



Press Release

Chief Minister Talent Hunt Programme coaches training camp

Experts highlight disadvantages of doping in sports

LAHORE: (Sept 20, 2017): Experienced and well known experts threw light on the disadvantages of doping in the field of sports during their lectures on the 4th day of second phase of coaches training camp on Wednesday.

The Chief Minister Talent Hunt Programme coaches training camp is being organised under the supervision of Director General Sports Punjab Zulfiqar Ahmed Ghumman at Nishtar Park Sports Complex. In the second phase, the local coaches of four games such as athletics, kabbadi, wrestling and volleyball are being given modern training at National Hockey Stadium and Nishtar Park Sports Complex Gymnasium Hall.

On the 4th day of the camp, Dr Riffat Asghar Gul, Dr Abdullah Shafiq and Zafar Iqbal Butt delivered lectures to the coaches. Dr Riffat Asghar Gul delivered a detailed lecture about the growing doping factor in the sports. She advised the coaches to make their players aware about the fatal affects of doping. "The use of banned drugs is equally disastrous for players and sports as well. Sports lovers take less interest in the events plagued by doping," she stressed. Dr Riffat Asghar Gul asked the coaches to save their players from deadly doping.

Dr Abdullah Shafiq discussed sports injuries and their negativities during his lecture. "Players should not ignore the minor injuries too. They must take timely and complete treatment of their injuries because an injury can destroy the entire career of a player. It's the responsibility of a coach to have a close eye on the fitness of his players," he told the coaches.