

# Newsletter

Issue April-June 2022



## sports VISION

To become source of national pride and honour for creating liberal, tolerant, progressive, dynamic and healthier society with the objectives to improve national health and fitness standards by providing recreation, entertainment and self-satisfaction and ensuring optimally and effectively utilization of available Sports infrastructure.

## our MISSION

To pursue policies for promotion of sports, enhancing public awareness and affiliation with the teams by ensuring mass participation, realizing intellectual and physical potential of all participants from inter club level to national level for all ages without discrimination of Gender, Language, Race, and Culture.





## PAKISTAN IS DETERMINED TO HOST THE 14TH SOUTH ASIAN GAMES IN A 'GRAND' WAY



The Director General of Pakistan Sports Board (PSB) Col (Retd.) Muhammad Asif Zaman said that Pakistan is determined to host the 14th South Asian Games in a 'grand' way. So many issues are yet to be addressed, we are very much confident that we will be able to host a grand event. We hope it will be better than what we have organized in the past.

Some events will be conducted at Lahore while Islamabad will also host competitions in six to seven disciplines. Punjab also will have a major role as a province in hosting the spectacle. The infrastructure is being made and we are working on renovation of the infrastructure and soon we will be able to make it ready for the much-awaited showpiece. While

keeping in view other events as well as South Asian Games, the government is providing training camps and foreign coaches to the teams. The state's main objective is to see its athletes excel at home as well as in international competitions. It has been advised National Sports Federations to invite foreign teams for joint training sessions so that they could prepare their athletes well for the forthcoming international commitments.

We are waiting for the South Asian Olympic Council (SAOC) to send its delegation and inspect the various venues across both the federal capital and Punjab. We will smartly look after the delegation of the SAOC.



## THE SHANGHAI COOPERATION ORGANIZATION (SCO)



A crucial three-day sitting of the Shanghai Cooperation Organization (SCO) concluded in Tashkent on Friday, 20th May, 2022. The meeting was attended by Pakistan, China, India, Kazakhstan, Russia, Kyrgyzstan, Tajikistan and Uzbekistan members of the SCO. Member countries discussed various action plans and took solid decisions for sports and cultural exchange.

A delegation of Pakistan comprising Minister for Inter Provincial Coordination (IPC) Ehsan-ur-Rehman Mazari, Joint Secretary, IPC Fazal-e-Haq and Director General of Pakistan Sports Board (PSB) Col. (Retd.) Muhammad Asif Zaman attended the series of meetings which had begun on 18th May, 2022. In mutual statement they said,

“We have discussed many action plans which were on the agenda. And the fate of the SCO Games will be decided in a meeting going to be hosted by India next year. We are mutually collaborating with all SCO states relating to bilateral coaching, training, seminars and these member states will also play with each other in various sports disciplines. It was also decided that the SCO member states will work on zero tolerance relating to doping and will make their best efforts for eliminating this menace from sports,”

All eight nations of the block have a huge potential in sports and may benefit each other. The presence of such a unit is very important. The member states gave their thumbs up for mutual training and coaching exchange programmes in the sports sector.



# TRAINING CAMPS FOR UPCOMING INTERNATIONAL EVENTS

The Pakistan Sports Board (PSB) has organized various training camps at its different coaching centers since January this year to prepare athletes for the upcoming international events. The camps organized in Islamabad include weightlifting, taekwondo, para athletics and squash.



Athletics, badminton, hockey, karate, swimming, table tennis and wrestling camps have been set up in Lahore while judo camp in Peshawar and volleyball camp at Wah Cantt. The boxing camp has been organized at Rawalpindi and Abbottabad. There were 259 players and coaches in all these camps. There were 52 female players, 171 male players, 9 female coaches and 27 male coaches which also included international coaches.

The athletes were being given full training in the morning and evening training sessions arranged as per international standards. The PSB hoped that these players would perform well in the upcoming Commonwealth Games, Islamic Solidarity Games and South Asian Games. The DG, PSB Col (Retd.) Muhammad Asif Zaman personally visited these camps and discussed issues with the players. The Minister for IPC Ehsan Ur Rehman Mazari's all-out support helped in arranging these camps.





## KOREAN DELEGATION VISITED PAKISTAN SPORTS COMPLEX, ISLAMABAD



The representatives of the Embassy of the Republic Korea HWANG Myeong -HWAN, Kim Suwan and Seonoh Choi visited Pakistan Sports Complex Islamabad on 5th April, 2022. They met Director General, PSB Col. (Retd.) Muhammad Asif Zaman for the promotion of Taekwondo. Both countries have shown their ultimate commitment for sports specifically Taekwondo.

## AWARENESS SEMINAR ON ANTI-DOPING

Pakistan Sports Board organized a two Anti-Doping Awareness Seminars from 11-12 April, 2022 & 27 June, 2022 at Jinnah Library Hall, Pakistan Sports Complex, Islamabad.

The events was organized to raise awareness among young players and athletes on doping rules, to educate about the harms which prohibited substances, that remain in the body for the long period and to inculcate spirit of fair play and positive competitiveness.

The Director General, PSB Col (Ret.) Muhammad Asif Zaman has sent his message, "There is no shortcut to success. Dedication and hard work have no substitutes and those looking to cut corners need to understand this. We are waging a battle to eliminate the use of prohibited and harmful substances and this event is one such effort. We often face problems when an athlete is training individually and he does not have access to right information. We are hoping National Sports Federations and POA will get on board with us since athletes have a direct liaison with them."

Dr. Shabeena Mushtaque, Medical Officer, PSB delivered lecture on adverse effects of doping on health and consequences of using short cuts in sports. Qurrat-ul-Ain, Sports Psychologist, PSB discussed psychology of doping, stress & anxiety management.

National Volleyball Team coach Christiano Rodrigues said, "Fight against doping and say no to doping."



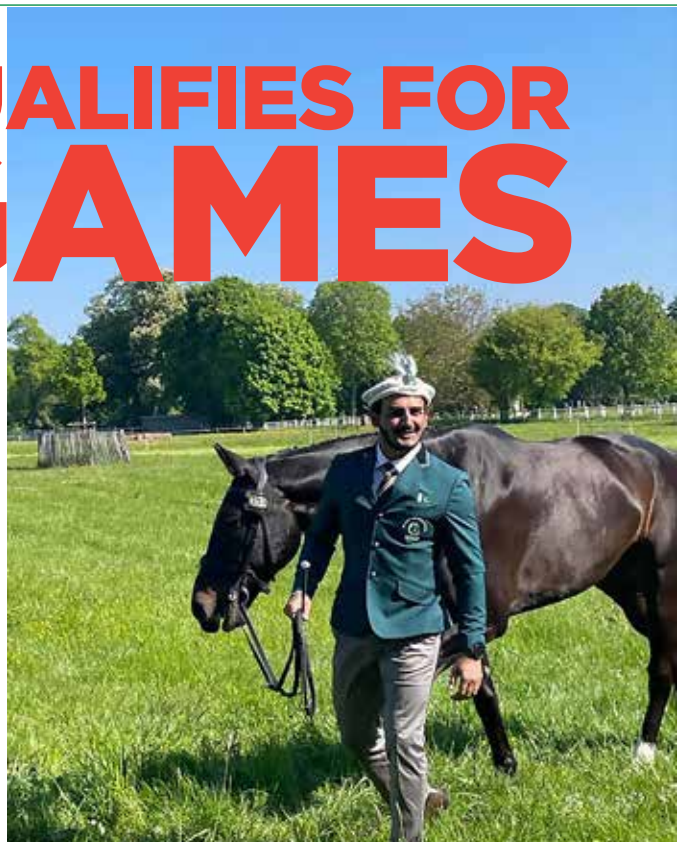
## USMAN KHAN, QUALIFIES FOR ASIAN GAMES

Pakistan's Melbourne-based premier equestrian Usman Khan returned to international circuit in a grand way on 8th May, 2022 when he finished 12th at the FEI CIC 2 Star long format in Paris to qualify for the Hangzhou Asian Games.

This is the third time on the trot that Usman has made it to the continental quadrennial showpiece which the other day was postponed by the Olympic Council of Asia (OCA) due to Covid issues in China.

He created history to qualify for the Tokyo Olympics in 2019 through his partner Azad Kashmir but the horse died in 2020. He managed Kasheer following some great efforts without any state's help, rekindled Pakistan's Tokyo Olympic hopes but at the crucial stage the accident happened early last year in Australia in which Usman sustained serious injuries. His horse Kasheer died on the spot just before the finish line.

Director General, PSB appreciated his achievements and added that he is a fine athlete and deserves inclusion in the elite pool. The core objective of the elite pool is branding of super athletes.



## SIRBAZ, SHEROZE ACHIEVE MORE MILESTONES IN MOUNTAINEERING



Pakistan climbers Sirbaz Khan and Shehroze Kashif continue to achieve more and more milestones as they both have summited mount Makalu, the fifth highest mountain in the world on 28th May, 2022.

Sirbaz summited the mountain in his usual style without using supplementary oxygen. This is his second feat of the month as on 7th May, 2022 he stood atop the 8,586m Kanchenjunga, the world's third-highest peak. Hailing from the scenic Hunza valley of Gilgit-Baltistan, the 32-year-old Sirbaz began his mountaineering career in 2016. In 2019, he became the first Pakistani to scale Mount Lhotse, the world's fourth-highest mountain at 8,516m, from Nepal. He ascended the 8,125m Nanga Parbat in 2017, the 8,611m K2 in 2018, and in 2019, and 8,163m Broad Peak.

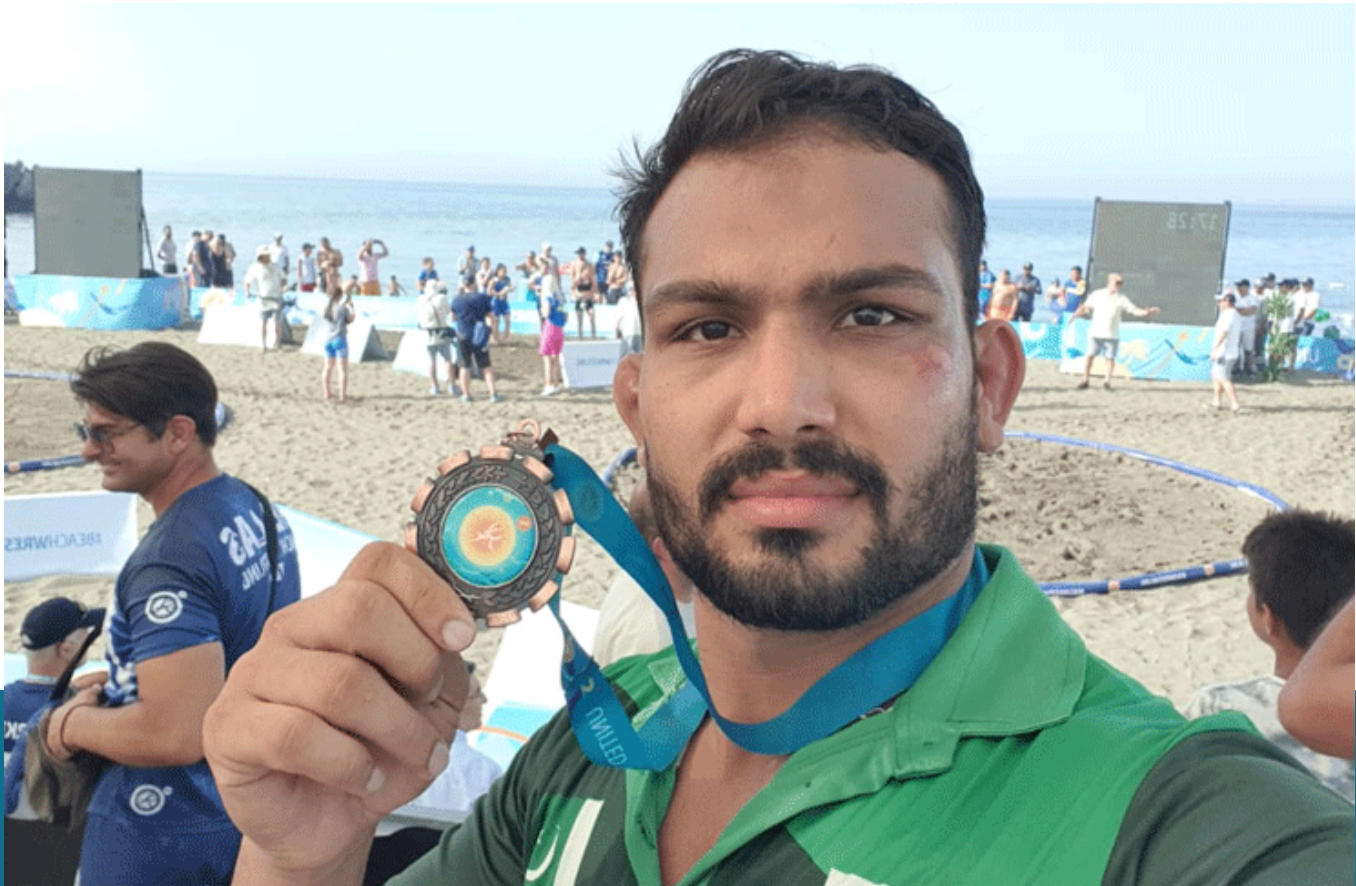
Earlier this year, he summited the 8,091m Mount Anapurna, the 8,035m Gasherbrum II, and the 8,848m Mount Everest, the world's highest peak. Sirbaz targets to become the first Pakistani to climb all 14 of the world's highest peaks. He also became the youngest climber to scale K2. On 5th May, 2022, Kashif became the youngest in the world and the first Pakistani to reach the summit of Kangchenjunga, the third highest peak in the world. Ten days later (on 16 May 2022), he ascended the world's fourth-highest peak, Mount Lhotse (8,516m), in Nepal. Now he is the youngest in the world to summit the top five and the only Pakistani to summit 3 x 8000 in 23 days.



A delegation from Alpine club along mountaineers met with Federal Minister for Inter-Provincial Coordination (IPC) Ehsan Ur Rehman Mazari and Director General, Pakistan Sports Board. The minister appreciated the young aspirants and assured that anyone who contributes building soft image of Pakistan is indeed praiseworthy. He also promised that government would provide him maximum support to achieve this honor for the nation. He further said this would inspire other young people to come forward and bring laurels for their country.



# INAM WON BRONZE AT BEACH WRESTLING WORLD SERIES



Pakistan's premier wrestler Muhammad Inam on 29th May, 2022, finished his Beach Wrestling World Series first stop journey with a bronze medal in Turkey.

Inam, plays in the 90 Kg weight category, fell to Azerbaijan's Ibrahim Yusubov 2-3 in the semi-finals. It was a tough fight with both grapplers making top efforts. However, it was Ibrahim who prevailed in the end. Inam had beaten Ibrahim twice in the past events.

Inam then beat Mahmut Seyfi Ozkaya of Turkey 2-1 in the bronze medal fight.

Inam has a huge stature in beach wrestling in the world, having clinched two World Championship titles, one World Beach Games crown and last year won two world series titles.

Earlier, Inam started the day with a victory over Hacı Abdullah Dilek of Turkey in the quarter-finals.

On the first day, on 28th May, 2022, Inam had defeated Turkey's Mahmut Seyfi Ozkaya 2-1 in his first fight of Group B before overcoming Dato Piruzashvili of Georgia 4-0 in his second fight.

The Director General, PSB Col. (Retd.) Muhammad Asif Zaman, congratulated him on this win, he thanked Director General for the way he supported the wrestling camp, Lahore. He further added that if the facilities will be provided on the same pattern we will be in very good position to win more medals in Commonwealth Games.







# The Bureau of the FIFA Council decided to lift the suspension on Pakistan Football Federation

Heartiest congratulations from the Federal Minister Ehsan Ur Rehman Mazari and DG PSB Col. (Retd.) Muhammad Asif Zaman to nation and Pakistani football players that the Bureau of the FIFA Council decided on 29th June 2022 to lift the suspension that was imposed on the Pakistan Football Federation (PFF) in April, 2021 due to undue third-party interference.

Rounds of talks between the Pakistan Sports Board and the Ministry of Inter-Provincial Coordination with officials of the Normalization Committee and different groups eventually saw the Normalization Committee return to the PFF headquarters after handing over six to eight-month roadmap to hold the elections.

The Director General PSB Col (Retd.) Muhammad Asif Zaman also said, the side-lines of the Trophy Tour event for the 2022 FIFA World Cup in Lahore in June. Ministry of IPC and PSB wish that the Normalization Committee to complete the election process in that timeframe so that the game resume.











## IMAM REZA INTERNATIONAL ATHLETICS CHAMPIONSHIPS, IRAN



**The Pakistan athletes claimed two gold, two silver and one bronze at the event held in Mashad, Iran on 30th May, 2022.**

Apart from Pakistan, athletes from Iran, Iraq, Oman, Qatar, Afghanistan, Bangl-adesh and Kazakhstan featured in the championships.

The Athletics Federation of Pakistan fielded four athletes, Shajar Abbas, Abdul Mueed, Sharoz Khan and Muhammad Yasir, in the Championships.

The performance of Pakistan athletics team was impressive as they created two new national records in the 200-metre and 400-metre races.

Shajar Abbas (200 meter) and javelin thrower Muhammad Yasir claimed gold medals in their respective events. Shehroz Khan got silver in high jump. Karachi's sprinter Abdul Moeed Baloch secured silver in 400 meter with a record timing. He also took bronze in 200 meter.





# USMAN WAZIR CLINCHES WBA ASIA TITLE

Pakistan's boxing champion Usman Wazeer has clinched the World Boxing Association (WBA) Asia welterweight title 11th June, 2022 in the International Boxing Championship, held at Lalak Jan Stadium, Gilgit.

Gilgit-Baltistan hosted the first-ever WBA tournament in a bid to promote the international sports in the region. The athletes from 10 countries, including Pakistan, Thailand, Afghanistan, UAE, Cameroon, Malaysia, Indonesia, South Korea, Nigeria and the Philippines took part in the international event.

Usman Wazeer (22-year-old) played the lead role in bringing the international tournament to the country. The 'Asian Boy' won the WBA title by knocking out Thailand's Phatiphan Krungklang in the second round of the fight. After the victory, the boxing star extended his unbeaten record to 8-0 with five knockouts.

Moreover, Pakistan's Muhammad Asif Hazara won the 'Super Flyweight' title by beating Indonesian boxer Razi Akbar in the tenth round. A total of 10 fights were scheduled, with three being title fights, while the other seven were part of the international boxing rankings.



# RENOVATION AND UP-GRADATION OF SPORTS FACILITIES AT PAKISTAN SPORTS COMPLEX, ISLAMABAD

After taking the oath, Federal Minister for Inter-Provincial Coordination (IPC) Ehsan Ur Rehman Mazari first time visited the Pakistan Sports Complex, Islamabad. The IPC minister was accompanied by his ministry's staff and Pakistan Sports Board (PSB) Director General, Col. (Retd.) Muhammad Asif Zaman to inspect the ongoing sports development and upgradation projects in special connection with the hosting of the 14th South Asian Games.

The federal government approved a whopping Rs.4.396 billion for the upgradation and construction of facilities for the South Asian Games.

The minister said: "While speedy completion of work is a priority at the same time we must ensure all the work is up to the mark."

Pakistan Sports Board (PSB) has carried out rehabilitation and up-gradation of its facilities with regards to hosting South Asian Games.

The renovation and up-gradation of the facilities to be done include Jinnah Stadium, Allama Iqbal Hostel, Liaquat Gymnasium, Boxing Gymnasium, Sports Medicine Centre, Grassy Futsal Ground, Naseer Bunda Hockey Stadium, and Extension of Hamidi Hall at Pakistan Sports Complex, Islamabad.

The board has also issued tenders for the installation of synthetic athletics track with the estimated cost of Rs.243 million and completion period of seven months.

The 2023 South Asian Games will be held in Pakistan, primarily in Lahore, in March next year while other sports will be hosted in Faisalabad, Gujranwala, Islamabad and Sialkot.





## NOOR ZAMAN BEAT JOACHIM CHUAH OF IN PATTAYA, THAILAND

The 18-year-old Noor, who is Pakistan's top-ranked junior player, defeated Chuah 3-1 in 52 minutes to claim the U-19 title in the final of Asian Junior Individual Squash Championship Pattaya, Thailand on 19th June 2022.

Noor however, had saved his best for the decisive game which the Pakistani teenager comfortably bagged 11-5 to move ahead 2-1.

After second seed Noor won the first game 11-9, the 17-year-old Chuah came back strongly to take a very close second game 12-10 to make it 1-1.

With momentum on his side, Noor then took the fourth game 11-9 to secure the title.

Noor thanked Allah Almighty for winning the continental title for Pakistan after four years. "The prayers of my parents, countrymen and the coaches' hard work proved vital in my success," Noor, who hails from Peshawar, stated.

"I had worked hard to win back more titles. However, the credit goes to my coaches who were practicing hard with me daily to improve my game and physical fitness level," Noor, who has won several national and international events over the past few years, said.



## XXXI QOSANOV MEMORIAL INTERNATIONAL ATHLETICS CHAMPIONSHIP

Pakistan finished the XXXI Qosanov Memorial Athletics Championships on a high, winning one gold, three silver, and two bronze medals. Five athletes, Shajjar Abbas, Sohail Amir, Abdul Mueed, Shahroz Khan and Shah Nawaz participated in the event held at Almaty, Kazakhstan from 25-26 June 2022.

Pakistani sprinter Shajar Abbas the 22-year-old boy won a gold medal in the 100m race of the event when he clocked 10.41 seconds, he also won the bronze in the 200 meter with a timing of 20.87 seconds.

Abbas wasn't the only one who won a medal for Pakistan as his fellow sprinter Abdul Moeed Baloch also bagged a bronze medal in the men's 400 meters final. He finished in third place with a time of 46.86 seconds. Meanwhile, Amir Sohail clinched Pakistan's third medal in the event with a silver in the 1500m race as well as silver medal in 5000m race.

Abbas crossed the finishing line in 20.91 seconds, which is a new competition record for gold in Mashhad. Meanwhile, Baloch took 21.41 seconds to finish in third place.



# CONDOLENCE FOR RENOWNED PAKISTANI MOUNTAINEER **ALI RAZA SADPARA**

Condolence from Federal Minister for IPC, Mr. Ehsan Ur Rehman Mazari & DG PSB, Col (Retd.) Muhammad Asif Zaman on a sad demise of renowned Pakistani Mountaineer Ali Raza Sadpara who passed away at the age of 55. Ali Raza Sadpara had suffered critical injuries after falling from a mountain during a routine climbing practice near his village in Skardu. He met an accident while pre-expedition preparation of his K-2 summer expedition and got severe injuries.

May his Soul Rest in eternal Peace

