

SPORTS NEWSLETTER

SECOND EDITION - 2021

COMMITMENT FOR REVIVAL OF — HOCKEY —



PAKISTAN HOCKEY TEAM

LEGEND
IMRAN KHAN

RISING STAR
SAHIB - E - ASRA

MAI HOON SITARA
SONG LAUNCHING

GAKHAR
SPORTS ARENA

WORLD
MEMORY CHAMPIONS

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MESSAGE FROM MINISTER FOR SPORTS AND YOUTH AFFAIRS

The Sports Board Punjab Newsletter is a novel idea for highlighting sports sector of Punjab.

In this edition we are focusing on promotion of the often forgotten heroes and activities. Our readers will be able to read about Sports Legend Imran Khan, Sprinter Sahib-e-Asra and state of the art Gakhar Sports Arena. This newsletter will help in delivering a positive image of Sports Board Punjab to masses.

Sports Board Punjab has planned to make 2021 a year for sports excellence. This year we will organise 73rd Punjab Games, a series of Inter-Division championships of different disciplines and many other major events. I wish all readers and sports fraternity the best for year 2021.

Rai Taimoor Khan Bhatti

Minister Of Youth Affairs And Sports Punjab



MESSAGE FROM SECRETARY FOR SPORTS AND YOUTH AFFAIRS

Sports Newsletter is a great platform to highlight the achievements and activities of Sports Department. I am happy that a dedicated team is performing the task with commitment. After assuming the charge of Secretary Youth Affairs and Sports Government of Punjab, I have directed the newsletter team to bring forward stories of Sports Legends and Sports Disciplines. We have a targeted approach for highlighting such success stories. Our readers will find the newsletter interesting, informative and innovative.

I hope post COVID-19 Year 2021 will become a year of Excellence for Sports promotion and development in Punjab. We will highlight all sports activities in the upcoming editions.

Fuad Hashim Rabbani

Secretary Youth Affairs & Sports Punjab



FROM THE CHIEF EDITOR

I'm delighted to state that the inaugural edition of Sports Board Punjab's Newsletter gathered huge appreciation and encouragement from Punjab Chief Minister Sardar Usman Buzdar and all other quarters. The first edition of Sports Board Punjab's Newsletter was put together with innovation, expertise and hard work. The Newsletter team and their valuable contribution in making this a success deserve to be lauded en masse. Satisfactorily, Pakistan's sports legends like wrestler 'Din Muhammad' and javelin thrower 'Arshad Nadeems' golden achievements were reminisced excellently in the SBP Newsletter. We will continue to underscore the achievements and feats of Pakistan's former legends, present sports heroes and emerging talents in the following editions of our Newsletter.

Not only this, the promotion of sports, activities, events, top class infrastructure and sports development schemes will also feature in the Newsletter. I hope the Newsletter team will continue with zeal and dedication in bringing you amazing reading features ahead; their intellectual effort has had a profound positive impact on making the Newsletter an interesting read.

Adnan Arshad Aulakh

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SBP Newsletter

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SPORTS LEGEND

IMRAN KHAN

Greatest Sports Icon of Pakistan

Imran Khan made his test cricket debut against England in June 1971 at Edgbaston. 3 years later, in August 1974, he debuted in the one day international match against England. During a career span of two decades Imran Khan played 88 Test matches, 175 One day internationals. He has a career record of 362 Test Wickets and 182 ODI wickets. At the same time he scored 3807 runs in test cricket with 6 Centuries and 3709 ODI runs.



He is among the greatest all-rounders of cricket history and his name was included in ICC Cricket Hall of Fame. At the height of his career in 1982, Imran Khan took over the captaincy of Pakistan Cricket as a captain, he played 48 test matches of which 14 were won by Pakistan, 8 Lost and the remaining 26 were drawn. He also played 139 ODI's winning 77, losing 57 and ending 1 in a tie.

In the team's second match, Imran Khan led them to their first Test win on English soil for 28 years at Lord's. Imran Khan's first year as captain was the peak of his legacy as a fast bowler as well as an all-rounder. He recorded the best Test bowling of his career while taking 8 wickets for 58 runs against Sri Lanka at Lahore in 1981-1982. He also topped both the bowling and batting averages against England in three Test series in 1982, taking 21 wickets and averaging 56 with the bat. Later the same year, he put up a highly acknowledged performance in a home series against the formidable Indian team by taking 40 wickets in six Tests at an average of 13.95. By the end of this

series in 1982-1983, He had taken 88 wickets in 13 Test matches over a period of one year as captain. This same Test series against India, however, also resulted in a stress fracture in his shin that kept him out of cricket for more than two years. In India in 1987, Khan led Pakistan in its first-ever Test series win and this was followed by Pakistan's first series victory in England during the same year. During the 1980s, his team also recorded three creditable draws against the West Indies. He was declared Man of the Series against West Indies in 1988 when he took 23 wickets in 3 Tests.

Imran Khan's career-high as a captain and cricketer came when he led Pakistan to victory in the 1992 Cricket World Cup. It was due to leading from the front approach and decision making of Captain that resulted in the victory of Pakistan. Today Imran Khan is leading the Nation as Prime Minister of Pakistan. We hope that our Nation will prosper and develop under the leadership of our greatest sports hero.



Pakistan First Hockey Team 1948



1968 Mexico Olympics

ONCE HOCKEY WAS OUR PRIDE

To the surprise of many, Hockey is the national sport of an otherwise cricket obsessed Pakistan, which ruled the game for decades, notably from 1948 to 1984. Having won World Cups in 1971, 1978, 1982 and 1994, Pakistan is only team that has won the title four times. Apart from the World Cup titles Pakistan has also won three Olympic Gold Medals - in 1960, 1968 and 1984 - eight Asian Games and three Champions Trophy tournaments. Spectator-less stadiums, lack of events, declining number of players and a virtual media blackout are enough proof that a nation has lost interest in the beloved sport.

The country is placed at 17th place in the world hockey ranking, which means it cannot directly qualify to the final rounds of the World Cup, Olympics or Champions Trophy. It has to play a qualifying round to secure a place in the final rounds of these tournaments. Several teams which were trained and coached by Pakistani players, including China, South Korea, Japan and Malaysia are ahead of Pakistan in the world ranking.

The introduction of AstroTurf — an artificial grass surface ground in hockey in 1975:



1960 Rome Olympics



1984 Los Angeles Olympics

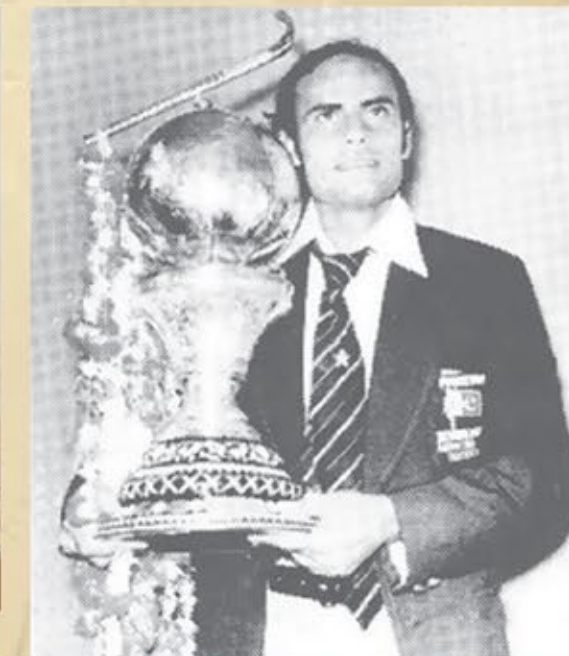
Pakistan managed to compete even after the introduction of AstroTurf until the mid-1980s because of its super-fit and experienced players. But gradually, the number of good players declined due to the lack of this facility in most parts of the country.

Until 1990, Pakistan had only four AstroTurf grounds as compared to the Netherlands, which has over 200.

Currently, Pakistan has 40 AstroTurf grounds, including a few with Desso turf — an improved version of AstroTurf — for its population of 210 million compared to over 600 for the Netherlands' 17 million people. Government of Punjab and Sports Board Punjab are focusing on the revival of our national game. There is a comprehensive plan for development of hockey infrastructure in the province. A number of new state of the art AstroTurf hockey stadiums and grounds are ready for inauguration/near completion in different parts of the province i.e. D.G Khan, Jhang, Attock, Bahawalnagar, Toba Tek Singh etc. Department is also preparing 7-A-side hockey pitches at different areas to make the game more attractive and popular.



1971 World Cup Barcelona



1978 World Cup Buenos Aires



1982 World Cup Mumbai



1994 World Cup Sydney



2010 Asia Games Guangzhou

Sports Department is committed for the revival of hockey in Pakistan. Sports Board Punjab is planning a series of hockey events in collaboration with Pakistan Hockey Federation. A special policy has been devised for this purpose to start the activities from grass root level. The series of events will start from high tech under-17 hockey for boys and girls, Inter-district hockey events, Inter-division hockey championship, a special series between Lahore and Karachi. The pinnacle of all these events will be hockey league on the pattern of Pakistan Super League (cricket).

Major Achievements

Olympic Games

1960 Rome	Gold
1968 Mexico City	Gold
1984 Los Angeles	Gold

World Cup

1971 Barcelona	Gold
1978 Buenos Aires	Gold
1982 Mumbai	Gold
1994 Sydney	Gold

Champions Trophy

1978 Lahore	Gold
1980 Lahore	Gold
1994 Karachi	Gold

Asian Games

1958 Tokyo	Gold
1962 Jakarta	Gold
1970 Bangkok	Gold
1974 Tehran	Gold
1978 Bangkok	Gold
1982 New Delhi	Gold
1990 Beijing	Gold
2010 Guangzhou	Gold

“MAI HOON SITARA”

FIRST SPORTS ANTHEM OF PAKISTAN



“Mai Hoon Sitara” is the first sports anthem of Pakistan paying tribute to all the sports heroes and legends. The project was executed under public-private partnership between Sports Board Punjab, Agent Haq and Gatorade. The lyrics of the song depict the struggle and efforts of our athletes for success. Directed by the famous Abdullah Haris video of “Mai Hoon Sitara” is a step towards revival of sports culture in the society. The video was shot at the historic Nishtar Park Sports Complex Lahore (NPSC). NPSC has world class facilities like the biggest hockey stadium of the world, the iconic Gaddafi Stadium, Punjab Football Stadium, Punjab International Swimming Complex etc.

Sung by youth icons Asim Azhar, Aima Baig and Ramis. The video of the song features athletes like Pakistan National Men Hockey Team, Wrestler Inam Butt, Cricketer Ahmed Shahzad, Sprinter Najma Parveen, Javelin Thrower Yasir Ali, Boxer Usman Wazir etc. Conceptually the video is a curtain raiser for Pakistan Sports Awards Ceremony 2021. The athletes are seen striving to achieve excellence in their respective sports. Sports Board Punjab provided necessary facilitation for the shooting of the song. This is a major step towards public and private partnership in the field of sports. Revival and promotion of sports is only possible with such soft components of mass media.

A graceful and elegant ceremony was organized on 17th December 2020 at Punjab Football Stadium for the official launching of “Mai Hoon Sitara” video. Minister for Sports & Youth Affairs Punjab Rai Taimoor Khan Bhatti was chief guest at the ceremony. The guests list of the event included Vice Chairman Sports Board Punjab, Secretary Sports, Director General Sports, famous athletes and sports fraternity. Minister for Sports Punjab, director of the video and featuring cast had a brief panel discussion for the efforts regarding uplift of sports sector in Pakistan. The video of the song was officially premiered during the event. It was applauded by the audience for beautiful picturisation and emotional explanation of our sports culture. The event concluded with a marvelous fireworks show.

The video was launched digitally from the ceremony. Chief Minister Punjab Sardar Usman Buzdar posted the official video from his official facebook page along with many other leading Government and political accounts. The video was released to electronic media and the whole campaign aired for more than ten days on all leading electronic media channels. “Mai Hoon Sitara” has played a major role in highlighting the often neglected sports disciplines. Sports Board Punjab is hopeful that this video will help in transforming of our sports society, this will also play a major role in attracting private sector towards other sports.

Rising Star

SAHIB-E-ASRA

Women have been breaking stereotypes by their achievements in the society; Sahib-e-Asra is one proud daughter of the nation who has achieved distinction after milestone RUNNING her way up the ladder of success.

Sahib-e-Asra is the fastest female athlete of Pakistan. She is the gold medalist in the National Athletics Championship who also took part in South Asian Games and represented Pakistan. Her father is the Imam of a Masjid, and he fully supports his daughter to pursue her dreams.

Sahib-e-Asra belongs to a middle-class family of Faisalabad. She is a professional runner, and it all started during her school days where she used to compete in racing competitions first at school and then at the college level. She rose slowly and gradually to district and divisional level running competitions and then at the provincial level.

Moreover, she won a gold medal in one of those racings which led her to become a professional runner. She started her departmental racing career for WAPDA as a sprinter. Her passion and hard work led her to play at the national level, and in 2018 Sahib-e-Asra competed and won the Gold medal.

In November 2018, Sahib-e-Asra competed in the National



Proud is when you stand with your father & your father is proud of you.. My father who is a Imam Masjid always support me even when ppl criticise him but he always back-up me & encourage me.. being a daughter I'm very thankful & proud of my father.

@MusadaqZ @SportsAwardsPK



Championship at Jinnah Stadium. In the 100m race, she came first and reached the destination within 11 seconds.

In a viral video on social media, she said that she started running from a government school and then continued her journey by competing at district, divisional and provincial level.

Sahib-e-Asra represented Pakistan in the South Asian Games held on December 1 to 10, 2019 in Nepal. Despite limited resources, she has got to a high level and hopes to get more successes in future. She is indeed a young and energetic player who is making Pakistanis proud due to her determination.

Achievements

South Asian Games 2019, Nepal - 1 Silver, 2 Bronze
2012 National Games in Lahore - 4 Gold, 1 Silver, 1 Gold, 2 Silver as per Wapda website
2013 Junior Championship - 7 Gold
2014 Athletics Championship Faisalabad - 2 Gold, 2 Silver
2015 Athletics Championship Islamabad - 2 Gold, 2 Silver
2017 fastest women of Pakistan in Karachi
2018 Athletics Championship in Islamabad - 5 Gold/ Fastest women title
2019 National Games in Peshawar- 2 Gold, 3 Silver



Minister for Youth Affairs & Sports Punjab group photo with H.E. Bilal Erdoğan

SPORTS DIPLOMACY

A delegation led by Minister for Sports Rai Taimoor Khan Bhatti visited Turkey

Turkey is brotherly Islamic country and our relationship has sustained the test of times. Pakistan and Turkey have a lot in common, Turkish authorities are supporting the uplift and promotion of modern and traditional sports. Pakistan can benefit a great deal in mutual exchange of sports between both states.

Meeting with H.E. Bilal Erdoğan President of World Ethnosports Confederation

Minister for Sports Punjab Rai Taimoor Khan Bhatti had one on one meeting with H.E Bilal Erdoğan, President of World Ethnosports Confederation at World Ethnosports Headquarters Istanbul. H.E Bilal Erdoğan is the son of Turkish President Recep Tayyip Erdoğan. The meeting was followed by delegation level discussion and lunch. Punjab's delegation included Minister for Sports Punjab, Director General Sports Punjab and Traditional Sports & Games Pakistan Association officials. During the meeting issues of bilateral and mutual interest were discussed. Minister for Sports Punjab Rai Taimoor Khan Bhatti extended invitation to H.E Bilal Erdoğan for visiting Punjab for Traditional Sports Festival which was accepted by him. Punjab and World Ethnosports Confederation agreed to promote

traditional sports in Pakistan. H.E Bilal Erdoğan said that our cultures and traditions need to be preserved for future generations. Preservation of traditional sports will keep our ancestral cultures alive. I am looking forward to visit Punjab, Pakistan.

H.E Bilal Erdoğan accepted Punjab Sports Minister's suggestion to add Kabbadi which is Pakistan's famous traditional game in World Nomad Games 2021. Both delegations also agreed to start bilateral exchange programs for traditional sports in both countries. Minister for Sports Punjab Rai Taimoor Khan Bhatti told Turkish delegation that after the successful broadcast of Turkish Drama Serial "Ertugrul Ghazi" Government of Punjab is planning to organize a traditional sports festival on Ertugrul Ghazi theme.



Meeting with Governor of Istanbul

During the visit to Istanbul, Minister for Sports Punjab Rai Taimoor Khan Bhatti met Governor Istanbul Ali Yerlikaya at Governor's office. Both authorities discussed issues of bilateral interest. Governor Istanbul explained the COVID-19 preventive measures adopted by Turkish authorities. He also appreciated the smart lock-down policy of Government of Pakistan. Minister

for Sports Punjab suggested that Lahore and Istanbul shall be declared as sports twin cities. The suggestion was accepted by Turkish authorities, necessary paper work in this regard will be followed up by diplomatic missions by both countries. Istanbul and Punjab can benefit a great deal in sports exchange programs for football, archery, hockey, cricket etc.



Delegation along with Minister for Youth Affairs & Sports Punjab with Governor of Istanbul



Minister for Youth Affairs & Sports receiving Souvenir from Governor Istanbul

Meeting with Turkish Deputy Minister for Sports and Youth Affairs, visit to Archery Headquarters

Minister for Sports Punjab Rai Taimoor Khan Bhatti met Turkish Deputy Minister for Sports and Youth Affairs Halis Yunus along with delegation. Turkish authorities briefed Punjab delegation about Youth and Sports infrastructure in Turkey. Minister for Sports Punjab told Turkish authorities that Government of Punjab has a program under Youth Affairs Department for youth exchange for high achievers in academic, curricular and co-curricular fields. The exchange program was delayed due to pandemic but it will be started soon. Turkey has a huge

structure of youth hostels. Pakistan can learn a great deal from Turkish infrastructure for youth development.

Punjab's delegation also visited Turkish Archery Federation Headquarters, Istanbul. Turkish archery officials briefed Minister for Sports Punjab Rai Taimoor Khan Bhatti regarding modern and traditional Islamic archery infrastructure, training facilities and competitions. Punjab delegation also visited archery museum at archery headquarters.



Minister for Youth Affairs & Sports receiving Souvenir from Turkish Deputy Minister for Sports and Youth Affairs



Meeting with Turkish Deputy Minister for Sports and Youth Affairs



Minister for Youth Affairs & Sports receiving Souvenir from Archery Headquarter



Meeting at Archery Headquarter

PAKISTAN BECOMES WORLD CHAMPION

Article Courtesy by: THE TRIBUNE



Sports Board Punjab Nominated Emma Alam as The Goodwill Ambassador for Youth Affairs Department Punjab

A young girl from Pakistan has won the 29th World Memory Championships global finals, beating more than 300 competitors from all over the world.

Emma Alam competed in over 10 disciplines in three-day competition which included participants from China, Canada, United Kingdom, South Korea, Vietnam, India, Malaysia, Algeria, United States, Hong Kong, Macau, Taiwan, Libya, Qatar and Iraq.

Emma Alam and Syeda Kisa Zehra from Team Pakistan also broke multiple world records in this year's championship.

The World Memory Championships was founded in 1991 by world-renowned Tony Buzan and Raymond Keene with the aim to shine a global spotlight on the incredible power of human memory.

The late Tony Buzan was the world's top five speakers reported by Forbes Magazine. He was the one who popularised the idea of mental literacy as well as being the author/co-author of more than 80 books. Raymond Keene is Grandmaster of Chess and an appointed officer of the order of the British Empire by her majesty Queen Elizabeth.

Since 1991, the championship has travelled to various high profile international venues, including The Kingdom of Bahrain, Kuala Lumpur, Oxford University, Imperial College

London, The Royal Festival Hall, Olympia, Singapore, Hong Kong, Guangzhou, Shenzhen, Hainan and Wuhan (in 2019).

With the efforts of World Memory Sports Council, Asia Pacific Memory Sports Council, National Memory Sports Council of Pakistan and the Global Chief Arbiter Lester, the World Memory Championships 2020 had adopted online and synchronous mode, where the global memory athlete community competed synchronously in 16 countries and regions.

The candidates with the best, fastest and sharpest memory skills competed to demonstrate their intellectual power and to set new heights of what the human memory can truly achieve.

"The one shining exception was the 29th World Memory Championship, which by a miracle of organisation and global coordination, was successfully put together by our dedicated team, with the Chinese City of SANYA as its base," Raymond Keene, global president of the World Memory Sports Council, said in his official statement.

He added that the field consisted of an impressive 300 competitors from 16 countries and from this extensive field the winner, world champion from the 29th World Memory Championship, emerged from the Pakistan team, so excellently and expertly trained by Sania Alam.

Raymond Keene congratulated Emma Alam and said that she is "one of the great sporting achievers for Pakistan, a unique heroine in pandemic stricken 2020, and supreme grand world memory champion for 2020".

Emma Alam was thrilled to win the prestigious global event. "I had aimed to give my best in WMC 2020, backed by a lot of daily practice for the past two years with my coach and the institute. It still astonishes me how powerful the mechanism of human memory is and the brain's infinite information storage system."

She said that she planned on competing again next year with even better performance. "I congratulate all those amazing competitors who competed from across the globe."

Emma is a dedicated young girl from Pakistan and has competed in various memory championships including the 3rd Asia Pacific Memory Championship in Malaysia, and the 28th World Memory Championship in China, having won countless medals and trophies through her splendid performance. She is currently completing her studies through homeschooling.

Abeerah Ather, who is another member of Team Pakistan, achieved 7th position in the 2020 global rankings.

Emma and Team Pakistan were trained under the Institute of Human Memory Development International (IHMD).

The World Memory Championships is an esteemed tournament of mind sports, where skills of intellectual ability are measured as opposed to physical sports.

Mind Sports are a unique form of games compared to the Olympic Games where one celebrates excellence in athletic performance and the other celebrates the fittest brains on earth. Mind Sports are some of the most elite and prestigious sports being practised around the world today.

Only WMSC organised championships are recognised and accepted by the Guinness World Records. Emma Alam and Syeda Kisa Zehra from Team Pakistan also broke multiple world records in this year's championship.

Last year's 28th World Memory Championship took place in China and the overall champion was Ryu Song, a young girl from North Korea.



STATE OF ART GAKHAR SPORTS ARENA

Facility Overview

Government of Punjab has a long term vision to establish sports facilities across the province. The provision of state of the art sports infrastructure is important for our athletes to compete at national and international level. Gujranwala has always been a hub of sports activities. Many of Pakistan's notable wrestlers and weightlifters belong to this division. Current SAF Games champion Inam Butt and International Cricketer Hassan Ali also hail from Gujranwala.

Gakhar is a small town on the famous Grand Trunk road. An abundant piece of Government land was identified for construction of state of the art sports arena at the cost of 398 million rupees.

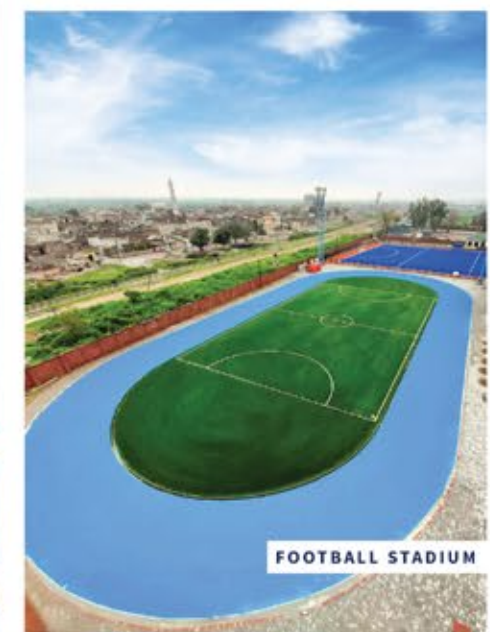


Gakhar Sports Arena will play a game changing role in the promotion of sports in the area. This sports arena has all the modern amenities required for sports activities i.e. Cricket (flood light), Hockey, Basketball, Volleyball, Tennis, Badminton and indoor games.

The sports arena will soon be inaugurated and will be opened for athletes of the area. Department of Sports will equip this arena with state of the art playing equipment. Sports officers and trainers will be appointed to facilitate the athletes. We are hopeful that this arena will help in bringing forward new and fresh talent. Department of Sports Punjab will develop state of the art modern sports arenas at all divisional headquarters in the coming years.



INDOOR GYMNASIUM



FOOTBALL STADIUM



VOLLEYBALL COURT



BASKETBALL COURT



INDOOR GYMNASIUM



TENNIS COURT

BRINGING THE ATHLETES BACK

One-day training sessions of 7 games at Nishtar Park Sports Complex

COVID-19 had a major impact on sports sector in year 2020. All sports activities were stopped due to lockdown scenario in the province. After partial relaxation by the Health Department, Sports Board Punjab organized one-day training sessions for seven different games at Nishtar Park Sports Complex.

The training sessions of hockey, athletics, karate, table tennis, badminton, taekwondo and tennis were conducted as per COVID-19 SOP's. Coaches, Trainers and Athletes were briefed about Corona hazards. All participants were provided with masks and sanitizers. Minister for Sports Punjab Rai Taimoor Khan Bhatti visited the training sessions and applauded the efforts of officials for reviving sports activities after lockdown.

Participating athletes were excited for coming back to the playing fields. In this first phase of reviving sports activities after many months only non-contact sports were selected. Sports Board Punjab officials wanted the resumption of sports activities with maximum health safeguards.

After conducting successful one-day training sessions, department planned to organize competitions of other non-contact sports. The whole purpose of organizing sports activities is to bring forward new talent and nourish them as future champions. These activities also help in providing ample competitive environment for our athletes.

Minister for Sports Rai Taimoor Khan Bhatti appreciated the participating athletes for their patience during the lock down.

Worthy Minister for Sports himself displayed his hockey and badminton skills. Such kind of participation from senior officials helps in motivating youngsters.

"I have given instructions to sports officials to provide all possible facilitation for athletes in the province. Among these athletes are our future world champions and Olympians. We have to identify them, nourish them and prepare them for future. I am hopeful that athletes from Punjab have a bright future for the province and country".

Rai Taimoor Khan Bhatti



SBP Junior Tennis Initiative Academy



Sports Board Punjab is focusing on development of talented athletes at grass root levels. The initiative to launch and establish training academies for junior athletes is a step in the right direction. Director General Sports Punjab Adnan Arshad Aulakh undertook practical steps for establishing Junior Tennis Academy at Punjab Tennis Stadium at Nishtar Park Sports Complex Lahore. The academy was named Junior Tennis Initiative Academy, it will be providing coaching and training for the tennis players between age group of 4 to 12 years.

The academy has a regular coaching staff and daily timings for training from 3 pm - 6 pm. Former Pakistan Davis Cup player, captain, coach and legend Rasheed Malik will train the future stars in the academy.

Sports Board Punjab launched the Junior Tennis Initiative Academy at a ceremony held at Punjab Tennis Stadium in the

month of November 2020. Minister for Sports & Youth Affairs Punjab Rai Taimoor Khan Bhatti inaugurated the academy during a ceremony attended by Sports department officials, tennis stars and other athletes.

Minister for Sports & Youth Affairs Punjab said,

"Establishment of Junior Tennis Initiative Academy and other sports academies is an explanation of the concept of sports promotion and nourishment of talent at junior level by Department of Sports Punjab. I hope that we will find stars like Aisam-ul-Haq, Rasheed Malik and Ushna Sohail through this initiative."



DEPARTMENTAL ACTIVITIES ROUNDUP

Punjab CM Sardar Usman Buzdar lays the foundation stone of multipurpose Fazla Kachh ground in Koh-e-Suleman tehsil

Department of Sports Punjab initiated the construction of sports ground in the far flung mountainous area Fazla town near Koh-e-Suleman.

Chief Minister Punjab Sardar Usman Buzdar laid the foundation stone last year. The laying of foundation stone Fazla ground will inspire hopes to inspire youngsters to explore new horizons, develop their mental resilience and discover the bonds of physical fitness and sports.

Director General Sports Punjab Adnan Arshad Aulakh visited and inspected the site. This project will be completed with an approximate cost of Rs 41.147 million. The facilities at this ground include cricket and other sports.



Director General Sports Punjab Adnan Arshad Aulakh witnessed Defence Day women hockey match, badminton and table tennis exhibition matches.

Director General Sports Punjab Adnan Arshad Aulakh graced the Defence Day exhibition women hockey match as honorary Chief Guest at National Hockey Stadium on Sept 8, 2020.

Maj Aziz Bhatti Shaheed XI won the match with a narrow margin of 3-2. Competing together were Rashid Minhas Shaheed XI and Maj Aziz Bhatti Shaheed XI.

Addressing the prize distribution ceremony, Director General Sports Punjab Adnan Arshad Aulakh spoke of the Defence Day being celebrated with pomp and fervor every year across the country to remember the great sacrifices and act of patriotism shown by our heroes, of the bravery and sacrifice given by our martyrs during the 1965 war against India.

Over 100 national and international male and female players participated in the exhibition badminton and table tennis matches played at Nishtar Park Sports Complex Gymnasium Hall in early September. Chief Guest, Director General Sports Punjab Adnan Arshad Aulakh, his wife Zakia Adnan Aulakh and other officials were present on this occasion. The winners were awarded with well-deserved shields, certificates and prizes among the prominent performers of the competitions.

International badminton stars participated in the exhibition matches. Conducting the exhibition table tennis matches was veteran table tennis coach Sabah Waris.



Farewell and Welcome Ceremony

Sports Board Punjab arranged a graceful farewell and welcome ceremony for the outgoing Secretary Sports & Youth Affairs Punjab Mr. Ehsan Bhutta and newly appointed Mr. Fuad Hashim Rabbani. Minister for Sports & Youth Affairs Punjab Rai Taimoor Khan Bhatti presented souvenirs to the both Secretaries. Minister for Sports & Youth Affairs thanked Mr. Ehsan Bhutta for his services for the betterment of sports department and wished him all the best for his posting as Secretary Tourism Punjab. Worthy Minister for Sports & Youth Affairs welcomed Mr. Fuad Hashim Rabbani to the department. The ceremony was attended by senior officials of Sports Department.



Exit From Service

Retirement is basically a walk thru from the work life to a new different horizon. Retirement is the only time in your life when time no longer equals money. It isn't the end of the road, but just a turn in the road.

Divisional Officer Sports Rawalpindi Malik Waqar and Assistant Director Public Relations SBP Mohayyud Din Khan retired from their respective jobs in recent weeks.

Malik Waqar and Mohayyud Din Khan, also called on DG Sports Punjab Adnan Arshad Aulakh at National Hockey Stadium; where they were regarded at separate Farewell ceremonies and best

wishes were expressed for their future endeavors.

Malik Waqar had also served as Divisional Officer Sports Lahore some years ago. Malik Waqar and Mohayyud Din Khan were honest and committed officers and other officers must follow them in their performance, knowledge and job dedication. They embodied hard work and optimism.



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.



WEBINARS DURING COVID-19

Punjab sports top brass arranged a series of webinars during Covid-hit period

Covid-19 pandemic stopped all kinds of activities including sports events at stand still in most of the countries of the world including Pakistan. The deadly virus forced many departments to close or postpone their important activities.

In such a situation, Punjab sports top brass made a sensible decision and turned to technology to keep their sports officers, players, coaches and other officials engage through Online webinars, training programs and other activities.

Department of Youth Affairs & Sports and Sports Board Punjab continued their working through Online video technology. It is worth-mentioning that even the growing corona virus threat could not halt their constructive activities that reflected the unblemished commitment of Punjab sports hierarchy with the promotion of sports.



Punjab also launched a 3-month training program and virtual workshops of divisional, district, tehsil sports officers and coaches.

Divisional, district, tehsil sports officers and coaches were given online training about sports injuries, office procedures, development monitoring, ADP/PC-1 formulation, exercises for athletes, coaches responsibilities etc during the 3-month training program.

More than 100 district and tehsil sports officers and coaches from all divisions attended the online training workshops on the topics of 'Sports, Fitness and Unique Lifestyle' (Rawalpindi division), 'Basics of Rescue Operation and How to provide First Aid during Sports Activities' (Sahiwal), 'Role of Biomechanics in Sports' (Bahawalpur), 'Sports Ethics/Fair Play in Sports' (Multan), 'History of Doping in Sports and



In June last year, the first ever Online training program for newly-appointed Tehsil Sports Officers (TSOs) and Divisional Coaches was started at National Hockey Stadium.

Experts of different departments imparted online training to TSOs and Divisional Coaches regarding Sports Department & its rules, policies, office management, use of IT, planning and development, administration and sports sciences etc during the 5-day training program.

The prime objective of Online training was to provide thorough awareness to TSOs and Divisional Coaches regarding the performance of their duties. The TSOs and Divisional Coaches were urged to focus on the promotion of sports in the province through modern procedures.

'Control Process' (Sargodha), 'Decline of Sports in Pakistan' (Gujranwala), 'Sports Administration' (Lahore), 'Coaching in Modern Age' (Faisalabad) and 'Sports Motivation' (DG Khan).

Department of Sports has a futuristic plan to digitize the regular training and capacity building programs for all officers, trainers, coaches and athletes. Digitalization of sports sector will improve the efficiency and output of the persons involved. This concept is also need of the time to meet the standards of modern contemporary world. We are hopeful that with the passage of time these training programs will help in strengthening the department.

Youth Affairs and Sports Department Punjab and Sports Board

PLANT A TREE PLANT A LIFE

Trees are beauty of the land. They are vital. Not only that, trees invaluable contribute to our environment by providing oxygen, improving the quality of air we breathe, climate amelioration, conserving water, preserving soil, and giving life to the wildlife.

The province of Punjab has presented a wonderful green hue for quite some time as a result of effective tree plantation campaigns of Sardar Usman Buzdar led government.

This is an awareness campaign which will help raise people's awareness on climate change and its effects that can already be seen along with the great dangers it possesses in the future. Trees play an especially Important

Punjab's Tree Plantation Campaign during 2020.

Divisions	
Lahore	16882
Gujranwala	620
Faisalabad	5635
Sahiwal	850
Rawalpindi	17705
Sargodha	4062
Multan	355
Bahawalpur	19950
DG Khan	3015
Grand Total	72312

role in enhancing our quality of life and reducing the 'Greenhouse' effect. The planting of trees and the care and preservation of mature trees can go a long way to making Pakistan a great place to live.

Record number of trees were grown in Punjab province under 'Clean and Green Pakistan', 'Hara Bhara Naya Pakistan', 'Aik Basher Do Shajar' and 'Monsoon' tree plantation successful campaigns in the last two years.

1,42,236 trees were planted in last years tree plantation campaigns. As many as 72,312 trees have been planted in and around all sports grounds, play fields, stadiums and tracks in all districts and divisions of Punjab province during the current year.



GREEN SPORTS

سر سبز میدان... کھیلتے نوجوان

MALE PLAYGROUND



Prime Minister of Pakistan Imran Khan envisioned the concept of green sports grounds across the province to bring exciting new talent. It was also directed by PM Imran Khan to use minimum government resources for establishing the new sports fields. Department of Sports Punjab in collaboration with Board of Revenue Punjab and other departments developed a strategy to create "Green Sports" concept in the province.

Green Sports is a concept of developing playing fields without brick and mortar. These fields will have a consistent boundary comprising of trees and plants. Government of Punjab identified hundreds of grounds across various areas of the province comprising of state-land where these play fields will be developed.

In the initial phase development of first hundred green grounds has been started which will be completed by February 2021. These sports facilities will have provision for conventional and traditional sports like cricket, football, athletics, kabaddi etc.

Creation of sports facilities in the province will provide opportunities to our athletes to train for future events. By providing sports fields at grass root level Department of Sports will create an environment for healthy lifestyle for the general public. The whole concept of developing these sports fields will be successful by involving social segments of the society as promotion of healthy and active lifestyle is not possible without their support.

FEMALE PLAYGROUND



Another benefit of developing these sports fields is the promotion of Clean & Green Pakistan Campaign as per the vision of Prime Minister Pakistan Imran Khan. Thousands of trees will be planted around these Sport fields. Department of Sports has a long term plan to make sports activities a necessary feature of our general lifestyle. The tendency of our youth to indulge in negative activities can also be mitigated by promotion of sports activities.

"Majority of country's population comprises of youth and it is Government's responsibility to provide all necessary facilities for sports activities. Pakistan has huge potential to compete at international level due to abundance of talent at grass root levels. We just have to polish them and make them champions of future".

Prime Minister of Pakistan
Imran Khan

FITTER HEALTHIER HAPPIER

Physical fitness comprises of two related concepts: general fitness and specific fitness. In previous years, fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. These days, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations. A general-purpose physical fitness program must address the following essentials:

Cardiovascular Fitness
Flexibility Training
Strength Training
Muscular Endurance
Body Composition
General Skill Training

Regular exercise can provide the basis for good health and wellness. In the past health meant only the absence of disease or illness. Today we define health in terms of physical, mental, social and emotional wellness. The health, fitness, and medical experts now regard exercise, practiced on a regular basis, as essential for achieving and maintaining good health.

Being physically fit does not guarantee you health. However, exercise is an essential component of good health. Exercise is the basis for living a full life. It will help you bring your body, mind and spirit into concert. The effort it takes for you to be physically fit will help you to discover the individual within yourself.

The research team determined how level of physical fitness related to their death rates. After eight years the inactive group (least fit) had a death rate more than three times greater than the very active group (most fit). However, the most interesting finding was that the death rate for group one (inactive) was two and one half times greater than that for group two (walking 30 minutes a day). Thus, in terms of reducing premature death, the study strongly suggests that a minimal amount of exercise tends to lower the risk of premature death from heart disease, cancer and other health-related causes.

In a similar study done strictly with men, findings were similar. The study consisted of 12,138 middle-aged men. The report results were that moderate levels of exercise resulted in one-third fewer deaths from all causes (including heart disease) compared to those who were sedentary.



These studies suggest that moderate exercise seems to be adequate for helping you to live longer and live life at your fullest potential. But, being physically fit is more than striving to live longer. Being physically fit is striving to live better. People exercise to maintain good physical appearance, have more energy to carry out daily tasks, sleep better, be able to eat nutritious foods without worrying about weight gain, improve their performance in a favorite sport or pastime, and, enjoy the feeling of being physically fit and possessing good health.

Consider the fitness truths listed below. These statements are what physical fitness and exercise is all about. Physical fitness is not getting by in life, it is about living every day to your fullest capacity. This goal is within the reach of anyone who educates themselves regarding fitness. Fitness exercise is for everyone. If you've had unhappy experiences in athletics or physical education in the past, take heart. Not having the ability to be a great athlete isn't what is important, reaching a point where you become the best YOU can be.

WAY OF LIFE:

Fitness Truths

Your body was made to be active.

Your body cannot handle the stress of sitting and standing all day.

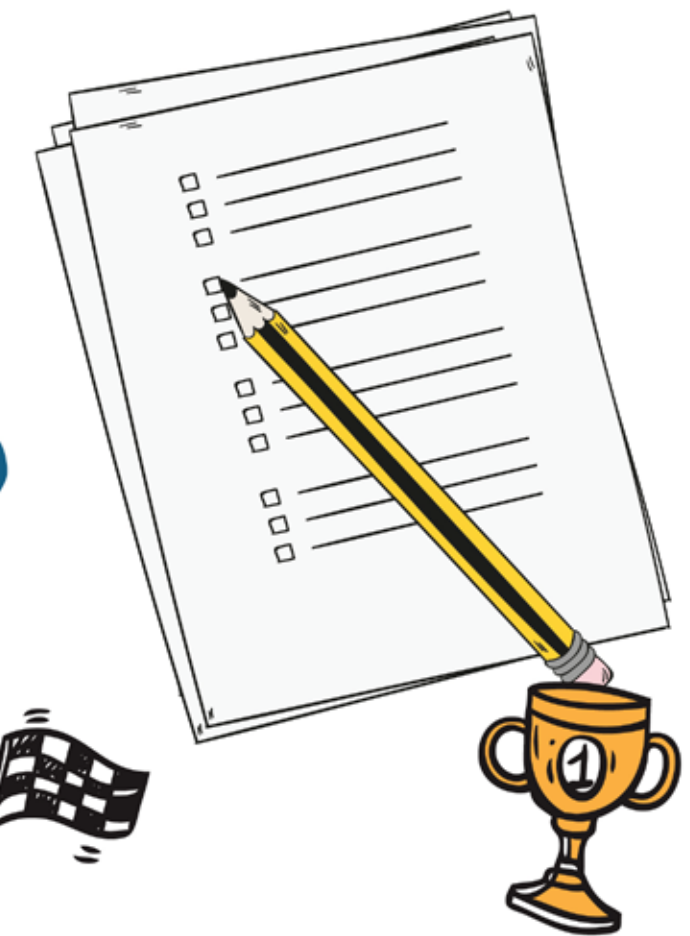
Your body thrives on activity.

You need to use energy to gain energy.

A physically fit body is more able to function at its full potential. Fit people tend to feel good about themselves.

What you consider physically fit others may not. You may be proud of your 7 minute mile, but professional track stars would think it is slow. You may feel tremendously proud for your 200 pound bench press but a professional powerlifter would not be so happy. So it is essential and important that we start a regular fitness routine for a healthy and active lifestyle.

START! SPORTS QUIZ



Pakistan won the first Olympic field hockey gold medal in

- ☐ 1952
- ☐ 1956
- ☐ 1960
- ☐ 1964

2. Which Pakistani athlete is known as Flying Bird of Asia

- ☐ Din Muhammad
- ☐ Abdul Khaliq
- ☐ Hussain Shah
- ☐ Mumtaz Ahmad

3. In cricket distance between the wickets is

- ☐ 20 Yards
- ☐ 24 Yards
- ☐ 25 Yards
- ☐ 22 Yards

4. In which of the following years was Pakistan the world champion of Cricket, Hockey, Squash and Snooker

- ☐ 1996
- ☐ 1994
- ☐ 1990
- ☐ 1992

5. In 1954 Pakistan won the first international Medal in Asian games

- ☐ Delhi
- ☐ Tokyo
- ☐ Manila
- ☐ Bangkok

6. The oldest traditional game of Indo-Pakistan is

- ☐ Football
- ☐ Kabaddi
- ☐ Ice Hockey
- ☐ Hockey

7. Highest wicket taker Pakistani bowler in test cricket is

- ☐ Wasim Akram
- ☐ Imran Khan
- ☐ Waqar Younas
- ☐ Aqib Javed

8. The winner of first World Cup Hockey Tournament was

- ☐ Pakistan
- ☐ India
- ☐ Spain
- ☐ England

9. Inam Butt won his first International Gold Medal in which major competition

- ☐ Commonwealth Games 2010
- ☐ Olympics 2012
- ☐ Asian Games 2010
- ☐ SAF Games 2012

Note:

Please inbox your answers at Sports Board Punjab Facebook page. Winner will be selected through computerized balloting.



FINISH





OUR PLANET OUR HOME

BE A PART OF CHANGE

Rai Taimoor Khan Bhatti
Minister for Youth Affairs & Sports

