.	Mr. Muhammad Imran Yasin	"
25.	Mr. Tahir Shafiq	"
26.	Mr. Asad Iqbal	"
27.	Mr. Ali Muhammad	"
28.	Mr. Kamran Mukhtar	"
29.	Miss Seemi Rizvi	Coach (Women)
30.	Miss Naseem Hamid	Player
31.	Miss Nadia Nazir	"
32.	Miss Javeria Hassan	"
33.	Miss Sadaf Siddiqui	"
34.	Miss Shagufta Noreen	"
35.	Miss Rozina Shafqat	"
36.	Miss Gulnaz Ara	"
Badminton		
37.	Lt. Col. Amanat Ali Rao	Manager
38.	Mr. Raziuddin Ahmad	Senior Coach

39.	Mr. Muhammad Akram Ch.	Coach (Women)
40.	Mr. Haider Khan Lehri	Asstt. Manager (Women)
41.	Mr. Wajid Ali Chaudhry	Player
42.	Mr. Ahsan Qamar	"
43.	Syed Sabbar Hussain	"
44.	Mr. Rizwan Azam	"
45.	Mr. Kashif Ali Sulehri	"
46.	Mr. Imran Muhib	"
47.	Miss Aisha Akram	"
48.	Miss Aniq Rana	"
49.	Miss Palwasha Bashir	"
50.	Miss Sidra Hamid	"
51.	Miss Uzma Butt	"
52.	Miss Sara Khan	"
<b>Basketball</b>		
53.	Sheikh Muhammad Naeem	Manager
54.	Mr. Abdul Ghafoor	Head Coach
55.	Mr. Nawazish Ali	Player
56.	Mr. Mudassar Khan	"
57.	Mr. Pervaiz Hussain	"
58.	Mr. Waheed Iqbal	"
59.	Mr. Waheed Akhtar	"
60.	Mr. Ahmad Jan	"
61.	Mr. Muhammad Paim Shahzad	"
62.	Mr. Muhammad Akhtar	"
63.	Mr. Asfandiyar	"
64.	Mr. Zahid Mehmood	"
65.	Mr. Naimat Ullah	"
66.	Mr. Mohsin Khan	"
<b>Boxing</b>		
67.	Mr. Iqbal Hussain	Manager
68.	Mr. Fransico Roland	Head Coach
69.	Mr. Abdul Majeed	Asstt. Coach
70.	Mr. Muhammad Waseem	Player
71.	Mr. Naimat-ullah	"
72.	Mr. Abid Ali	"
73.	Mr. Amir Khan	"
74.	Mr. Nadir Baloch	"
75.	Mr. Adnan Hasan	"
<b>Cycling</b>		
76.	Mr. Muhammad Asghar	Manager

77.	Syed Nazakat Ali	Coach
78.	Mr. Nisar Ahmed	Official
79.	Mr. Abdul Ahad	Player
80.	Mr. Haroon Rashid	"
81.	Mr. Nisar Ahmad	"
82.	Mr. Muhammad Rafique	"
83.	Mr. Sabir	"
84.	Miss Ayesha Amin	"
85.	Miss Misbah Mushtaq Ali	"
86.	Miss Rahila Bano	"
87.	Miss Rashda Munir	"
88.	Miss Sidra Sadaf	"
<b>Football (Men)</b>		
89.	Mr. Asghar Khan Anjum	Manager
90.	Mr. George Adalbert Kottan	Head Coach
91.	Mr. Shahzad Anwar	Assistant Coach
92.	Mr. Muhammad Aslam Khan	Goal Keeper Coach
93.	Mr. Amir Gul	Player
94.	Mr. Haji Muhammad	"
95.	Mr. Abdul Aziz	"
96.	Mr. Jadeed Khan Pathan	"
97.	Mr. Arif Mehmood	"
98.	Mr. Mahmood	"
99.	Mr. Orangzeb	"
100.	Mr. Abbas Ali	"
101.	Mr. Asif Mehmood	"
102.	Mr. Muhammad Bilal Rafique	"
103.	Mr. Muhammad Shahid	"
104.	Mr. Muhammad Waseem	"
105.	Mr. Ali Ahsan	"
106.	Mr. Zubair Ahmed	"
107.	Mr. Muhammad Rizwan Asif	"
108.	Mr. Muhammad Idrees	"
109.	Mr. Ali Adeem Shahzad	"
110.	Mr. Reis Ashraf	"
111.	Mr. Atif Bashir Qureshi	"
<b>Football (Women)</b>		
112.	Ms. Rubina Irfan	Sr. Lady Official
113.	Mrs. Farishta Ali	Manager
114.	Mr. Muhammad Rashid	Head Coach
115.	Miss Kiran Ilyas	Asstt. Coach

116.	Miss Shamila Sattar	Player
117.	Miss Ishrat Fatima	"
118.	Miss Naima Mukhtar	"
119.	Miss Irsa Batool	"
120.	Miss Shagufta Akhtar	"
121.	Miss Sahar Zaman	"
122.	Miss Mahpara Shahid Bukhari Syeda	"
123.	Miss Malika Noor	"
124.	Miss Humera	"
125.	Miss Rafia Parveen	"
126.	Miss Sara Barkat-Ullah	"
127.	Miss Nadia Bhatti	"
128.	Miss Sohaila Zarrain	"
129.	Miss Shahida	"
130.	Miss Shahlyla Baloch	"
131.	Miss Riffat Mehdi	"
132.	Mr. Asmaa Usman	"
133.	Miss Hajra Khan	"
134.	Miss Mejghan Orakzai	"
135.	Mr. Abeeha Haider	"
<b>Golf</b>		
136.	Mr. Nasrullah Khan Khatana	Manager
137.	Mr. Aleem Rehman	Player
138.	Mr. Muhammad Ali Hai	"
139.	Mr. Muhammad Safdar Khan	"
140.	Maj. Khushal Khan	"
<b>Handball</b>		
141.	Mr. Aftab Iqbal Chaudhry	Manager
142.	Maj. Saifullah	Asstt. Manager/Coach
143.	Mr. Asim Rashid	Coach
144.	Mr. Tahir Ali	Player
145.	Mr. Naseer Ahmad	"
146.	Mr. Muhammad Sohaib	"
147.	Mr. Nasrullah	"
148.	Mr. Muhammad Uzair Atif	"
149.	Mr. Izhar-ul-Haq	"
150.	Mr. Ziaullah Khan	"
151.	Mr. Muhammad Shahid Pervaiz	"
152.	Mr. Azhar Khan	"
153.	Mr. Muhammad Zahid	"
154.	Mr. Muhammad Nadeem	"

155.	Mr. Asif Ali	“
156.	Mr. Muhammad Usman Anjum	“
157.	Mr. Abid Hussain	“
<b>Hockey</b>		
158.	Oly. Muhammad Akhlaq	Manager/Chief Coach
159.	Oly. Muhammad Shahbaz Jr.	Coach
160.	Oly. Danish Kaleem	Coach
161.	Oly. Ahmed Alam	Coach
162.	Dr. Asad Abbas	Team Doctor
163.	Mr. Imran Butt	Player
164.	Mr. Khurram Majeed	“
165.	Mr. Muhammad Khalid	“
166.	Mr. Aamir Shehzad	“
167.	Mr. Wasif Siddique	“
168.	Mr. Kashif Javaid	“
169.	Mr. Zeeshan Ali	“
170.	Mr. Sabtain Raza	“
171.	Mr. Mohsin Bilal	“
172.	Mr. Abdul Ghaffar	“
173.	Mr. M. Saleem	“
174.	Mr. Tasawwar Abbas	“
175.	Mr. Waqas Akbar	“
176.	Mr. Naghman Ahmed	“
177.	Mr. Abdul Qayyum Dogar	“
178.	Mr. Muhammad Waqas	“
179.	Mr. Abdul Khaliq	“
180.	Mr. Zubair Ahmad	“
<b>Judo</b>		
181.	Syed Wasiuddin Hashmi	Manager
182.	Mr. Muhammad Younas	Coach
183.	Mr. Aiatullah	Players (Men)
184.	Mr. Zafar Iqbal	“
185.	Mr. Karamat Butt	“
186.	Mr. Tanveer Ahmad	“
187.	Mr. Zahid Iqbal	“
188.	Ms. Sarah Nisar	Manager (Women)
189.	Miss Humaira Ashiq	Players (Women)
190.	Miss Fouzia Mumtaz	“
<b>Kabaddi</b>		
191.	Capt. Mehtab Ahmad	Manager
192.	Mr. Muhammad Akram	Coach

193.	Mr. Nasir Ali	Player
194.	Mr. Abrar Khan	"
195.	Mr. Maqsood Ali	"
196.	Mr. Ibrar Hussain	"
197.	Mr. Muhammad Khalid	"
198.	Mr. Irfan Ali	"
199.	Mr. Wajid Ali	"
200.	Mr. Muhammad Arshad	"
201.	Mr. Sajjad Hussain	"
202.	Mr. Akhlaq Hussain	"
203.	Mr. Abdul Mukhtar	"
204.	Mr. Atif Waheed	"
<b>Karate</b>		
205.	Mr. Shamim Ahmed Hashmi	Manager
206.	Agha Muhammad	Coach
207.	Mr. Ghulam Ali	Player
208.	Mr. Israr-ul-Haq	"
209.	Mr. Nasir Khan	"
210.	Mr. Aain-ud-Din	"
211.	Mr. Saadi Abbas Jalbani	"
212.	Mr. Faisal Shahzad	"
213.	Ms. Andleeb Ahmar	Coach(Women)
214.	Miss Zohrah	Player (Women)
215.	Miss Sohaila	"
216.	Miss Sarah Nasir	"
217.	Miss Gulsoom	"
<b>Shooting</b>		
218.	Lt.Cdr. Badar Shafat PN	Manager
219.	Mr. Muhammad Aamer Butt	Coach
220.	Mr. Muhammad Ayaz Tahir	(Rifle Men)
221.	Mr. Dawood Jan	"
222.	Mr. Muhammad Kaleem Khan	"
223.	Mr. Younas Rasheed	"
224.	Mr. Hamid Abbas	"
225.	Mr. Muhammad Kaleemullah Khan	Pistol (Men)
226.	Mr. Muhammad Gul-fraz	"
227.	Mr. Muhammad Shahzad Akhtar	"
228.	Mr. Mustaqeem Shah	"
229.	Mr. Muhammad Younas	
230.	Mr. Maqbool Hussain Tabbasum	
231.	Miss Nadia Saeed	Player (Rifle Women)

232.	Miss Nazish Khan	“
233.	Lt. Naheeda Naqvi	“
234.	Miss Nosheen Naz	“
235.	Maj Atia	“
236.	Miss Mehwish Maqsood	Players (Pistol Women)
237.	Maj. Tazeem Akhtar	“
238.	Maj. Azra Nazir	“
<b>Squash</b>		
239.	Mr. Qamar Zaman	Manager
240.	Mr. Fazal Shah	Coach
241.	Mr. Aamir Atlas Khan	Player
242.	Mr. Farhan Mehboob	“
243.	Mr. Farhan Zaman	“
244.	Mr. Mansoor Zaman	“
<b>Swimming</b>		
245.	Sheikh Waqar Azeem	Manager
246.	Mr. Akhtar Zaib	Coach
247.	Mr. Sikandar Khan	Player
248.	Chaudhry Abdul Aziz	“
249.	Mr. Adil Baig	“
250.	Mr. Muhammad Mansoor	“
251.	Mr. Nasir Ali	“
252.	Mr. Faiz Muhammad	“
253.	Mr. Nisar Ahmed	“
254.	Mr. Israr Hussain	“
255.	Mr. Zuhay Khan	“
256.	Mrs. Veena Salman Masud	Coach
257.	Miss Kiran Khan	Players (Women)
258.	Miss Ghulam Sakina	“
259.	Miss Hoor Asrar Rauf	“
260.	Miss Eesha Khan	“
261.	Miss Rida Mitha	“
<b>Table Tennis</b>		
262.	Mr. Hafeezullah Khan	Manager
263.	Mr. Arif Khan	Coach
264.	Mr. M. Bilal Yasin	Players (Men)
265.	Syed Saleem Abbas Kazmi	“
266.	Mr. Muhammad Yasir Iqbal Bhatti	“
267.	Ms. Nazo Tahir	Coach (Women)
268.	Miss Aisha Iqbal Ansari	Players (Women)
269.	Miss Sadia Yasin	“



270.	Miss Louiza Irshad	“
271.	Miss Sadia Falak Sher	“
<b>Taekwondo</b>		
272.	Mr. Muhammad Hanif	Coach
273.	Mr. Naveed Khan	Players (Men)
274.	Mr. Rehmat Jan	“
275.	Mr. Rizwan Aslam	“
276.	Mr. Javed Karim	“
277.	Mr. Adil Bin Talat	“
278.	Mr. Shah Adil	“
279.	Miss Nootcharin Sukkhongdumnoen	Coach (Women)
280.	Miss Kiran Bano	Players (Women)
281.	Miss Samiya Imdad	“
282.	Miss Madiha Mazhar	“
283.	Miss Radika	“
<b>Volleyball</b>		
284.	Mr. Muhammad Bukhsh Javed	Manager
285.	Mr. Augusto Jose Sabbatini	Head Coach
286.	Mr. Mohib Rasool	Player
287.	Mr. Imdad Hussain	“
288.	Mr. Farooq Khan	“
289.	Mr. Pir Bakhsh Yasin	“
290.	Mr. Asif Nadeem	“
291.	Mr. Zaheer Abbas	“
292.	Mr. Muhammad Ismail Khan	Player
293.	Mr. Aimal Khan	“
294.	Mr. Ali Abbas	“
295.	Mr. Shah Rukh	“
296.	Syed Shujah Abbas Naqvi	“
297.	Mr. Muneer Khan	“
<b>Weightlifting</b>		
298.	Mr. Rashid Mahmood	Manager
299.	Mr. Muhammad Ilyas Butt	Coach
300.	Mr. Usman Amjad Rathore	Player
301.	Mr. Abdullah Ghafoor	“
302.	Mr. Mati-ur-Rehman	“
303.	Mr. Sajjad Amin Malik	“
304.	Mr. Khurram Shahzad	“

305.	Mr. Muhammad Ishtiaq Ghafoor	“
<b>Wrestling</b>		
306.	Mr. Muhammad Saqib Khan	Manager
307.	Mr. Sohail Rashid	Coach
308.	Mr. Muhammad Ali	Player
309.	Mr. Muhammad Salman	“
310.	Mr. Muhammad Umar	“
311.	Mr. Muhammad Tehseen	Player
312.	Mr. Usman Shahid	“
<b>Wushu</b>		
313.	Rana Abdul Majeed	Manager
314.	Mr. Usman Ahmad	Coach
315.	Syed Maratab Ali Shah	Player (Men)
316.	Mr. Maaz Khan	“
317.	Mr. Asghar Hussain	“
318.	Mr. Hussain Ibrahimi	“
319.	Syed Shabbir Hussain	“
320.	Mr. Muhammad Saeed Iqbal	“
321.	Miss Nazia Parvaiz	Player (Women)
322.	Miss Rukhsana Hanif	“

**The top three winners were: India, Pakistan and Bangladesh**

### **Medal Tally of 11th South Asian Games**

Rank.	Nation	Medals			
		Gold	Silver	Bronze	Total
1	India	90	55	29	174
2	Pakistan	19	25	36	80
3	Bangladesh	18	23	56	97
4	Sri Lanka	16	35	54	105
5	Nepal	8	9	19	36
6	Afghanistan	7	9	16	32
7	Bhutan	0	2	3	5
8	Maldives	0	0	2	2
<b>Total</b>		<b>158</b>	<b>158</b>	<b>215</b>	<b>531</b>

## Pakistan Medal Tally in 11th South Asian Games

S.No.	Discipline	Medals			
		Gold	Silver	Bronze	Total
1.	Athletics	4	2	4	10
2.	Badminton	0	0	3	3
3.	Boxing	1	1	2	4
4.	Cricket	0	0	1	1
5.	Cycling	0	2	1	3
6.	Handball	1	0	0	1
7.	Hockey	1	0	0	1
8.	Judo	3	3	1	7
9.	Kabaddi	0	1	0	1
10.	Karate	1	2	7	10
11.	Shooting	0	5	3	8
12.	Squash	2	1	0	3
13.	Swimming	0	0	3	3
14.	Table Tennis	0	0	1	1
15.	Taekwondo	0	3	4	7
16.	Volleyball	0	1	0	1
17.	Weightlifting	2	3	1	6
18.	Wrestling	2	1	2	5
19.	Wushu	2	0	3	5
<b>Total</b>		<b>19</b>	<b>25</b>	<b>36</b>	<b>80</b>

S.No.	Player	Name of Event	Medal
<b>Athletics</b>			
1.	Mr. Moshin Ali	110 M Hurdles (Men)	Gold
2.	Mr. Zafar Iqbal	Triple Jump (Men)	Gold
3.	Mr. Basharat Ali	Discus Throw (Men)	Gold
4.	Ms Naseem Hamid	100 Meter (Women)	Gold
5.	Mr. Haq Nawaz	400 M Hurdles (Men)	Silver
6.	Mr. Mohammad Imran	Javelin Throw (Men)	Silver
7.	Mr. Liaquat Ali	100 Meter (Men)	Bronze
8.	Mr. Liaquat Ali	200 Meter (Men)	Bronze
9.	Mr. Ali Amir Murad Mr. Tahir Shafiq Mr. Asad Iqbal Mr. Ali Muhammad	4 x 400 M Relay (Men)	Bronze
10.	Miss Naseem Hameed	4 x 100 M Relay (Women)	Bronze

	Miss Javeria Hassan Miss Nadia Nazir Miss Sadaf Siddique		
<b>Badminton</b>			
1.	Mr. Ahsan Qamar	Single (Men)	Bronze
2.	Mr. Rizwan Azam Mr. Kashif Ali Sulehri	Doubles (Men)	Bronze
3.	Miss Palwasha Basir	Single (Women)	Bronze
<b>Boxing</b>			
1.	Mr. Naimat-ullah	Bantam weight Over 51 Kg Upto 54 Kg	Gold
2.	Mr. Muhammad Waseem	Fly weight Over 48 Kg Upto 51 Kg	Silver
3.	Mr. Nadir Baloch	Light fly weight Up to 48 Kg	Bronze
4.	Mr. Aamir Khan	Light Welter weight Over 60 Kg Upto 64 Kg	Bronze
<b>Cricket</b>			
1.	Team	T20 (Under 21)	Bronze
<b>Cycling</b>			
1.	Mr. Haroon Rashid Mr. Muhammad Rafique Mr. Nisar Ahmed Mr. Sabir	80 Km Road Team Time Trial (Individual) (Men)	Silver
2.	Miss Ayesha Amin Miss Misbah Mushtaq Ali Miss Rahila Bano Miss Sidra Sadaf	30 Km Road Team Time Trial (Team) (Women)	Silver
3.	Mr. Nisar Ahmed	170 Km Road Race Mass Start (Men)	Bronze
<b>Handball</b>			
1.	Mr. Tahir Ali Mr. Naseer Ahmad Mr. Muhammad Sohaib Mr. Nasrullah Mr. Muhammad Uzair Atif Mr. Izhar-ul-Haq Mr. Ziaullah Khan Mr. Muhammad Shahid Pervaiz Mr. Azhar Khan Mr. Muhammad Zahid Mr. Muhammad Nadeem	Handball (Men)	Gold

	Mr. Asif Ali Mr. Muhammad Usman Anjum Mr. Abid Hussain		
<b>Hockey</b>			
1.	Mr. Imran Butt Mr. Khurram Majeed Mr. Muhammad Khalid Mr. Aamir Shehzad Mr. Wasif Siddique Mr. Kashif Javaid Mr. Zeeshan Ali Mr. Sabtain Raza Mr. Mohsin Bilal Mr. Abdul Ghaffar Mr. M. Saleem Mr. Tasawwar Abbas Mr. Waqas Akbar Mr. Naghman Ahmed Mr. Abdul Qayyum Dogar Mr. Muhammad Waqas Mr. Abdul Khaliq Mr. Zubair Ahmad	Hockey (Men)	Gold
<b>Judo</b>			
1.	Mr. Aiatullah	Under 66 KG (Men)	Gold
2.	Mr. Tanveer Ahmad	Under 81 KG (Men)	Gold
3.	Mr. Zahid Iqbal	Over 100 KG (Men)	Gold
4.	Mr. Zafar Ali	Under 60 KG (Men)	Silver
5.	Mr. Karamat Butt	Under 73 KG (Men)	Silver
6.	Miss Fouzia Mumtaz	Under 63 KG (Women)	Silver
7.	Miss Humaira Ashiq	Under 52 KG (Women)	Bronze
<b>Kabaddi</b>			
1.	Mr. Nasir Ali Mr. Abrar Khan Mr. Maqsood Ali Mr. Ibrar Hussain Mr. Muhammad Khalid Mr. Irfan Ali Mr. Wajid Ali Mr. Muhammad Arshad Mr. Sajjad Hussain Mr. Akhlaq Hussain Mr. Abdul Mukhtar	Kabaddi (Men)	Silver

	Mr. Atif Waheed		
<b>Karate</b>			
1.	Miss Sarah Nasir	Under 55 (Women)	Gold
2.	Mr. Saadi Abbas Jalbani	Under 67 (Men)	Silver
3.	Mr. Saadi Abbas Jalbani Mr. Ghulam Ali Mr. Israr-ul-Haq Mr. Faisal Shahzad	Kata Team (Men)	Silver
4.	Mr. Nasir Khan	Under 60 (Men)	Bronze
5.	Mr. Aain-ud-Din	Under 75 (Men)	Bronze
6.	Mr. Ghulam Ali	Kata Individual (Men)	Bronze
7.	Miss Zohrah	Under 45 (Women)	Bronze
8.	Miss Gulsoom	Under 61 (Men)	Bronze
9.	Miss Zohrah	Kata Individual (Women)	Bronze
10.	Miss Sara Nasir Miss Zohrah Miss Gulsoom Miss Sohaila	Kata Team (Women)	Bronze
<b>Shooting</b>			
1.	Mr. Mustaqeem Shah	25 M Standard Pistol – Individual (Men)	Silver
2.	Mr. Kalimullah Khan Mr. Muhammad Gul Faraz Mr. Muhammad Shahzad Akhtar	50 M Pistol – Team (Men)	Silver
3.	Mr. Maqbool Hussain Tabassum Mr. Mohammad Younas Mr. Mustaqeem Shah	25 M Standard Pistol – Team (Men)	Silver
4.	Mr. Kalimullah Khan Mr. Muhammad Gul Faraz Mr. Muhammad Shahzad Akhtar	10 M Air Pistol – Team (Men)	Silver
5.	Miss Mehwish Maqsood Miss Azra Nazir Miss Tazeem Akhtar	10 M Air Pistol – Team (Women)	Silver
6.	Mr. Kalimullah Khan	50 M Pistol – Individual (Men)	Bronze
7.	Mr. Muhammad Ayaz Tahir Mr. Muhammad Kaleem Khan Mr. Dawood Jan	50 M Rifle 3 Position – Team (Men)	Bronze
8.	Miss Nosheen Maqsood Ali Miss Nazish Khan Miss Naheeda Naqvi	10 M Air Rifle – Team (Women)	Bronze
<b>Squash</b>			

1.	Mr. Aamir Atlas Khan Mr. Farhan Mehboob Mr. Farhan Zaman Mr. Mansoor Zaman	Team Event	Gold
2.	Mr. Aamir Atlas Khan	Singles (Men)	Gold
3.	Mr. Farhan Mehboob	Singles (Men)	Silver
<b>Swimming</b>			
1.	Mr. Israr Hussain	400 M Freestyle (Men)	Bronze
2.	Miss Kiran Khan	50 M Backstroke (Women)	Bronze
3.	Miss Kiran Khan	50 M Butterfly (Women)	Bronze
<b>Table Tennis</b>			
1	Miss Aisha Iqbal Ansari Miss Sadia Yasin Miss Louiza Irshad Miss Sadia Falak Sher	Team Event (Women)	Bronze
<b>Taekwondo</b>			
1.	Mr. Rizwan Aslam	Under 74 KG (Men)	Silver
2.	Mr. Javed Karim	Under 80 KG (Men)	Silver
3.	Miss Samiya Imdad	Under 49 KG (Women)	Silver
4.	Mr. Naveed Khan	Under 63 KG (Men)	Bronze
5.	Mr. Rehmat Jan	Under 68 KG (Men)	Bronze
6.	Mr. Shah Adil	Over 87 KG (Men)	Bronze
7.	Miss Kiran Bano	Under 46 KG (Women)	Bronze
<b>Volleyball</b>			
1.	Mr. Mohib Rasool Mr. Imdad Hussain Mr. Farooq Khan Pir Bakhsh Yasin Mr. Asif Nadeem Mr. Zaheer Abbas Mr. Muhammad Ismail Khan Mr. Aimal Khan Mr. Ali Abbas Mr. Shah Rukh Syed Shujah Abbas Naqvi Mr. Muneer Khan	Volleyball (Men)	Silver
<b>Weightlifting</b>			
1.	Mr. Khurram Shahzad	Upto 85 Kg (Men)	Gold
2.	Mr. Usman Amjad Rathore	Upto 94 Kg (Men)	Gold
3.	Mr. Muhammad Ishtiaq Ghafoor	Upto 62 Kg (Men)	Silver
4.	Mr. Mati-ur-Rahman	Upto 69 Kg (Men)	Silver

5.	Mr. Sajjad Amin Malik	Upto 105 Kg (Men)	Silver
6.	Mr. Abdullah Ghafoor	Upto 56 Kg (Men)	Bronze
<b>Wrestling</b>			
1	Mr. Muhammad Ali	Upto 74 kg (Men)	Gold
2	Mr. Muhammad Umar	Upto 96 kg (Men)	Gold
3	Mr. Muhammed Salman	Upto 66 kg (Men)	Silver
4	Mr. Usman Shahid	Upto 84 kg (Men)	Bronze
5	Mr. Muhammad Taseem	Over 96 kg upto 120 kg (Men)	Bronze
<b>Wushu</b>			
1	Syed Maratab Ali Shah	San Shou: Under-60 (Men)	Gold
2	Mr. Maaz Khan	San Shou: Under-65 (Men)	Gold
3	Mr. Hussain Ibrahimi	Chang Quan (Men) (All round event) (a) Chang Quan (b) Daoshu (c) Guanshu	Bronze
4	Mr. Asghar Hussain	San Shou: Under-70 (Men)	Bronze
5	Miss Nazia Pervaiz	Under – 52 (Women)	Bronze