

SPORTS NEWSLETTER

EDITION OCTOBER 2020

LEGACY OF
SPORTS BOARD
PUNJAB

**JAVELIN
THROWER**
ARSHAD NADEEM

**KABADDI
WORLD CUP**
KNOCKOUT 2020

AFTER 8 YEARS
72nd PUNJAB GAMES

SPORTS SCHOOL
MILESTONE ACHIEVED

Living Legend
DIN MUHAMMAD

Gold Medal Winner of 1954 Asian Games

SPORTS BOARD PUNJAB



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FROM THE CHIEF EDITOR



Being Chief Editor, I'm pleased to announce the launch of Sports Board Punjab's inaugural Newsletter. Definitely it's a visionary initiative taken by Punjab Minister for Youth Affairs and Sports Department Rai Taimoor Khan Bhatti to highlight the key performances and achievements of Sports Board Punjab in the shape of a booklet.

I'm quite optimistic that Sports Board Punjab's first-ever Newsletter will prove to be an effective tool for the growth of sports culture throughout the Punjab province in line with the vision of Prime Minister of Pakistan Imran Khan.

Through our Newsletter, we are also planning to make our readers aware of Punjab's world class sports stalwarts and their distinctions. I'm quite sure that a reasonable coverage of our sports legends in our Newsletter will provide a huge inspiration to young and emerging athletes of the province.

Adnan Arshad Aulakh
Chief Editor
SBP Newsletter

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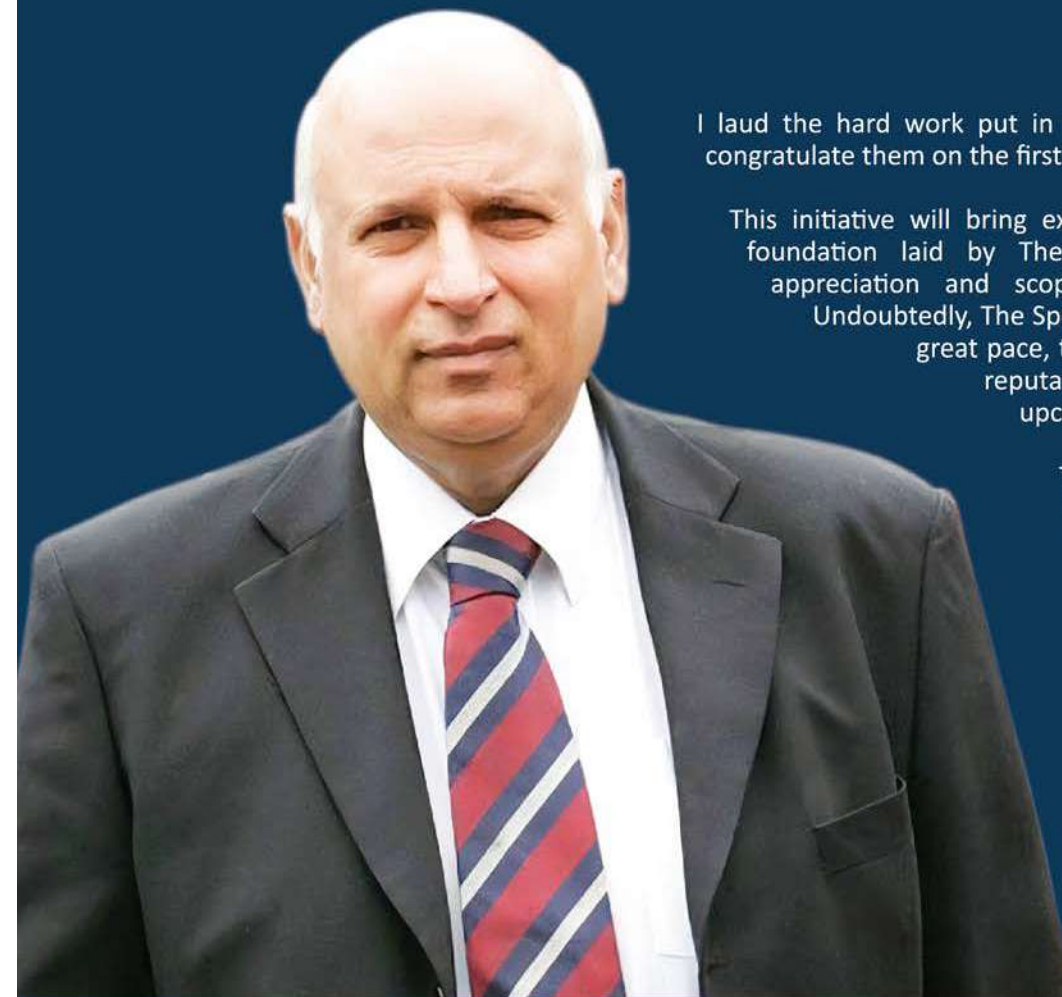
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MESSAGE FROM GOVERNOR



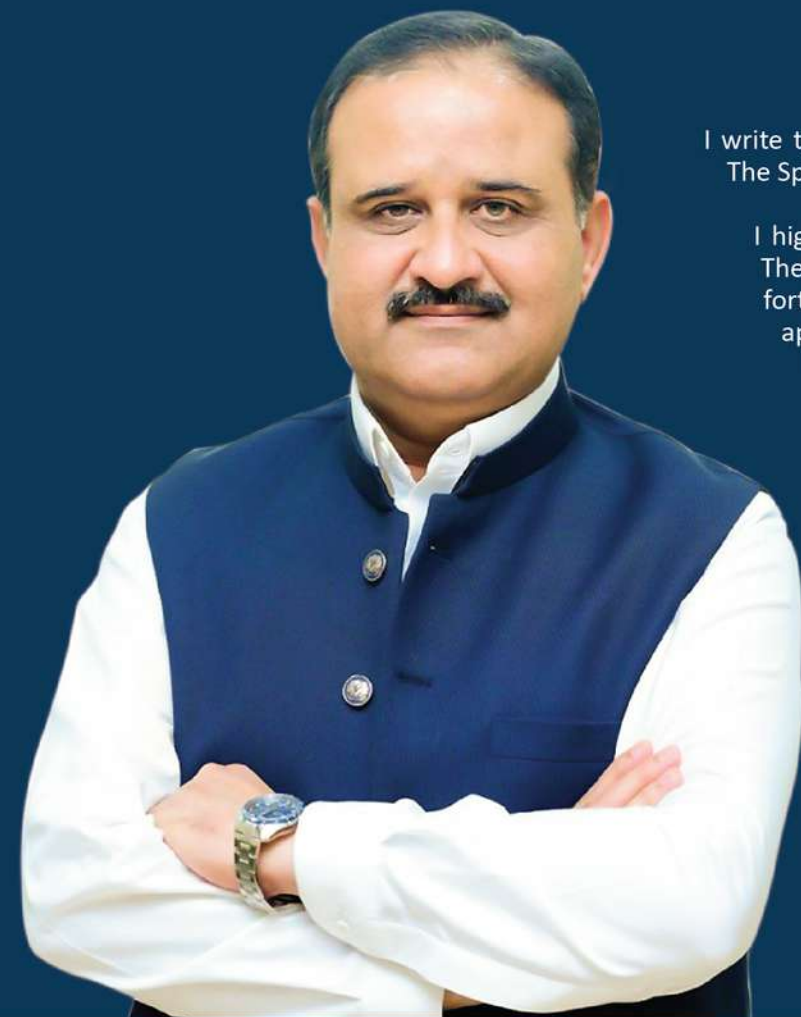
I laud the hard work put in by The Sports Board Punjab and congratulate them on the first edition of their newsletter.

This initiative will bring exclusive exposure to the dynamic foundation laid by The Sports Board Punjab for the appreciation and scope of the athletes of Punjab. Undoubtedly, The Sports Board Punjab is advancing at a great pace, transforming into a state-of-the-art reputable beginning for the athletes and upcoming talent in Punjab.

There have been many successful events organized by The Sports Board Punjab. The newsletter takes the Sports Board Punjab another step higher towards its self-recognition and hard work. I wish all the best to the Sports Board Punjab and look forward to more success and eventful time forward.

**CHAUDHARY
MUHAMMAD SARWAR**
GOVERNOR PUNJAB

MESSAGE FROM **CHIEF MINISTER**



I write this message with immense appreciation and pride for The Sports Board Punjab.

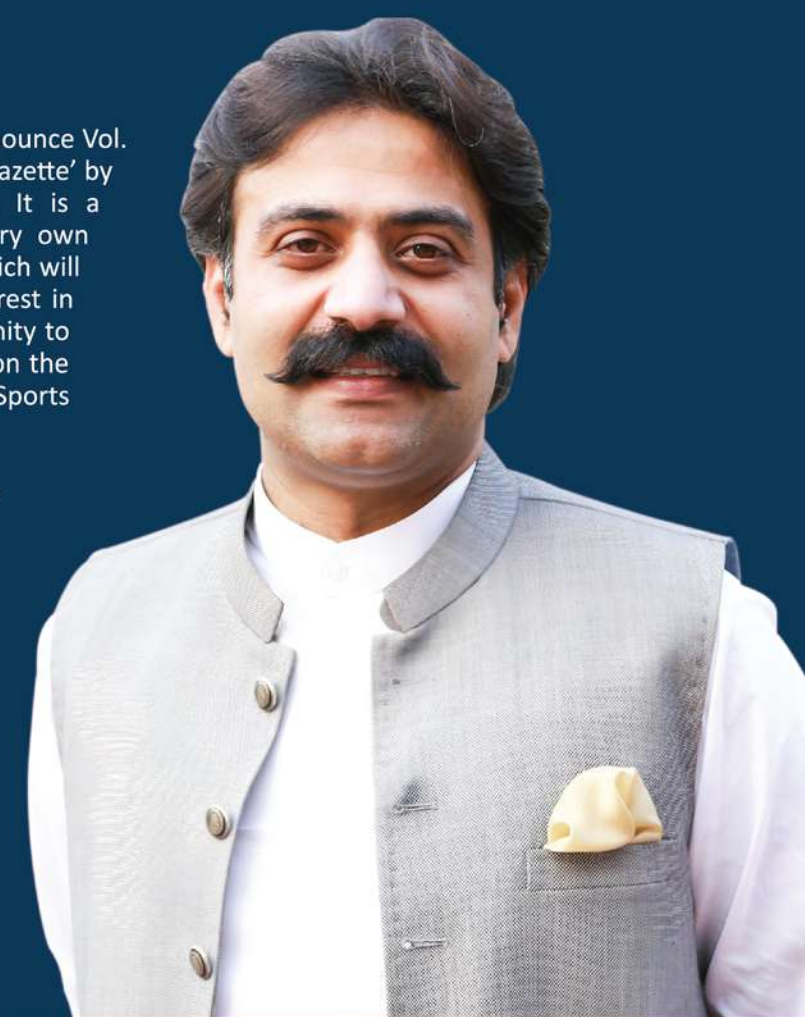
I highly appreciate the dedication and expertise put in by The Sports Board Punjab team for successfully bringing forth a work of enlightenment for the people to duly applaud the noticeable progress of The Sports Board Punjab and our remarkable athletes.

Our government, has provided exceptional support to The Sports Board Punjab in order to initiate great achievements and infrastructure in sports in the entire province of the Punjab.

I am hopeful this initiative will bring about a change in overall dynamics of sports, enthusiasm of athletes and sincerely putting to use the power of the pen to not only enhance individuals but also work for the betterment and prosperity of the country

**SARDAR
USMAN AHMED KHAN BUZDAR**
CHIEF MINISTER PUNJAB

MESSAGE FROM **MINISTER SPORTS**



A warm welcome to our readers. I am honored to announce Vol. 1, Edition. 1; of a sports Newsletter, titled as 'Sports Gazette' by the Sports department and Sports Board Punjab. It is a remarkable success to provide readers with its very own monthly newsletter. We bring to you a Newsletter which will both enhance your knowledge and add to your interest in sports. Me and my team consider this as an opportunity to encourage good sportsmanship and provide insight on the commendable achievements of athletes and the Sports Board Punjab.

Sports Board Punjab has had continuous success even in the toughest times. We have some impressive goals; which we strive towards consistently. We appreciate our youth, athletes and emerging talent at the Sports Board Punjab.

I hope you have an amazing time as you read through all the pages.

RAI TAIMOOR KHAN BHATTI
MINISTER OF YOUTH AFFAIRS AND SPORTS PUNJAB



A LIVING LEGEND

DIN MUHAMMAD

Legendary wrestler Din Muhammad clinched historic gold medal for Pakistan in 1954 Asian Games in the field of wrestling.

Wrestling legend Din Muhammad, who clinched historic gold medal for Pakistan in 1954 Asian Games was paid rich tributes when Punjab Minister for Youth Affairs and Sports, Rai Taimoor Khan Bhatti visited his residence and **awarded him a cheque of Rs. 100,000** in recognition of his remarkable achievement in the field of wrestling.

"Today is a very memorable day for me when Punjab Minister for Sports, Youth Affairs Rai Taimoor Khan Bhatti visited my home and honored me on behalf of the Punjab govt," he added.

The players who won titles and medals in international sports competitions are our real heroes. "I will recommend Din Muhammad's name to Punjab Chief Minister Sardar Usman Buzdar for a house in 'Naya Pakistan Housing Scheme'. His

name will also be included in the list of Pakistan sports legends, who will be honored at an award ceremony in the near future", Rai Taimoor Khan Bhatti said.

All achievements in life come from hard work, inspiration, and lots of motivation. And achievements don't come overnight somewhere along the path to achievement there is hard work and determination involved. Veteran wrestler Din Muhammad rendered an outstanding historical performance for the country, his efforts will not go unnoticed. His picture has been placed on the Wall of Fame at Sports Board Punjab.

Legends like wrestler Din Muhammad are our national heroes and their significant accomplishments undoubtedly make them role models and true inspiration for the youth of the country.

Punjab Minister for Youth Affairs and Sports, Rai Taimoor Khan Bhatti said the whole nation is proud of Din Muhammad's achievements. "We are formulating a special policy for honouring our sports legends like Din Muhammad".



LEGACY OF SPORTS BOARD PUNJAB

Punjab has been blessed with enormous talent in every field especially sports. Factually, Punjab's players have played prominent roles in winning coveted international titles for Pakistan in different games during the last 70 years.

Pakistan's several sports title victories rely on the countless contributions of Sports Board Punjab. Sports Board Punjab has played a vital role in Pakistan's glorious sporting history since its inception.

The launch of Sports Board Punjab took place in Sept 1970 and its constitution was approved by Governor of Punjab on April 8, 1985

for the development and regulation of sports in the province.

- Pakistan kabaddi team created history by dethroning defending champions India by 43-41 in the final of Kabaddi World Cup 2020 and became world kabaddi champions for the first time at Punjab Stadium in February 2020.
- In April 2019, with the collaboration of Punjab Olympic Association Sports Board Punjab successfully organized the 72nd Punjab Games after an extensive 8-year gap.
- Player count amassing 3,000 participated in 30 disciplines during the 72nd Punjab Games. 71st Punjab Games had commenced 9 years back in April, 2011.

- Lahore division, with 2637 points and an aggregate of 128 medals including 65 gold, 39 silver and 24 bronze medals, won the Punjab Games 2019 trophy.
- Sports Board Punjab revived Annual Sports Calendar, Sports lesson in schools and made it compulsory for every student to take part in at least one game.
- One-month training camps for under-16 players of different games and one championship every month in different tehsils were other notable initiatives taken by Sports Board Punjab.

In the last 50 years, Sports Board Punjab has had 22 Director Generals service in total. Legendary fast bowler; late, Fazal Mahmood was the first Director General of Sports Board Punjab in the '70s. Incumbent Director General Adnan Arshad Aulakh is the 23rd officer incharge of Sports Board Punjab.

Furthermore, Sports Board Punjab ensures financial assistance to the sports personnel and provides training to players and coaches with the aim to promote sports in the province. Sports Board Punjab envisions to form a healthy nation by reviving sports culture in Punjab.

Sports Board Punjab has contributed handsomely for the cause of sports since its launching. Sports Board Punjab turned around in the era of Punjab Minister for Youth Affairs and Sports, Rai Taimoor Khan Bhatti and Director General Sports Punjab Adnan Arshad Aulakh.

The combination of Punjab Minister for Sports and Director General Sports Punjab have launched a record number of sports development projects and took several revolutionary measures for the better future of sports in the province.

Sports Board Punjab has spent a highly successful 2-year period recently and achieved sufficient success in various events despite late disturbance created by Covid-19 pandemic.



Lahore Division crowned Punjab Games champions

After an extensive gap of 8 long years, Sports Board Punjab (SBP) proudly put forth the 72nd edition of Punjab Games in April, 2019 with the collaboration of Punjab Olympic Association (PbOA) from April 3rd to 6th, 2019.

Lahore Division gave an outstanding performance, defeating remaining 8 participating divisions of Punjab; with 2637 points and an aggregate of 128 medals including 65 gold, 39 silver and 24 bronze medals, won the Punjab Games 2019 trophy with absolute ardor and a spectacular performance.

➤ Ali Ahmed of Sahiwal and Faiqa Riaz were declared fastest male and female athletes of the game and were awarded with cash prizes of Rs 50,000 each.

➤ Young Azlan Khan was given a trophy and cash prize of Rs 25,000 for best swimmer in the Punjab Games.

Male players competed in 116 events over a range of 21 games while female players featured in 32 events of varying 7 games. There were 10 events of two games for Special Children during the 4-day mega event.

The then Director General Sports Punjab awarded the winners' trophy to Lahore Divisional Sports Officer Nadeem Qaiser as the mega event came to an end with zeal and fervour at Punjab Stadium.

Director Admin Javed Chohan, Director Sports Hafeez Bhatti, PbOA Secretary Idris Haider and all Divisional and District Sports Officers;

and other top officials were lauded for their huge effort and contribution in making the revival of Punjab Games an enormous success.

Faisalabad division came in second place and Gujranwala division came in third place. They were given trophies in recognition and acknowledgement of their hard work.

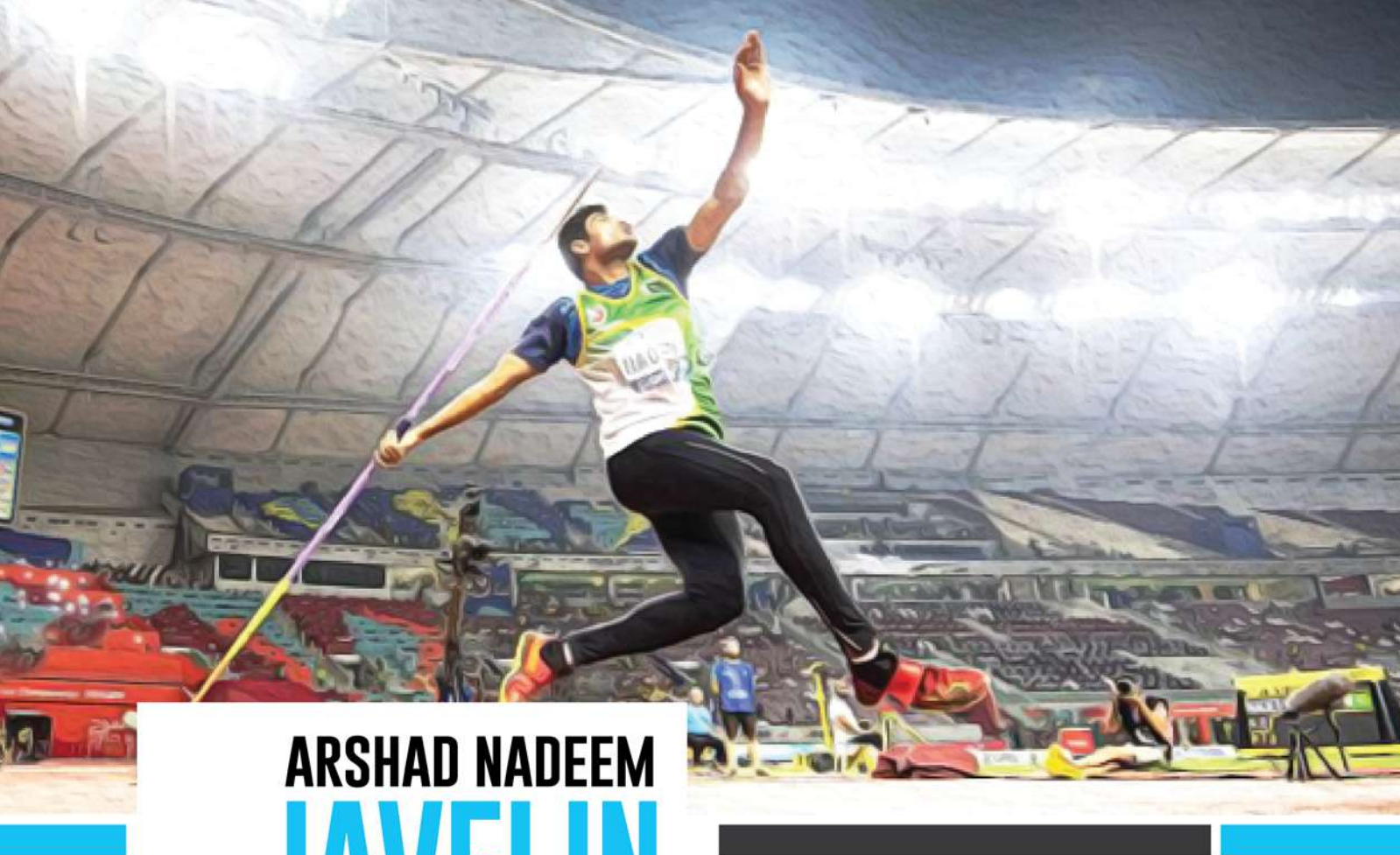
Faisalabad with 2105.5 points and a tally of 102 medals including 21 gold, 44 silver and 37 bronze medals during the 4-day sports extravaganza.

Gujranwala division came third with 1212.5 points and 56 medals including 14 gold, 16 silver and 26 bronze medals.

Punjab Sports Minister Rai Taimoor Khan Bhatti congratulated Sports Board Punjab, Punjab Olympic Association and all the participants on the successful holding of Punjab Games. He appreciated the dedication and efforts of all involved for their whole hearted participation.

72nd Punjab Games final medals table

Team	Gold	Silver	Bronze	Total	Points
Lahore	65	39	24	128	2637
Faisalabad	21	44	37	102	2105.50
Gujranwala	14	16	26	56	1212.5
Sahiwal	15	08	24	47	1129
Rawalpindi	14	13	23	50	1032
Bahawalpur	09	08	19	36	966
Sargodha	04	05	20	29	931.5
Multan	06	11	27	44	857
D.G. Khan	00	03	07	10	432.5



ARSHAD NADEEM JAVELIN THROWER

Punjab Minister for Youth Affairs and Sports, Rai Taimoor Khan Bhatti showered immense praise on Pakistans pride, for his incredibly marvelous performance. He said country's premier javelin thrower Arshad Nadeem, literally, made the entire nation proud through his glorious and world-level performance in the 13th South Asian Games in Nepal.

“Arshad outlived expectations of the nation and we are really proud of his feats. He worked immensely hard to gain status as a world class javelin thrower and gain title as an olympian. Our young athletes must take inspiration from him.”

Quintessential performance by Javelin thrower Arshad Nadeem makes Pakistan and the nations hearts swell with pride; by qualifying directly for Tokyo Olympic Games

23-year-old, top javelin thrower, Arshad Nadeem won gold medal with his phenomenal performance in 13th South Asian Games at Kathmandu, Nepal. Directly

qualified, he secured a place in Olympic Games scheduled to be held at Tokyo, Japan now in 2021 due to Covid-19 pandemic. He also set the South Asian Games record with a throw of 86.29 meters.

Arshad Nadeem who became Pakistan's first ever athlete to qualify for Olympics, would be Sports Ambassador of the Sports Board Punjab. “Punjab Government and Sports Board Punjab are ready to extend every kind of support to Arshad for his preparation of Olympic Games”.

Punjab Chief Minister Usman Buzdar **awarded a cheque of Rs 500,000** to Arshad Nadeem for his milestone performance in South Asian Games grand event.

“Arshad managed a stunning 86.29 metre throw in Kathmandu to not only better than his own national record but also smashed South Asian Games record of 82.23 metre”.



REVIVAL OF ANNUAL SPORTS CALENDAR

The Annual Sports Calendar programme was restarted after a long gap of 8 years in 2019

The Annual Sports Calendar programme was organised after a long lay-off of eight years in 2018. As many as 17 games including 11 for U-16 male athletes and 6 for female athletes were organized at Inter-Tehsil, Inter-District and Inter-Division level during the annual sports calendar programme.

Under the vision of Rai Taimoor Khan Bhatti the prime objective of Annual Sports Calendar activities is to trace a pool of talented young players from across the province in different games especially from the backward areas of the province and master them into world class athletes. The plan is to prepare sufficient back-up strength consisting of talented male and female players. It's also part of our planning to provide potential and promising players to Pakistan's various national teams.

The schedule of 2019 Annual Sports Calendar was announced in the month of July. The male under-16 players took part in 11 disciplines such as athletics, badminton, swimming,

taekwondo, hockey, table tennis, cricket, snooker, football, volleyball and wrestling while female players featured in six games - athletics, badminton, taekwondo, hockey, table tennis and volleyball.

The Annual Sports Calendar was designed keeping all key factors in view. The time period from August 18 - December 26 was selected as to avoid academic loss of male and female students. Sports Board Punjab chose popular and exciting games for Annual Sports Calendar competitions.

The competitions of Annual Sports Calendar were organized at tehsil, district, divisional and provincial level. Sports Board Punjab officials gathered the data of all talented under-16 players during sports competitions of Annual Sports Calendar so that the shining players could be picked for top class camp training under the supervision of qualified coaches.





Great joint venture of Punjab Government, Sports Board Punjab

KABADDI! KABADDI! KABADDI! History was made as the home side beat India and won Kabaddi World Cup 2020; narrowly in a winner-take-all situation by securing a 43-41 win in the second half of the game. The rush of adrenaline and power surge from the spectators was dripping with pride and passion for their players.

For the first time in history, Pakistan took pride in hosting the Circle-Style Kabaddi World Cup 2020 from Feb 9th-16th at three varying venues of Punjab; Punjab Stadium Lahore, Iqbal Cricket Stadium, Faisalabad and Zahoor Elahi Stadium, Gujrat.

The Punjab government, Sports Board Punjab and Pakistan Kabaddi Federation (PKF)

deserve to be lauded for holding a secure event which welcomed to Pakistan nine top teams of the world (including Pakistan) India, Germany, Azerbaijan, Iran, Canada, England, Australia and Sierra Leone to participate at the Kabaddi World Cup 2020.

The efforts put in by The Sports Board Punjab to make this event secure and indeed a success is commendable.

Chief guest, Punjab Governor, Ch Muhammad Sarwar added value and grandeur to the closing ceremony. He awarded the winning team with Gold medals, the winning trophy and Rs 10 million cash prize to the victorious Pakistan team. India received Silver medals and Rs 7.5 million cash prize.

Pakistan's top singer Ibrar-ul-Haq, was an absolute epitome of energy as he gave power to the public gathered in capacity in the stadium. His energetic voice added to the charisma and grandeur of the environment; he had taken everyone into a visible spectacular trance.

All the players of Pakistani team, particularly the Captain M. Irfan, Vice Captain Waqas Butt and player Shafiq Chishti exhibited commitment and remarkable skillful performance in a battle of nerves.

Pakistan Captain M. Irfan Mana won the toss and decided to raid. In the very first attempt, Pakistan applied pressure on their blue attired rivals to go up in points through

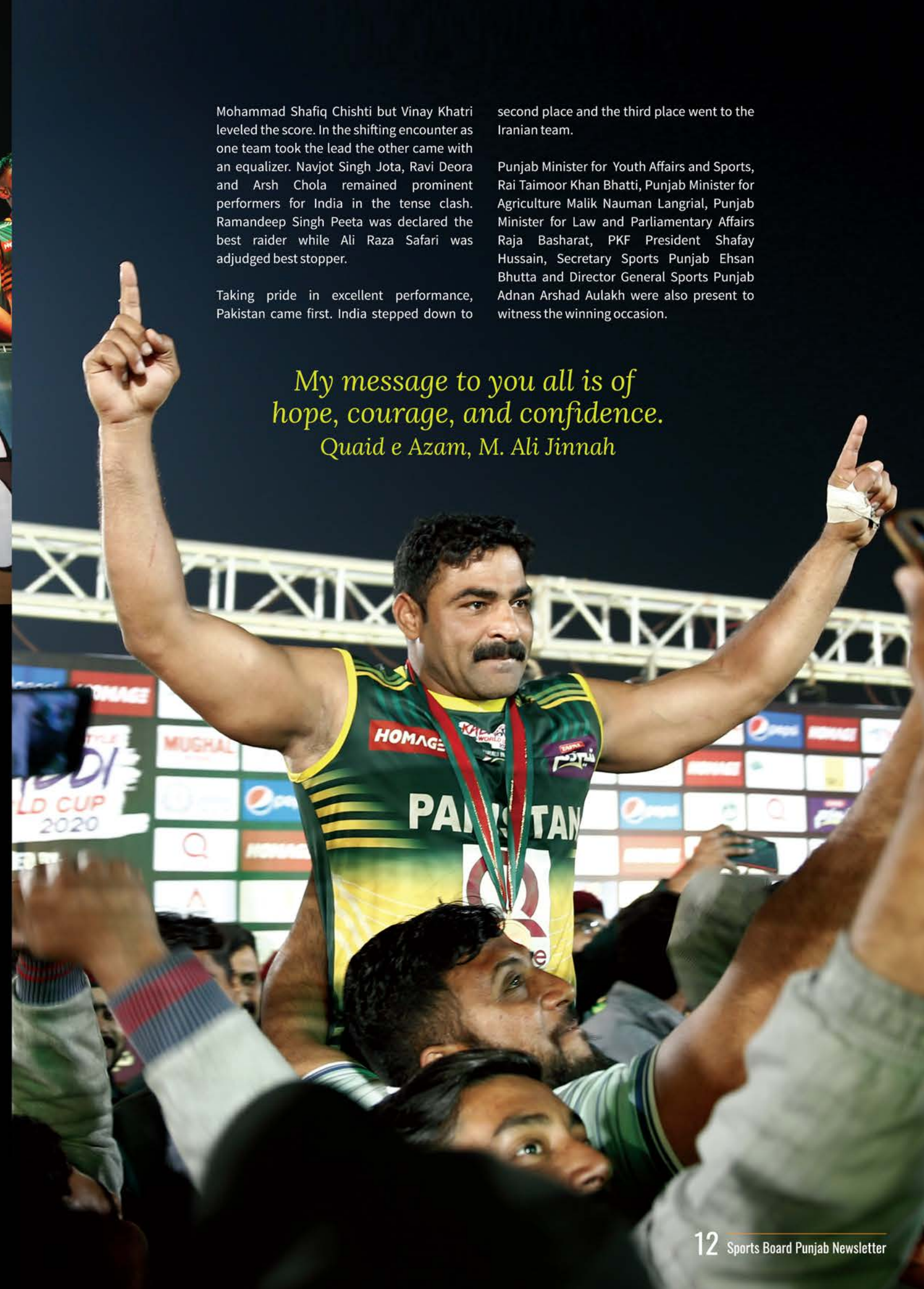
Mohammad Shafiq Chishti but Vinay Khatri leveled the score. In the shifting encounter as one team took the lead the other came with an equalizer. Navjot Singh Jota, Ravi Deora and Arsh Chola remained prominent performers for India in the tense clash. Ramandeep Singh Peeta was declared the best raider while Ali Raza Safari was adjudged best stopper.

Taking pride in excellent performance, Pakistan came first. India stepped down to

second place and the third place went to the Iranian team.

Punjab Minister for Youth Affairs and Sports, Rai Taimoor Khan Bhatti, Punjab Minister for Agriculture Malik Nauman Langrial, Punjab Minister for Law and Parliamentary Affairs Raja Basharat, PKF President Shafay Hussain, Secretary Sports Punjab Ehsan Bhutta and Director General Sports Punjab Adnan Arshad Aulakh were also present to witness the winning occasion.

*My message to you all is of hope, courage, and confidence.
Quaid e Azam, M. Ali Jinnah*





SBP'S MONTHLY SPORTS CHAMPIONSHIPS/EVENTS

April, SBP organized Annual Sports Calendar second phase kabaddi event at Punjab Stadium. Sahiwal division became Punjab under-16 kabaddi champion in thrilling fashion when they snatched a narrow one-point victory against strong Faisalabad team in the final.

April, Sports Board Punjab also organised Junior Age Group Punjab Modern Pentathlon Championship at Nishtar Park Sports Complex. The competitions of horse riding, swimming and laser run were held in Junior Age Group Punjab Modern Pentathlon Championship.

June, 26th National Junior Table Tennis Championship was also staged under the banner of Sports Board Punjab at Nishtar Park Sports Complex (NPSC) Gymnasium Hall. Pernia Khan of Wapda won the Junior Girls Singles (U-18) title. The boys' singles title went to Faizan Zahoor of Army who defeated Shah Khan of Wapda in straight sets without much trouble.

July, Sports Board Punjab (SBP) organized the Olympic Day Archery Championship at Bhurban Stadium Murree. During the two-day Olympic Day Archery Championship, two events - Punjab Inter-Division and Open for All Archery Championship were contested.

Late July, Sports Board Punjab organized Punjab Inter-Division Powerlifting and Kick-Boxing Championship at Nishtar Park



Sports Complex Gymnasium Hall. Gujranwala division with 62 points clinched the Punjab Inter-Division Powerlifting title while Lahore division emerged champions in Kick-Boxing Championship. August, Chief Minister Punjab National Karate Championship was competed at Nishtar Park Sports Complex Gymnasium Hall. Wapda's men and women karate teams with 155 and 190 points respectively emerged triumphant in Chief Minister Punjab National Karate Championship.

October, 24th National Boys Age Group Swimming Championship was organized by Sports Board Punjab at State of the Art Punjab International Swimming Complex. Punjab swimmers won the championship with 1017 points and 21 gold medals. Sindh finished the championship as runners-up with 962 points and 23 gold medals followed by Khyber Pakhtunkhwa (KP) with 293 points and 2 gold medals.

November 2019, Sports Board Punjab organized Inter-Parliamentary Peace cricket match between Punjab and Sindh at the Gaddafi Stadium. Punjab Parliamentarians cricket team defeated Sindh Parliamentarians by 35 runs in the exhibition cricket match.

Sports Board Punjab organized a sports championship every month in different tehsils and districts of the province during the year 2019 to keep the young players engaged in healthy sports activities.

Sports Board Punjab traced dozens of talented male and female athletes as a result of one sports championship every month in different tehsils and districts. These sports championships provided a suitable platform to young players to exhibit their sports skills in a perfect competitive environment.

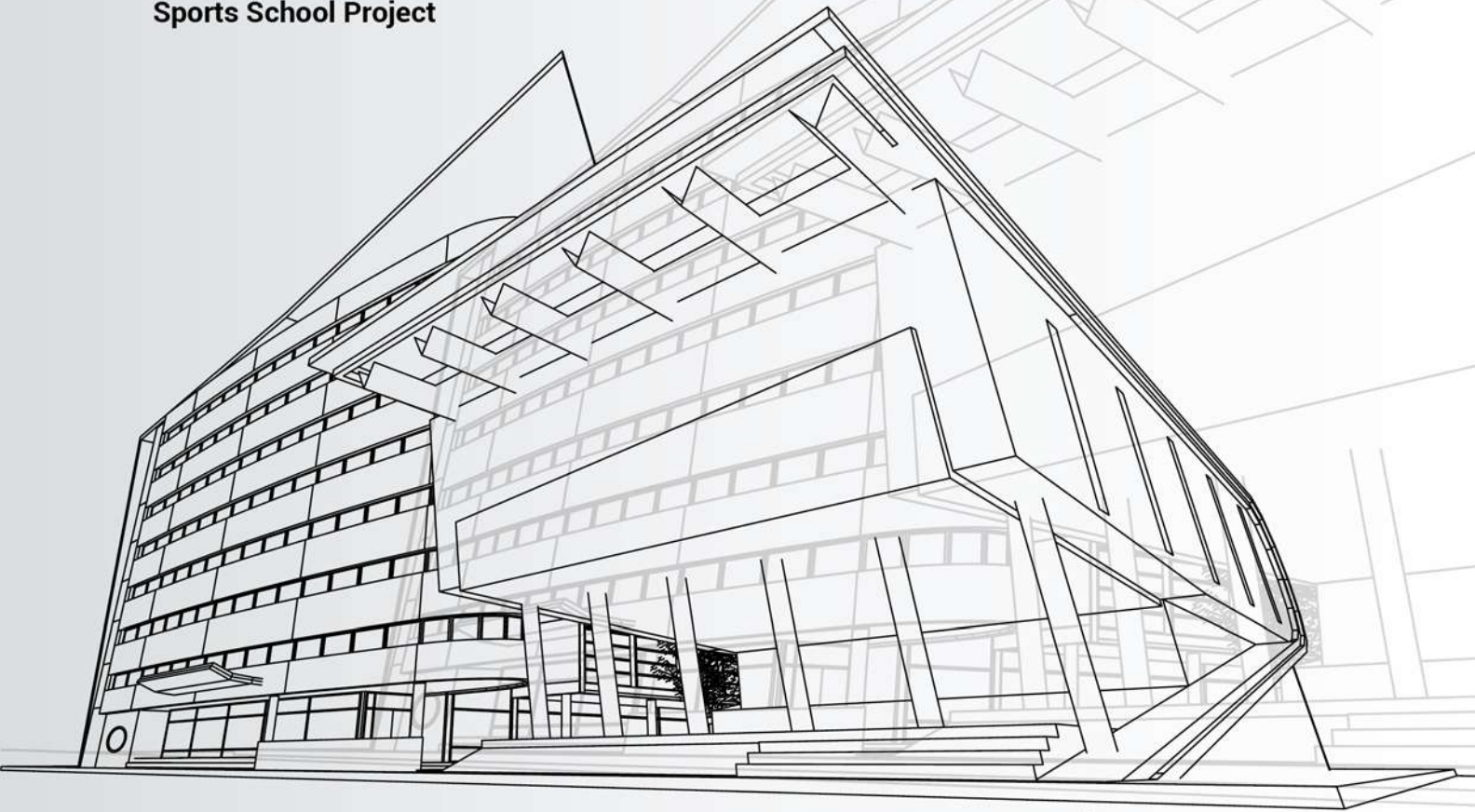
February 2019, Sports Board Punjab hosted the 2nd Quaid-i-Azam Wushu Cup at Nishtar Park Sports Complex Gymnasium Hall. Lahore, with 160 points won the title followed by Gujranwala and Rawalpindi respectively.

Rai Taimoor Khan Bhatti distributed prizes among the leading position holders of wushu and darts competitions.



SPORTS SCHOOL PROJECT

Punjab Government approves Sports School Project



Punjab Minister for Youth Affairs and Sports, Rai Taimoor Khan Bhatti, as per the vision of Punjab Chief Minister Usman Buzdar, has taken an enlightening step to shape a bright future for sports and sportsmen in Punjab. Sports School project at Nishtar Park Sports Complex will change the future of Pakistan. This project will help a lot in honing the talent of players from a young ripe age and help ready the athletes mentally, physically and emotionally to lead on and ace major sports events like World Cup and Olympic Games etc.

Proudly, it will be Pakistan's first ever sports school, also approved by the Punjab govt. Young talented players will be given modern sports training besides providing them with the best education at Sports School. The sports school project will have competent teachers, qualified coaches and excellent doctors to train emerging players.

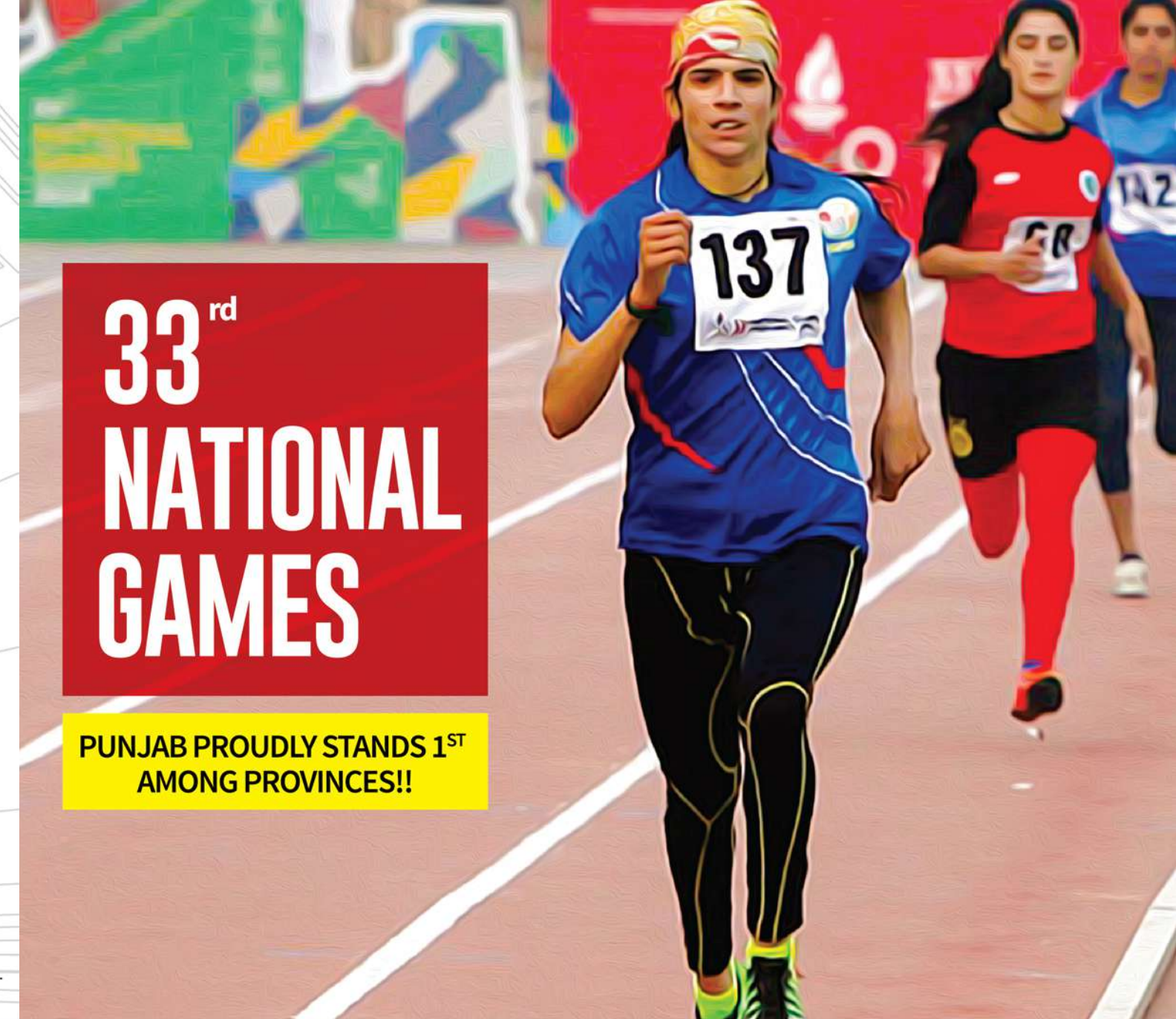
The Sports School project will also have a world class Bio-Mechanic Lab. This Bio-Mechanic Lab will play a major

role in removing all flaws of young players and their movements during play to ensure best performances in games.

This Sports School Project will take on players for 3-5 years; giving education from Secondary to Higher Secondary level; they will receive career counseling; provisions such as sports equipment, clothing, boarding and stipend will be given, keeping in lieu the infrastructure available at Nishtar Park Sports Complex.

33rd NATIONAL GAMES

PUNJAB PROUDLY STANDS 1ST AMONG PROVINCES!!



Punjab becomes the crème de la crème among provinces during the 33rd National Games at Qayyum Stadium, Peshawar in Nov 2019. Punjab's trophy was received by President Punjab Olympic Association Amir Jan at the closing ceremony. It was indeed a moment of great pride as Punjab had strived to achieve next level of excellence.

Punjab Minister for Sports, Youth Affairs and Tourism Rai Taimoor Khan Bhatti and Director General Sports Punjab Adnan Arshad Aulakh took personal interest and added value in the preparation of Punjab contingent for the grand event.

In lieu of invaluable support and Punjab athletes showcased their talents and performed stupendously in their areas of expertise at the huge event.

Governor Balochistan, Shah Farman was the honorary chief guest at the closing ceremony and Director General Sports Punjab, Adnan Arshad Aulakh led Punjab's 450-member contingent as 'Chef de Mission' at the grand inauguration ceremony.

Punjab stood first amongst other competing provinces. Punjab athletes excelled in the mega event in their respective competitions. Punjab players exhibited better performance in all competitions than other participating provinces and accumulated 1622 points and 49 medals including 1 gold, 14 silver and 34 bronze medals, got first position among provinces and finished at 5th place in the grand event.

Pakistan Army did Punjab and the

country proud. They won the 33rd edition of the National Games scoring 7909 points and 380 medals including 150 gold, 134 silver and 96 bronze medals. WAPDA remained runners up with 7093 points and 320 medals including 148 gold, 99 silver and 73 bronze medals.

Punjab players exhibited better performance in all competitions than other participating provinces and accumulated 1622 points and 49 medals including 1 gold, 14 silver and 34 bronze medals, got first position among provinces and finished at 5th place in the grand event.

SOPs FOR SPORTS SECTOR PUNJAB

Youth Affairs and Sports Department
Government of Punjab



While there is still no clarity on when training can resume, the SOP and classified sports in four different categories. SBP also listed that in a bid to avoid injuries, athletes who are non-conditioned will not be rushed back to training. There are four categories in which the sports have been classified - non-contact, medium contact, full contact and water sports.

FULL CONTACT SPORTS

Individual sports (all combat sports) which require mandatory physical contact during training or competition (Boxing, Judo, Wushu, Karate, Taekwondo, Wrestling etc.)

PRECAUTIONS FOR TRAINING



- Selective training activities may be performed by athletes individually without engaging in physical activity with other athletes and utilizing alternative practice equipment like punching/kicking bags, slam balls, choke dummies etc.
- Distancing norms of minimum 2 metres between athletes and staff shall be maintained.
- Athletes shall exit facility as soon as training is concluded.

PRECAUTIONS FOR EQUIPMENT



- Personal equipment such as gloves, facemasks, mouthguard, helmet, wristband, headband, training uniform, shoes etc. shall be used without sharing.
- All such equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing facemasks, gloves and personal precautionary equipment etc.
- Additional staff shall be appointed for proper disinfection of the equipment prior to continuous usage.
- Equipment which is bound to be shared and utilised continuously during a training such as punching/ kicking bags, slam balls, skipping ropes etc. must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc.
- Consistent hand sanitization is a must before, during and after every training session

MEDIUM CONTACT SPORTS

Mostly team sports which require some level of physical contact during training or competition and where equipment is usually shared. (Football, Hockey, Volleyball, Basketball, Handball and sports which involve like Weightlifting, Lawn Tennis, Badminton, Table Tennis etc.)

PRECAUTIONS FOR TRAINING



- Training activities may be performed in small groups (maximum 8-10) maintaining distancing norms of minimum 2 metres between athletes and staff and ensuring aspects of training which require physical contact are avoided like tackling, body-blocking etc.
- The pitch shall be divided into three/ four areas, with a maximum of three players in each space who will train and stick to their partnerships should a player test positive for coronavirus.
- Chief Coach and an assistant coach shall oversee proceedings from the safe distance/ video tower, with the pair the only staff allowed to pick up balls and cones, which would then be disinfected.
- Training shall be in small groups, players maintaining social distancing from each other during exercises and sessions not exceeding one hour per day. However, "drastic measures" shall be taken to avoid contact with no competitive games being played.
- Athletes shall exit facility immediately after training.

PRECAUTIONS FOR EQUIPMENT



- Personal equipment such as hockey stick, gloves, facemasks, mouthguard, helmet, shinguards, wristband, headband, shoes etc. shall be used without sharing.
- All such equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing facemasks, gloves and personal precautionary equipment etc.

- Additional staff shall be appointed for proper disinfection of the equipment prior to continuous usage.
- Equipment which is bound to be shared and utilised continuously during a training such as balls must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc.
- Consistent hand sanitization is a must before, during and after every training session.

NON-CONTACT SPORTS

Individual sports with no requirement for physical contact during training or competition and minimal requirement for sharing of equipment. (Archery, Shooting, Cycling, Fencing, Athletics, etc.)

PRECAUTIONS FOR TRAINING



- Full array of training activities may be performed as individual or pair maintaining
 - distancing norms of minimum 2 metres between athletes and staff
 - exiting facility as soon as training is concluded.

PRECAUTIONS FOR EQUIPMENT



- Personal equipment such as bow, gun, sword, javelin, discus, rackets etc. shall be used without sharing.
- In the dire need of sharing any of such personally used equipment; equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing face masks, gloves and personal precautionary equipment etc.
- Sports specific safety equipment such as a helmet, eye protectors, face protectors etc. shall not be shared.
- Shared Training equipment such as arrows, targets, Olympic bar/ weights etc. must be disinfected after every single use.
- Additional staff shall be appointed for proper disinfection of the equipment prior to continuous usage.
- Equipment which is bound to be shared and utilised continuously during a training such as balls, shuttlecocks must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc.
- Consistent hand sanitization is a must before, during and after every training session.

WATER SPORTS

Individual or team sport which require presence in water body, albeit without swimming activity (Canoeing, Sailing, Rowing, etc. No swimming will be allowed)

PRECAUTIONS FOR TRAINING



- Full array of training activities may be performed as individual or pair maintaining
 - distancing norms of minimum 2 metres between athletes and staff.
 - exiting facility as soon as training is concluded.

PRECAUTIONS FOR EQUIPMENT



- Personal equipment such as hats, swimsuits, training uniforms, swimming goggles shall be used without sharing.
- All such equipment shall be properly disinfected after every single use as per the standard procedure using disinfectant, wearing facemasks, gloves and personal precautionary equipment etc.
- Additional staff shall be appointed for proper disinfection of the equipment prior to continuous usage.
- Equipment which is bound to be shared and utilised continuously during a training such as paddles, oars etc. must be used carefully without using such equipment to rub/ touch face, remove sweat, cover mouth while hyperventilating etc.
- Consistent hand sanitization is a must before, during and after every training session.





SPORTS INFRASTRUCTURE

The Sports Board Punjab as per the vision of Prime Minister Imran Khan and Punjab Chief Minister Sardar Usman Buzdar have launched world class sports development schemes in a large number during the last two years for the bright future of sports in Punjab.

Sports Board Punjab is aiming to spread network of international standard sports facilities in Punjab. Sports infrastructure plays a dynamic role in providing grooming and facilities to talented youngsters keeping in lieu international standards.

Sports Board Punjab launched more than **202** sports development projects during the year 2019-20 and **151** sports development projects during year 2020-21 throughout Punjab province. Sports Board Punjab launched **50** cricket grounds/stadiums and **56** multipurpose sports facilities in various tehsils of the province.

42 development schemes will be completed during the current fiscal year, 2020-21. The construction of sports complexes is underway in **24** tehsils of Punjab. Sports development projects of nine divisions have been divided into north, center and south zones. **19** sports development projects are underway in Lahore.

Apart from above-mentioned sports facilities, **7** gymnasiums, **10** other development schemes, **4** volleyball courts and **1** squash court and boxing

gymnasium each were also launched in different parts of the Punjab province. Construction work has also commenced at **11** hockey grounds/stadiums and the same number of football grounds/stadiums as well in different parts of the province.

Punjab Minister for Youth Affairs & Sports, Rai Taimoor Khan Bhatti, also stated the under-construction sports development schemes in Punjab will be named after sports legends. A Wall of Fame will also be built in all projects in recognition of national heroes' valuable services.

Sports Board Punjab is establishing top class sports infrastructure in various tehsils with an aim to promote sports culture in the province in an effective manner. The new sports schemes will definitely prove to be very helpful for several talented players to polish their sports skills. The prime objective of building top standard sports projects in far flung areas of the province is to provide best sports facilities to talented youth in their vicinity. The sports culture will flourish and talent will be recognised in Punjab upon completion.

42 development schemes will be completed during the current fiscal year, 2020-21. The construction of sports complexes is underway in 24 tehsils of Punjab.

Category-wise ADP 2020-21

(Sports & Youth Affairs Punjab)



SOCIAL MEDIA APPRECIATION AND ACKNOWLEDGMENT

Athletes and their enthusiasm is a vital backbone of all the projects of Sports Board Punjab. Thus, it has been widely addressed on social media via Government and Official accounts online platforms as well. These posts not only increase the morale but also make SBP proud in its achievements, growth and development.

Usman Buzdar
1 hr · 🌐

Are you ready for #Kabaddi World Cup?

Starting from 9th February, #KabaddiWC2020 will be hosted by Govt of Punjab and Pakistan Kabbadi Federation and matches will be played in Lahore, Faisalabad and Gujrat.

Top 10 International teams will be participating in the World Cup!



Rai Taimoor Khan Bhatti
@RaiTaimoorPTI

حکومت پنجاب اور پاکستان کبڈی فیڈریشن کے تعاون سے لاہور میں کبڈی ورلڈ کپ کا انعقاد کیا جا رہا ہے۔ ورلڈ کپ 9 فروری سے 16 فروری تک لاہور، فیصل آباد، گجرات میں ہوگا جس میں دنیا بھر کی ٹاپ 10 ٹیمیں شرکت کر رہی ہیں۔ روایتی حریف پاکستان اور بھارت کا ٹاکرہ تاریخی ہوگا۔ اپنی مٹی اپنا کھیل!

Translate Tweet



Government of Punjab
@GOPunjabPK

Are you ready for #Kabaddi World Cup?

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IK Today
@IKTodayPk

حکومت پنجاب اور پاکستان کبڈی فیڈریشن کے تعاون سے لاہور میں کبڈی ورلڈ کپ کا انعقاد کیا جا رہا ہے۔ ورلڈ کپ 9 فروری سے 16 فروری تک لاہور، فیصل آباد اور گجرات میں منعقد ہوگا جس میں دنیا بھر کی ٹاپ 10 ٹیمیں شرکت کر رہی ہیں۔ اپنی مٹی اپنا کھیل @RaiTaimoorPTI

Translate Tweet



PTI
@PTIofficial

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Usman Buzdar @UsmanAKBuz... · 1h · 🌐

61 میں سے 24 ایسی تحصیلوں میں سپورٹس کمپلیکس شروع کیے گئے جہاں کھیلوں کی سہولیات نہ ہونے کے برابر ہیں
8 سال بعد پنجاب گیمز کا انعقاد
کبڈی ورلڈ کپ کی میزبانی
نشتر سپورٹس کمپلیکس میں "سپورٹس سکول" بنانے کی منظوری
1400 دیہاتوں میں "گرین گراؤنڈز" بنانے کا منصوبہ شروع
11/14

Usman Buzdar @UsmanAKBuz... · 7 min · 🌐

DO Khan Division's first Hockey Stadium in final stages
Another Hockey Stadium about to complete in Bahawalnagar in a couple of weeks.
#ReformingPunjab #PTI4SouthPunjab



Usman Buzdar @UsmanAKBuz... · 3 hrs · 🌐

On the orders of Government of Punjab to promote sports in the province, the asphalt work for 7 side AstroTurf Haider Hockey Stadium in Bahawalnagar has been completed.



Tehreek-e-Insaf @InsafPK · 6h · 🌐

پنجاب کی پہلی سپورٹس پالیسی منظوری کے لئے جلد کابینہ کو پیش کی جائے گی
پالیسی مندرجہ جات میں کھیلوں کی ترقی، ترویج اور بحالی شامل ہے
سکول کی سطح پر کھیلوں کی ترویج کے لئے سپورٹس پیریڈ کی تجویز شامل ہے
پہلی بار کھلاڑیوں کی پبلتھ انشورنس کی تجویز شامل کی گئی ہے

پنجاب کی تاریخ کی پہلی
سپورٹس پالیسی
— مندرجہ ذیل کے اہم ترین نکات پر مشتمل ہے —



Government of Punjab @GOPun... · 1m · 🌐

Punjab's first ever policy to be presented to Cabinet soon
Highlights/suggestions:
■ Medical insurance & endowment funds for athletes
■ Ensuring development funds for Sports (for Local Govts)
■ Schools Sports policy
■ Sports School
#ReformingPunjab #PunjabSports



PTI @PTIofficial · 11m · 🌐

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#ReformingPunjab #PunjabSports



Sports activities in Punjab likely to resume by September: Rai Taimur

Sports School venture to scout new talent at grass roots level

By Mohammad Yaqoob

LAHORE: Provincial Sports Minister Punjab Rai Taimur Khan Bhatti says the sports activities, which are currently suspended in the country due to Covid-19, may be resumed by the month of September as like all provinces, Punjab is also submitting its recommendations for the SOPs to the Federal Sports Ministry by next week.

"All the provincial sports departments had a video conference with the Federal Sports Minister Dr. Fehmida Mirza last Monday in which it has been decided that all the provinces will submit their recommendations to the federal minister in one-week to

prepare the SOPs for the resumption of sports activities," Taimur said.

"We are in consultation with the home and health departments in preparing the SOPs and soon it will be submitted to the federal government and hopefully in September the sports activities will also be resumed in the country and in Punjab as well," he said.

But when asked if the government was also in negotiation with the provincial sports associations to prepare the SOPs the minister said they could also be taken on board.

He said due to Covid-19 the sports activities were completely at a standstill but soon after the resumption, the Punjab Sports Department would launch a good number of programs including introducing first provincial sports policy as well as a grand function to honour 150 top players from Punjab who earned medals at interna-

tional level.

When reminded that preparing the best athlete for international events now has become the responsibility of the provinces after the 18th amendment, and what exactly Punjab is doing in this regard, the minister said: "We have got the permission of setting up Sports School, which will be the first of its kind in Pakistan. In this venture, talented players from schools will not only get coaching in different sports but they will also continue their curriculum activities with best available facilities," he said.

"We have also selected some individual sports in which Pakistan has the chances to earn medals at the international level like wrestling, weightlifting, boxing and snooker under the priorities programme to promote these games at the maximum level," he disclosed.

But when asked that team sports like baseball and volleyball have a good track record in earning victories

at the international level, the minister said he was ready to allocate at least one ground in Lahore to the Pakistan Federation Baseball while a summary has been sent to the Chief Minister for the promotion of volleyball activities in the province.

It may be mentioned that Pakistan stands at the 5th place in baseball in Asia but it does not have a single stadium to itself in the country.

It may be mentioned here that 15 years back, sports events at this level were held annually from tehsil to national level. The medal winners at the national level also earned monthly stipends as the system had produced a good number of players who later

earned laurels for the country at the international level.

However, for the last many years the provincial governments and the Pakistan Sports Board (PSB) have shut down this system as the provincial and local governments are now showing more interest in sports festivals.

Meanwhile, the minister said another project to promote sports culture in the province was being initiated at the name of Green Sports.

"We have identified 1100 places in village where Land and Aqaf Departments will provide a piece of land of around two 'qilla' to develop a playground without using any brick. The playgrounds will be covered by planting trees around it and canal water would also be used to keep the area green.

"This project is also being monitored by Prime Minister of Pakistan Imran Khan who wants such playgrounds which should be accessible to

one and all and should meet the necessary requirements to provide recreation to everyone.

"In the first phase 100 playgrounds are being prepared this year," he said. The minister said his ministry would soon start negotiation with the education minister to ensure two sports periods in one week are included at the school level to promote sports.

He said sports infrastructure in 24 tehsils were being built in the first phase out of a total of 61 tehsils.

When reminded that in the past elaborate sports infrastructure was built but all was destroyed because the government of Punjab could not approve the summary to recruit the staff for those projects to run the affairs, the minister said such a mistake would not be repeated again.

Rai Taimur further said the revival of Punjab Games after 12 years and holding Kabaddi World Cup in Lahore were the significant achievements of his department.



PLANT A TREE SAVE NATURE

A close-up photograph of a human hand, palm up, pouring water onto a small green seedling with two leaves growing out of dark brown soil. The background is a soft, out-of-focus green.

Rai Taimoor Khan Bhatti

Rai Taimoor Khan Bhatti
Minister for Youth Affairs & Sports