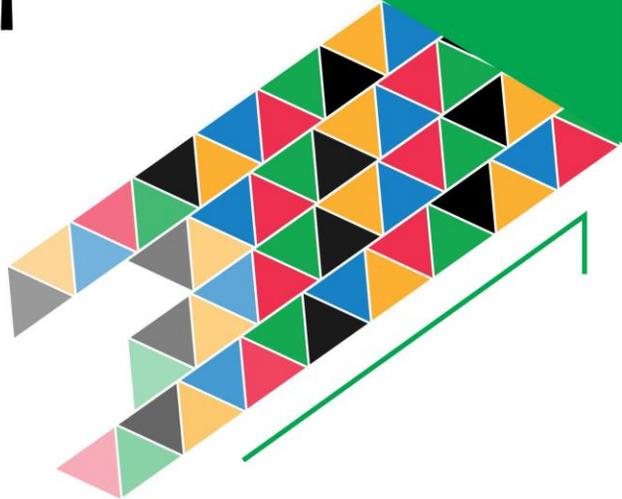




2023

ACTIVITY REPORT



PAKISTAN OLYMPIC ASSOCIATION



Dear Esteemed Members of the General Council and Friends of POA,

As we reflect on 2023, it is with a sense of pride and gratitude that I present this report, chronicling a year marked by resilience, commitment, and the unrelenting pursuit of the Olympic ideals. This narrative extends beyond a mere account of activities; it encapsulates the spirit of dedication and excellence embodied by our Pakistani athletes, a true reflection of the Olympic ethos.

Guided by the visionary leadership of Lt. Gen (R) Syed Arif Hasan, the Pakistan Olympic Association (POA) has adeptly navigated the complexities of sports management, upholding the Olympic values of respect, friendship, and excellence. Our endeavors have been two-fold: advancing our athletic mission while embracing our responsibility towards environmental sustainability, reflecting our understanding that safeguarding our planet is integral to the Olympic creed.

Central to our efforts is our unwavering commitment to Gender Equality, ensuring that our governance framework is both inclusive and equitable. This dedication underscores our resolve to foster a sustainable sporting environment for all.

At the core of our mission are our athletes, whose well-being, development, and achievements are paramount. Through collaborative engagement with athletes and National Sports Federations, their perspectives and voices have become a cornerstone of our decision-making process.

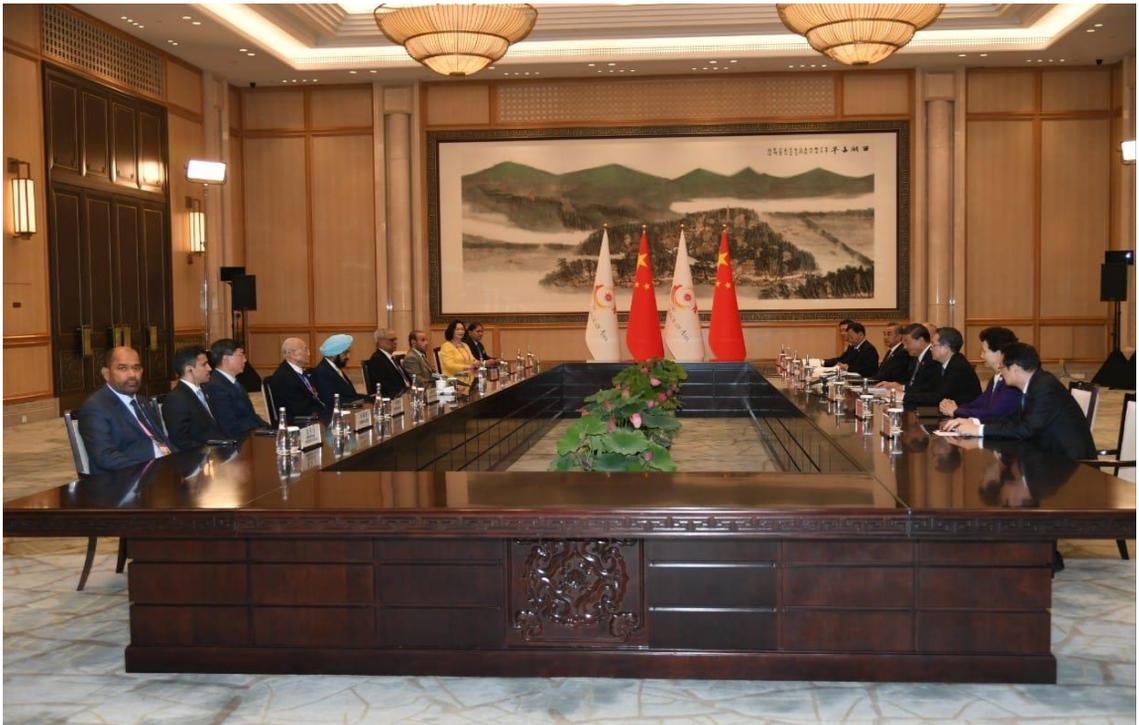
We also recognize the significance of transparency and public engagement in our operations. Our commitment to open dialogue and clarity aims to address misconceptions, fostering a deeper understanding of the challenges and opportunities that lie ahead.

The journey encapsulated in this report is a testament to the unwavering support and dedication of my colleagues, members, and friends of the POA. Your dedication to our shared values and goals is the driving force behind our collective progress.

Looking to the future with optimism, we are guided by the enduring principles of the Olympic Movement and our commitment to a sustainable world. Together, we stride towards a future replete with possibilities and promise.

With heartfelt thanks,

Muhammad Khalid Mahmood
Secretary General
Pakistan Olympic Association



LT. GEN (R) SYED ARIF HASAN, PRESIDENT POA MEETINGS DURING ASIAN GAMES INCLUDING MEETING WITH H.E XI JINPING, PRESIDENT PEOPLES REPUBLIC OF CHINA



TORCH RELAY NATIONAL GAMES QUETTA 2023



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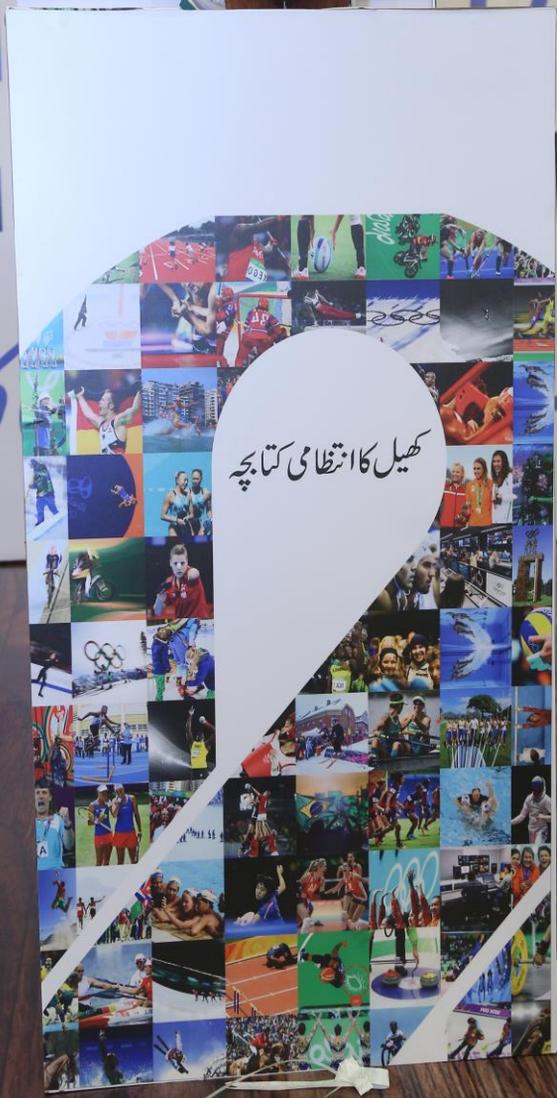
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UNVEILING CEREMONY OF THE URDU VERSION OF THE SPORTS ADMINISTRATION MANUAL - JANUARY 11, 2023: In a landmark event enhancing the accessibility and reach of sports education, the Urdu version of the IOC "Sports Administration Manual" was unveiled on January 11, 2023, at the prestigious Grand Pavilion, Golf & Country Club, Lahore Garrison Lahore. This manual, a cornerstone for sport administrators' courses under the auspices of National Olympic Committees (NOCs), supported by Olympic Solidarity, is a testament to the commitment to educational excellence and the promotion of best practices in sports governance. Its translation into Urdu marks a significant milestone, demonstrating the IOC Olympic Solidarity Commission's unwavering dedication to nurturing sports administration globally.

The grandeur of the event was further elevated by the presence of Dr. Muhammad Amjad Saqib, Founder and Executive Director of Akhuwat Foundation Pakistan, as the Chief Guest. Dr. Saqib, renowned for his visionary leadership and philanthropic endeavors, lent an air of distinction and gravitas to the ceremony. His participation underscored the intersecting values of sports, education, and social empowerment that the Manual embodies.

This ceremonious occasion also celebrated the leadership and contributions of Lt Gen (R) Syed Arif Hasan, President of the Pakistan Olympic Association. Under his dynamic and forward-thinking stewardship, the translation of this manual into Urdu became a reality, setting a new benchmark for sports administration in Pakistan. The translated version is poised to revolutionize the sports landscape in the country, enabling the Pakistan Olympic Association (POA) to forge meaningful collaborations with academic institutions. This will facilitate the dissemination of knowledge and the implementation of the Basic Universal Principles of Good Governance in sports, enhancing Pakistan's position in the global sports arena.

The ceremony was graced by luminaries from the Olympic Movement in Pakistan, along with esteemed delegates from the sports and education sectors. Their collective presence at the event not only celebrated the significance of this translation but also symbolized a unified commitment to elevating sports administration to new heights of professionalism and integrity.



UNVEILING CEREMONY OF THE URDU VERSION OF THE SPORTS ADMINISTRATION MANUAL



UNVEILING CEREMONY OF THE URDU VERSION OF THE SPORTS ADMINISTRATION MANUAL



POA VENUE INSPECTION COMMITTEE VISITS QUETTA FACILITIES: The Venue Inspection Committee of the Pakistan Olympic Association undertook a thorough visit to Quetta to assess the readiness of the Games' venues, encompassing both sports facilities and accommodation arrangements. The officials from the relevant Ministry and the Sports Board Baluchistan provided comprehensive support, demonstrating a collaborative effort towards the successful organization of the Games in Quetta. This visit marks a significant step in the meticulous planning and execution required for the smooth conduct of a major sporting event, reflecting the POA's commitment to excellence in sports infrastructure and event management.

THE ORGANIZING COMMITTEE OF THE FUN RUN OF THE 19TH ASIAN GAMES HANGZHOU

The Organizing Committee for the Fun Run of the 19th Asian Games Hangzhou dedicated extensive efforts to celebrate this event remarkably. Their initial meeting convened on February 3, 2023, at POA House, Lahore, focusing on the planning and coordination of arrangements. A subsequent meeting, under the leadership of Mr. Shaukat Javed, Vice President of the Pakistan Olympic Association and Chairman of the Organizing Committee, was held on February 11, 2023, also at POA House, Lahore. This meeting centered on finalizing the preparations for the Fun Run event scheduled for February 20, 2023, in Lahore. The committee's meticulous planning and collaborative efforts were pivotal in ensuring the successful organization and execution of the Fun Run, adding a vibrant and engaging dimension to the 19th Asian Games festivities.





NATIONAL GAMES 2023
OPENING CEREMONY GRACED BY **MIAN
MUHAMMAD SHAHBAZ SHARIF, HONORABLE
PRIME MINISTER OF PAKISTAN**



NATIONAL GAMES QUETTA 2023



FUN RUN OF THE 19TH ASIAN GAMES HANGZHOU - FEBRUARY 20, 2023: On February 20, 2023, the festive and engaging Fun Run, associated with the 19th Asian Games Hangzhou 2022, was successfully organized in DHA Lahore. This event was marked by the arrival of a distinguished two-member delegation from the Olympic Council of Asia (OCA), comprising M/s. Jian Zhou, Director of Media, and Wissam Trkmani, Project and Operations Manager. They arrived in Lahore on February 19, 2023, specifically to participate in the Fun Run. The OCA representatives were warmly received at the airport by a welcoming delegation from the Pakistan Olympic Association (POA), reflecting the spirit of international cooperation and camaraderie. The successful organization of the Fun Run not only added to the vibrancy of the 19th Asian Games festivities but also strengthened the ties between the POA and the OCA.

On February 19, 2023, the OCA delegation visited the headquarters of NOC Pakistan, where they were introduced to the Secretariat Staff. Mr. Muhammad Khalid Mahmood, Secretary General of the Pakistan Olympic Association, briefed Mr. Jian Zhou and Mr. Wissam Trkmani about the ongoing projects and initiatives of NOC Pakistan.



Later that evening, the POA hosted a dinner reception in the Old Walled City of Lahore in honor of the OCA delegation. This event was attended by the office bearers of POA, Presidents and Secretaries General of National Sports Federations (NSFs) based in Lahore, and key officers from the NOC Secretariat, celebrating the spirit of international collaboration and sportsmanship.



The following day, February 20, 2023, began with a special visit to the Lahore Fort and Badshahi Mosque. This cultural excursion, which included athletes, was part of the Fun Run activities, offering an opportunity for photography at these historical sites. The official program of the Fun Run at DHA Phase VI, Lahore, unfolded later in the day. It was a vibrant event, inviting national athletes, Olympians, sportsmen from across Pakistan, and hundreds of students and community members. This gathering not only celebrated the Fun Run but also symbolized the unity and legacy of the Asian Games, bringing together diverse participants in a festive and inclusive atmosphere.



The FUN RUN activities marked the celebrations of Asiad in Pakistan and the excitement therein reflected upon the public's passion for both the support and friendship.



NATIONAL GAMES QUETTA 2023



MEETING OF POA SPORTS COMMISSION - FEBRUARY 14, 2023: The 16th Meeting of the Pakistan Olympic Association (POA) Sports Commission convened on February 14, 2023, at the Pakistan Olympic House in Lahore. This meeting brought together key members to deliberate on the upcoming events proposed by the National Sports Federations (NSFs). Additionally, the agenda included a thorough review and discussion of the Revised Rules for the 34th National Games 2023 in Quetta. The meeting was a significant step towards ensuring the effective organization and management of these prominent national sporting events.

In an innovative approach to engaging youth with sports and the Asian Games, the Pakistan Olympic Association organized a drawing contest and painting competition for primary school students under the age of 13. This competition, themed "National Sports and Athletes in Hangzhou Asian Games 2022," invited young artists to express their imagination and understanding of the games, encouraging them to depict their favorite athletes or sports.



The response was enthusiastic, with the Pakistan Olympic Association receiving 80 paintings from young, budding artists. These submissions were initially shortlisted by the Fine Arts Department of Government College University Lahore on February 14, 2023, at the Pakistan Olympic House Lahore.



The final selection took place on February 21, 2023, at the Pakistan Olympic House. This event was graced by Mr. Zulfiqar Ali Zulfi, Director of the Alhamra Art Council Lahore, along with his team. Representatives from the Pakistan Olympic Association and the Olympic Council of Asia were also present to choose the best nine paintings. The selected artworks, embodying the youthful spirit and creative interpretation of the Hangzhou Asian Games, were then forwarded to the 2022 Hangzhou Asian Games Organizing Committee, marking a unique intersection of art, culture, and sports in promoting the Asian Games legacy.





NATIONAL GAMES QUETTA 2023

FUN RUN FOR ASIAN GAMES HANGZHOU CHINA

The Fun Run was arranged in a spectacular manner by the Pakistan Olympic Association in Lahore. The glimpses of the event say it all.





NATIONAL GAMES QUETTA 2023

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NATIONAL GAMES QUETTA 2023



On February 27, 2023, the Asian Kabaddi Federation (AKF) conducted its Elective General Assembly in Urmi, Iran. This pivotal gathering was attended by Mr. Muhammad Khalid Mahmood, Secretary General of the Pakistan Olympic Association (POA), who participated in the capacity of an observer. His role as an observer was under the nomination of the Olympic Council of Asia (OCA), highlighting the importance of the event in the context of Asian sports and the integral role of kabaddi within it. This assembly was a key moment for the AKF, setting the stage for its future direction and leadership.

CGF REGIONAL MEETING - OCEANIA / ASIA / AFRICA (March 1, 2023): The Commonwealth Games Federation (CGF) Regional Meeting, encompassing the regions of Oceania, Asia, and Africa, was held on March 1, 2023. Mr. Imran Ahmad Khan, Manager of Games Services at CGA Pakistan / NOC Pakistan, attended this significant meeting. The session provided an opportunity for sharing vital information among the Commonwealth Games Associations (CGAs) online. Key topics included updates from the CGF General Assembly, important details about the upcoming Trinbago 2023 Commonwealth Youth Games in Trinidad, and the latest information on athlete allocation for the Victoria 2026 Commonwealth Games.

OCA EDUCATIONAL WORKSHOP FOR TOP ATHLETES, POA HOUSE LAHORE (March 4, 2023): On March 4, 2023, an educational workshop for athletes was organized at Pakistan Olympic House, Lahore. This event, a collaboration between the Athletes Commission of the Pakistan Olympic Association and the Olympic Council of Asia, was aimed at empowering top athletes with essential knowledge and skills. The workshop saw the participation of 25 male and female athletes from diverse sports disciplines, including Archery, Badminton, Boxing, Gymnastics, Handball, Kabaddi, Rugby, Sailing, Weightlifting, Wrestling, Winter Sports, Wushu, and student athletes from LCWU Lahore. The sessions were led by distinguished experts: Dr. Meesaq Rizvi, an Olympian with IOC Certification in Sports Nutrition, spoke on sports nutrition; Maj (R) Dr. Lubna Sibtain, with IOC Certification as a Sports Physician, covered doping controls; Dr. Syed Asad Abbas Shah, a member of the OCA Medical Committee, discussed injury prevention in sports; Mr. Zia ud Din Khan Burki, a Ph.D. Scholar, delved into sports psychology; Mr. Muhammad Atif Shafiq, a Ph.D. Scholar and lecturer at GCU Lahore, addressed manipulation in sports; and Mr. Hamdan Nazir, a MEMOSIAN and President of the Pakistan Rowing Federation, spoke on awareness and protection against abuse and harassment in sports.





NATIONAL GAMES QUETTA 2023



The Olympic Council of Asia (OCA) delegation made a significant visit to the Pakistan Olympic House Lahore and the POA Museum, marking an important moment in the collaboration and mutual understanding between the OCA and the Pakistan Olympic Association.

Additionally, on March 6, 2023, a crucial meeting concerning the 34th National Games in Quetta was organized in Lahore. This meeting brought together all affiliated units of NOC Pakistan and officials from the Government of Balochistan. The primary focus was to provide comprehensive updates to all stakeholders regarding the organization and arrangements for the 34th National Games. This gathering was a key step in ensuring smooth coordination and



On March 8, 2023, the Pakistan Olympic Association, in collaboration with the Sindh Olympic Association, hosted an influential Educational Seminar/Workshop on Good Governance in Karachi at Hotel Beach Luxury. This event was dedicated to introducing and discussing Good Governance Practices within sports organizations. The workshop's primary objective was to disseminate the International Olympic Committee's Basic Universal Principles of Good Governance, which outline the minimum governance standards for constituents of the Olympic Movement.

The session was inaugurated by Lt. Gen (R) Syed Arif Hasan, President of the Pakistan Olympic Association, who welcomed the participants and stressed the importance of implementing good governance practices across all levels of sports organizations. Dr. Junaid Ali Shah, Chairman of the Sindh Olympic Association, praised the Pakistan Olympic Association for organizing this seminar/workshop, recognizing it as a crucial step in educating sports organizers about the latest governance practices. Distinguished attendees included Ms. Ronak Lakhani and Syed Wasiimudiin Hashmi, Individual Members of the POA, Mr. Ahmad Ali Rajput, Secretary General of the Sindh Olympic Association, Ms. Veena Salman Masud, Associate Secretary General of the POA, and officials from various Provincial Sports Associations.

Insights and practical information on Good Governance practices were shared by key speakers including Mr. Muhammad Khalid Mahmood, Secretary General of the Pakistan Olympic Association, Mr. Muhammad Atif Shafiq, and Dr. Tariq Ali Gujar (Ph.D.). This event marked a significant stride towards enhancing governance standards in sports organizations across Pakistan.

On March 11, 2023, the Pakistan Olympic House in Lahore had the honor of welcoming Mr. Shahid Sajjad Hussain, the Sports Ambassador of South Sudan and the Honorary Consul General of Pakistan in South Sudan. Mr. Muhammad Khalid Mahmood, Secretary General, and Mr. Muhammad Shafiq, Treasurer of the Pakistan Olympic Association (POA) / President of the Pakistan Handball Federation, extended a warm reception to Mr. Hussain. During this visit, they presented a souvenir to Mr. Hussain as a gesture of goodwill and to commemorate his visit to the Pakistan Olympic House. This meeting symbolized the strengthening of sports and diplomatic relations between Pakistan and South Sudan, highlighting the role of sports in fostering international cooperation and friendship.





NATIONAL GAMES QUETTA 2023



ISSF EXTRAORDINARY GENERAL ASSEMBLY, JEDDAH - MARCH 13, 2023: In an important gathering that underscores the spirit of international sports cooperation, Mr. Muhammad Khalid Mahmood, the distinguished Secretary General of NOC Pakistan, along with the esteemed Honorary Manager of Institutional Reforms and Governance, participated in the ISSF Extraordinary General Assembly on March 13, 2023, in the vibrant city of Jeddah, Kingdom of Saudi Arabia. This assembly was a pivotal platform for insightful discussions and strategic collaborations, enhancing the global dialogue on sports governance and innovation.



OCA ATHLETES FORUM, BANGKOK - MARCH 18-19, 2023:

Aligning with the visionary objectives of the OCA and OCA Athletes Committee for 2023, a remarkable Athletes Forum was convened in the dynamic city of Bangkok, Thailand, on March 18-19, 2023. This forum, a collaborative initiative of the OCA, OCA Athletes Committee, and the International Olympic Committee's Athletes Commission and Department, was an exemplar of dedication to empowering Athletes Committees across Asia. It aimed to recognize and amplify the pivotal role athletes play in shaping better societies. Mr. Muhammad Inam, the charismatic Chair of the POA Athletes Commission, along with the dynamic Ms. Asma Akram, Coordinator/Member of the POA Athletes Commission, graced the forum, embodying Pakistan's commitment to fostering athlete-centric development and excellence.

MEETING WITH DR. MOHIN FARHADIZAD, VICE PRESIDENT OF THE NATIONAL OLYMPIC COMMITTEE OF IRAN - MARCH 2023: In a significant meeting that symbolized the spirit of sportsmanship and collaboration, Mr. Muhammad Jahangir, the esteemed Chairman of the Pakistan Karate Federation and Deputy Secretary General of the POA, met with Dr. Maheen Farhadizad, the respected Vice President of NOC Iran. This meeting occurred during the historic First International Nowruz Games for Women, held in Tehran, Iran, from March 11-13, 2023. In this event of cultural and sporting significance, the Pakistan Women Karate Team, comprising eight talented athletes, delivered a stellar performance in the Karate Championship. Their remarkable achievement of winning two Silver and three Bronze Medals not only honored Pakistan but also showcased the burgeoning talent and potential of women athletes in the sport of karate.





NATIONAL GAMES QUETTA 2023

For the meticulous planning of security arrangements for the National Games, a high-level delegation from the Pakistan Olympic Association engaged in a series of strategic meetings with various governmental officials prior to the commencement of the Games. This delegation, comprising esteemed members Syed Aqil Shah, Chaudhry Muhammad Yaqoob, Shaukat Javed, Muhammad Shafiq, and Muhammad Khalid Mahmood, represented the commitment and dedication of the Association to ensure a safe and secure environment for this prestigious national event.



INTERNATIONAL DAY OF SPORTS FOR DEVELOPMENT AND PEACE – APRIL 6, 2023: Celebrating the momentous 10th anniversary of the "International Day of Sport for Development and Peace," NOC Pakistan, in collaboration with national sport federations and the Pakistan Olympic Association, orchestrated a grand and impactful celebration. This significant event, marked by the empowering #WhiteCard campaign, was held across various cities in Pakistan, leaving an indelible mark on all who participated. Esteemed athletes, renowned sports ambassadors, and influential figures across the nation participated in these festivities, contributing to the collective message of harmony and unity through sports. The event also saw enthusiastic participation from children of diverse schools, who wholeheartedly embraced the campaign, thereby symbolizing the universal and timeless values of peace, sportsmanship, and the transformative power of sports in society.





MEETING OF POA CONSTITUTION AND AFFILIATION COMMITTEE – APRIL 11, 2023: On April 11, 2023, the POA Constitution and Affiliation Committee convened in a hybrid format at Olympic House, Lahore, under the astute chairmanship of Ch. Muhammad Yaqoob. This critical meeting focused on discussing the "Eligibility of players from power distribution companies representing WAPDA," signifying the Committee's dedication to upholding fair and equitable standards within the sporting community.

EXECUTIVE COMMITTEE MEETING OF NOC PAKISTAN – APRIL 11, 2023: The Executive Committee of the Pakistan Olympic Association (POA) assembled for a pivotal meeting on April 11, 2023, at Olympic House, Lahore. Chaired by Lt Gen (R) Syed Arif Hasan HI(M), President of NOC Pakistan, the committee engaged in a comprehensive discussion on various significant matters, reflecting the organization's commitment to excellence and strategic development in sports.



CGF / CGA COMMS MEETING - APRIL 12, 2023: An important CGF / CGA Committees Meeting was held online on April 12, 2023. This meeting, attended by the Manager of Games Services, CGA Pakistan, was dedicated to discussing Regional Meetings and the CGF strategy regarding participation in the Trinbago 2023 Commonwealth Youth Games, highlighting the organization's strategic approach towards international sporting events.

32ND MEETING OF THE NATIONAL ASSEMBLY STANDING COMMITTEE ON IPC – APRIL 17, 2023: The 32nd meeting of the Standing Committee on IPC took place at the Parliament House, Islamabad, on April 17, 2023. Chaired by Mr. Nawab Sher, MNA of the Senate Standing Committee on IPC, this gathering was attended by Mr. Muhammad Khalid Mahmood, Secretary General, POA, and Mr. Rizwan Ul Haq Razi, Associate Secretary General, POA. During the meeting, the Secretary General of the Pakistan Olympic Association clarified to the committee that the POA is a non-governmental and private entity which does not operate using public funds. He further informed the Committee that the POA underscore the POA's commitment to transparency and adherence to constitutional guidelines as per IOC's guidelines and principles.



In a related development, an online meeting with the Pakistan Sports Board was organized on April 18, 2023, to discuss the preparation and participation of the Pakistan Contingent in the upcoming 19th Asian Games in Hangzhou, China, scheduled from September 23 to October 8, 2023. This meeting highlighted the proactive efforts of the POA in ensuring optimal readiness and representation of Pakistan in this prestigious international sporting event.



NATIONAL GAMES QUETTA 2023



XIII EDITION OF INTERNATIONAL COACHING ENRICHMENT CERTIFICATE PROGRAM - APRIL 20-25, 2023: In a significant achievement, Hafiz Abdur Rehman, a distinguished national archer, availed the IOC Olympic Solidarity Scholarship to complete the prestigious International Coaching Enrichment Certificate Program (ICECP) in 2023. The comprehensive program was structured into four modules, with the inaugural module conducted online, followed by intensive sessions at the USOPC Training Center in Colorado Springs and the University of Delaware from September 25 to October 17, 2021. The culmination of this enriching journey was the fourth and final module held in the esteemed city of Lausanne, Switzerland, from April 20-25, 2023. This final stage provided Hafiz Abdur Rehman with a platform to present his research project for final evaluation, showcasing the depth of his learning and development through this exceptional program.



REGIONAL MEETING FOR THE CGAs OF ASIA AND OCEANIA - APRIL 22-23, 2023: Representing NOC / CGA Pakistan, Mr. Hafiz Imran Butt participated in the Regional Meeting for the CGAs of Asia and Oceania, held in Brisbane on April 22-23, 2023. Organized by CGA Australia in collaboration with the Commonwealth Games Federation (CGF), this meeting was a focal point for sharing insights and strategies. The CGF presented an overview of its new strategic plan and provided updates on several key topics, including the Victoria 2026 Commonwealth Games, the 2030 Commonwealth Games bidding process, preparations for the General Assembly in Singapore (November 2023), including planning and elections, a review of the CGF Constitution, engagement in Sport / Athlete Allocation, and the roadmap for CGA Regional Meetings leading up to 2026. This event was instrumental in aligning the objectives and collaborative efforts of the CGAs across Asia and Oceania



NATIONAL GAMES QUETTA 2023



The journey leading up to the 34th National Games was marked by pivotal preparations and celebrations, encapsulating the spirit of unity and sportsmanship across Pakistan. Stakeholder Meeting for the 34th National Games - May 3, 2023: On this day, key stakeholders of the 34th National Games gathered under the auspices of the Management Committee in Quetta. This crucial assembly was dedicated to finalizing all matters pertaining to the Games, with representatives from all National Sports Federations and participating units of NOC Pakistan in attendance, symbolizing a unified approach to the upcoming national sporting spectacle.

POA Delegation's Visit to Quetta - April 28-30, 2023: A delegation from the Pakistan Olympic Association, comprising esteemed members including Mr. Muhammad Jahangir, Deputy Secretary General, POA, and other notable officials, embarked on a visit to Quetta. Their mission was to assess the accommodation feasibility for athletes participating in the 34th National Games, slated for May 22-30, 2023, ensuring the highest standards of hospitality and comfort.

National Games Torch Relay - An Odyssey of Unity and Pride: The Torch Relay for the 34th National Games was a spectacular journey that captivated hearts across Pakistan. It commenced with a vibrant ceremony at Quaid-e-Azam Mazar in Karachi on May 6, 2023, igniting a flame of national pride and anticipation. The Torch's passage through various cities, universities, and cultural landmarks became a unifying symbol, embodying friendship and sportsmanship.

In Peshawar, the Torch was received with enthusiasm, with a Torch Ceremony Dinner at the Peshawar Sports Complex, celebrating the gathering of over 200 international players and officials. The Torch's journey through Islamabad, Muzaffarabad, Lahore, and various other cities showcased the cultural heritage and sporting fervor of each region, drawing participation from eminent Olympians, officials, and the youth.

As the 34th National Games commenced in Quetta, the city transformed into a vibrant hub of athletic excellence and national pride. The opening ceremony, a kaleidoscope of cultural showcases and athletic prowess, set the tone for what was to be an extraordinary event in Pakistan's sporting history.

The Inauguration – A Spectacle of Celebration: The grand opening ceremony at Ayub Stadium Quetta was a spectacle to behold. The stadium, awash with the colors of Pakistan's rich heritage, resonated with the cheers of thousands of spectators. The air was electric with excitement as athletes from across the nation paraded into the stadium, each carrying the hopes and dreams of their respective regions. The lighting of the cauldron was a symbolic moment, igniting the spirit of competition and camaraderie among the athletes.





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Competitive Fervor and Athletic Showcases: Over the course of the Games, Quetta became a stage for the display of exceptional talent and sportsmanship. Athletes competed fiercely in a range of sports, from track and field to more traditional games like kabaddi and wrestling. Each event was a testament to the athletes' dedication, training, and unwavering spirit. Record-breaking performances and nail-biting finishes were the order of the day, keeping the spectators on the edge of their seats. **Cultural Integration and Community Engagement:** Alongside the athletic competitions, the Games were a celebration of Pakistan's diverse cultural heritage. Various cultural events and exhibitions were organized, offering athletes and visitors alike a glimpse into the rich tapestry of Pakistan's traditions and customs. Local communities engaged enthusiastically with the Games, volunteering in various capacities and participating in cultural events, embodying the spirit of unity and national pride.

Closing Ceremony – A Fitting Finale: The closing ceremony was as spectacular as the opening, with a high-octane mix of music, dance, and fireworks. As the athletes gathered for one last time, there was a palpable sense of accomplishment and unity. The lowering of the Games flag and the handover to representatives of the next host city marked the end of an unforgettable chapter in Pakistan's sporting legacy. The 34th National Games in Quetta will be remembered not just for the exceptional athletic performances, but also as a celebration of unity, cultural diversity, and the unifying power of sports. It was an event that went beyond competitions, fostering friendships, and leaving an indelible mark on the hearts of everyone involved.

Culmination in Quetta - May 14, 2023: The Torch's grand tour across Balochistan disseminated messages of harmony, peace, and equity. It reached its final destination in Quetta on May 14, 2023, where it was received by Mr. Abdul Khaliq Hazara, Minister of Sports Balochistan, and other dignitaries. The Torch's arrival at Ayub Stadium Quetta marked the commencement of its journey in the province, heralding the start of the 34th National Games. The atmosphere was electric with excitement and enthusiasm, as athletes and sports enthusiasts gathered to welcome the Torch, reinforcing the Games' spirit. This series of events leading up to the National Games not only celebrated sports but also fostered a sense of national unity and pride, underscoring the power of sports in bringing people together.

On the successful conclusion of the 34th National Games in Quetta that has been widely celebrated, Lt. Gen (R) Syed Arif Hasan, President POA extended his gratitude to all who contributed to this triumph. This event was not merely a showcase of athletic talent; it represented the collective spirit, resilience, and unity of the nation. He said that the gratitude is owed to the athletes, whose dedication and sportsmanship were exemplary. Their performances not only inspired the nation but also highlighted the rich talent within Pakistan. The coaches and support staff are recognized for their tireless efforts and commitment to excellence. He especially appreciated the local organizing committee, volunteers, and the city of Quetta for their warm hospitality and for creating a conducive environment for the athletes. The seamless execution of the Games was a direct result of their diligent work behind the scenes.



LT. GEN (R) SYED ARIF HASAN, PRESIDENT POA MEETINGS DURING ASIAN GAMES



From June 12th to 25th, 2023, the Pakistan Olympic House in Lahore became the venue for an important event. The Commonwealth Games Federation (CGF) launched their Women Leadership Program aimed at encouraging and supporting women to take on leadership roles in sports. This program, part of the CGF Women Leadership Scholarship, received strong support from the Commonwealth Games Association Pakistan and the Pakistan Olympic Association. Their goal was clear: to build a strong group of women who could lead in the world of sports.

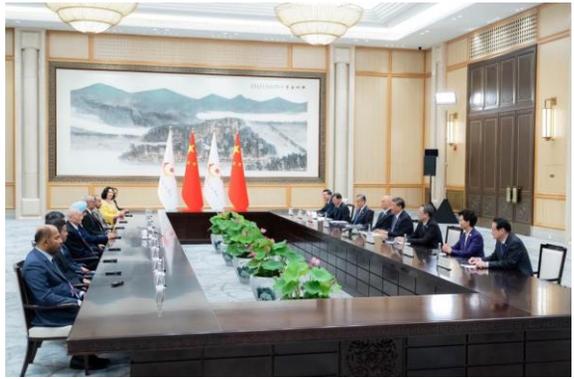
The event attracted a diverse group of 36 women, ranging from eager students to skilled athletes and experienced sports teachers. They came together for workshops that were rich with learning and growth, led by respected leaders in sports.

Speakers such as Ms. Fatima Lakhani, Vice President of POA, and Mr. Muhammad Khalid Mahmood, Secretary General of POA, shared their valuable knowledge. They were joined by other experts, including Ms. Veena Salman Masud and Ms. Ada Jaffery, who gave virtual talks, adding to the depth of the sessions.

The workshop covered a wide range of topics, from the challenges of running sports organizations to using sports to bring about positive change in society. The participants looked into their own leadership styles, identifying both strengths and areas to improve. Interactive group work led to a closing day where participants could show what they had learned. At the closing ceremony, Mr. Muhammad Khalid Mahmood spoke and participants received certificates, marking their achievements and learning from the program.

On another note, June 13th, 2023, was an important date as the Paris 2024 Organizing Committee held a webinar for all National Olympic Committees as part of the run-up to the Olympic Games. The webinar included presentations in French, English, and Spanish, and gave up-to-date information to help countries prepare for the Games. The Manager Games Services from NOC Pakistan attended, showing Pakistan's commitment to being well-prepared for this significant international event.





LT. GEN (R) SYED ARIF HASAN, PRESIDENT POA MEETINGS DURING ASIAN GAMES



Reflecting back on the momentous 34th National Games of 2023, it is worth revisiting some of the pivotal highlights that distinguished this event. The ceremonial lighting of the Torch at Quaid-e-Azam Mazar in Karachi, on May 6, not only echoed the historical significance of the inaugural Games but also set in motion a journey of unity and sportsmanship across Pakistan. Traversing through key cities - Peshawar, Islamabad, Muzaffarabad AJK, and Lahore, the Torch's journey culminated in Quetta on May 14, symbolically ushering in the Games.

Hosted in Quetta, the heart of Balochistan, from May 22 to 30, the Games were a grand amalgamation of culture, sports, and national spirit, bringing together around 7000 participants. While the essence of the competitions echoed throughout Quetta, other regions like Karachi, Lahore, Islamabad, and Jhelum also played pivotal roles, hosting various sporting events.

The presence of distinguished guests such as the Honorable Prime Minister, Mian Muhammad Shehbaz Sharif, and the Honourable President, Dr. Arif Alvi, at the opening and closing ceremonies respectively, added grandeur to the Games. This iteration of the National Games, especially significant after a hiatus of 19 years in Quetta, was not just a sporting event but a celebration of Pakistan's unity and the resilience of its sports community.

In a formidable showcase of athleticism and team spirit, the various units of Pakistan's sports fraternity competed with fervor and tenacity in the 34th National Games. The Army led the medal tally, showcasing their dominance with an impressive haul of 199 golds, contributing to their total of 398 medals. Not far behind, WAPDA demonstrated their prowess with 109 gold medals, while the Navy, exhibiting great skill and dedication, secured 28 golds. The Pakistan Air Force (PAF), Higher Education Commission (HEC), and the regional teams from Sindh to Gilgit Baltistan, all displayed commendable performances, contributing to the diverse medal spectrum.

The collective efforts of these teams and individual athletes culminated in a grand total of 1,256 medals, with 369 golds, 368 silvers, and 519 bronzes being awarded. A notable highlight was the exceptional achievement of Mr. Nooh Butt, who clinched the gold medal in Weightlifting +109 KG as an independent athlete under the flag of POA, a testament to the indomitable spirit and individual talent present in the games.

The 34th National Games not only celebrated the victories but also the unyielding spirit of sportsmanship and unity among competitors. Each medal won was a story of perseverance, each athlete's journey a narrative of inspiration, and together, they wove the fabric of a successful national sporting event that will be remembered for years to come.

CGF / CGA COMMS MEETING - 16 MAY 2023: CGF / CGA Committees Group meeting was held online on 16 May 2023 which was attended by the CGA Pakistan. The CGF and the Trinbago 2023 Commonwealth Youth Games Organizing Committee shared the important information relevant to the Games.



LT. GEN (R) SYED ARIF HASAN, PRESIDENT POA WELCOMED AND BRIEFED A DELEGATION OF SENIOR MANAGEMENT COURSE FROM NIM, LAHORE



The Pakistan Olympic Association proudly allocated the IOC OS Technical Course for Table Tennis Coaches to the Pakistan Table Tennis Federation. This enriching course was held in Lahore from June 17 to 27, 2023, featuring the expertise of Mr. Ramzi Ben Hadj Mabrouk, an international specialist from Tunisia appointed by the International Table Tennis Federation (ITTF). The session was a hub of learning for 17 male and female coaches, with an additional 12 individuals joining as observers to enrich their coaching acumen.

The opening ceremony was honored by the presence of Mr. Asif Tufail, Director General of Sports Board Punjab, as the chief guest. The closing ceremony was equally prestigious, with Mr. Muhammad Khalid Mahmood, Secretary General of the POA, in attendance as the Chief Guest. He presented certificates to the participants, acknowledging their commitment and newly acquired skills.

In preparation for the 19th Asian Games, a significant online Pre Delegation Registration Meeting (DRM) was held on June 19, 2023. The Secretary General and the Manager Games Services from NOC Pakistan participated in this meeting, ensuring that the country's representation at the Hangzhou 2022 Games would be well-coordinated and effectively managed.





LT. GEN (R) SYED ARIF HASAN, PRESIDENT POA DURING VARIOUS ENGAGEMENTS



33RD MEETING OF THE NATIONAL ASSEMBLY STANDING COMMITTEE ON IPC – 20 JUNE 2023

33rd meeting of the Standing Committee on IPC was held on 20 June 2023 in the Ministry of Inter Provincial Coordination, Islamabad under the Chairmanship of Mr. Nawab Sher, MNA the Senate Standing Committee on IPC. Mr. Muhammad Khalid Mahmood, Secretary General, POA and Mr. Rizwan UI Haq Razi, Associate Secretary General, POA attended and briefed the august Committee on the functions of POA.

CGA COMMS GROUP MEETING ON 20 JUNE 2023: The Commonwealth Games Federation organized an online meeting for the CGA Comms group and updated the information of Trinbago 2023 Commonwealth Youth Games and Victoria 2026 Commonwealth Games with the CGAs. The meeting was attended by Manager Games Services CGA Pakistan.



OLYMPIC DAY CELEBRATION 2023: Celebrating the birth of the modern Olympic Movement on June 23, 1894, the Olympic Day 2023 was a vibrant global celebration promoting sports and active living for all age groups. The Pakistan Olympic Association (POA), in a collaborative effort with Government College University Lahore (GCU Lahore) and Lahore College for Women University (LCWU), conducted tree planting drives on June 20 and 21. These green initiatives were part of the POA's "Plant – Preserve – Plant!" campaign, embodying their dedication to environmental stewardship in line with the Olympic Agenda 2020+5. Esteemed academicians and Olympians, such as Prof. Dr. Asghar Zaidi TI and Prof. Dr. Bushra Mirza T.I., joined hands in these efforts, underscoring the crucial link between sports participation and environmental health. Moreover, a series of Olympic Day Runs and competitions energized the nation on June 23, with involvement from national sports federations and provincial Olympic Associations. The celebrations culminated on June 24 at DHA Phase VI, Lahore, with a festive run and ceremony at the Captain Fasih Babar Amin Shaheed Sports Complex. The event, graced by the presence of athletes, community members, and the esteemed Chief Guest Lt Gen Syed Aamer Reza HI(M), was a testament to the enduring Olympic values and the pivotal role of NOC Pakistan in nurturing sports excellence and community engagement.

1:1 MEETING OF GANGWON 2024 WINTER YOUTH OLYMPIC GAMES - JUNE 27, 2023: NOC Pakistan engaged in a one-on-one meeting with the NOC Relations Manager of the Gangwon 2024 Winter Youth Olympic Games Organizing Committee. This was a step towards fostering international sporting relations and preparing for the upcoming Winter Youth Olympics.

Reflecting back to the Torch Relay ceremony at Akhuwat:





OLYMPIC DAY 2023



OLYMPIC DAY 2023



GENERAL COUNCIL MEETING OF NOC PAKISTAN - JULY 3, 2023: On July 3, 2023, the NOC Pakistan convened its General Council Meeting at the Pakistan Olympic House in Lahore. Presided over by Lt Gen (R) Syed Arif Hasan HI(M), President of NOC Pakistan, the meeting was a comprehensive session covering a broad spectrum of pivotal topics. The council delved into discussions on the country's sports trajectory, strategic international participations for 2023 - 2024, and specifically, the 19th Asian Games scheduled in Hangzhou, China, from September 23 to October 8, 2023. The meeting proved to be an effective platform for reviewing the implementation of the Executive Committee's decisions and recommendations. A thorough debriefing on the 34th National Games Quetta 2023 was provided, offering valuable insights into both achievements and areas for improvement. Looking ahead, preparations for the 14th South Asian Games to be hosted by Pakistan in 2024 were evaluated, setting the groundwork for what promises to be a significant event in the regional sports calendar. Additionally, the assembly discussed the composition of the Election Commission of POA, reflecting on the integrity and fairness of the electoral process within the organization. The current state of the Olympic Movement in Pakistan was also a key focus, ensuring alignment with the global Olympic ethos. The council's discussions culminated in informed decisions that will shape the future of sports in Pakistan.



Torch Relay ceremony at Pakistan Olympic House Lahore

VIRTUAL OCA FINANCE COMMITTEE MEETING - 02 JULY 2023: Mr. Muhammad Khalid Mahmood, Secretary General POA attended the virtual OCA Finance Committee Meeting on 2 July 2023 as Member of OCA Finance Committee.

TRINBAGO 2023 PRE DRM OF CGA PAKISTAN - 04 JULY 2023: NOC Pakistan attended the Pre DRM Meeting with the Trinbago 2023 Commonwealth Youth Games Organizing Committee held on 04 July 2023 regarding participation of Pakistan Contingent in the Games.

80TH OCA EXECUTIVE BOARD MEETING, BANGKOK - 07 JULY 2023: Lt Gen (R) Syed Arif Hasan, President POA/ Vice President OCA attended the 80th OCA Executive Board Meeting on 07 July 2023 in Bangkok, Thailand.

42ND OCA ELECTIVE GENERAL ASSEMBLY, BANGKOK - 08 JULY 2023: Lt Gen (R) Syed Arif Hasan, President POA/ Vice President OCA, Ms. Fatima Lakhani, Vice President POA and Mr. Muhammad Khalid Mahmood, Secretary General POA attended the 42nd OCA Elective General Assembly Meeting on 08 July 2023 in Bangkok, Thailand. Lt Gen (R) Syed Arif Hasan, President POA elected Vice President OCA (South Asia)

1:1 PARIS 2024 PRE CDM SEMINAR MEETING - 11 JULY 2023: Mr. Muhammad Khalid Mahmood, Secretary General, NOC Pakistan attended 1:1 Pre CDM Seminar Meeting with Paris 2024 Olympic Games Organizing Committee on 11 July 2023.

PARIS 2024 CDM SEMINAR IN PARIS - 13 - 19 JULY 2023: Mr. Muhammad Khalid Mahmood, Secretary General, NOC Pakistan attended the CDM Seminar of Paris 2024 Olympic Games on 13 - 19 July 2023 in Paris, France.

Pictures from various programs conducted over the year:





ACTIVITIES AT ASIAN GAMES 2022



FUN RUN ASIAN GAMES



16TH INTERNATIONAL SESSION FOR NATIONAL OLYMPIC ACADEMIES' AND NATIONAL OLYMPIC COMMITTEES' DELEGATES - 16-22 JULY 2023: Dr. Syed Meesaq Hussain Rizvi, attended the 16th International Session for National Olympic Academies and National Olympic Committees' Delegates held on 16-22 July 2023, in Athens & Olympia, Greece.

ADS DEMONSTRATION WEBINAR - 24 JULY 2023: The Hangzhou 2022 Asian Games Organizing Committee organized a Webinar for the NOCs of Asia presenting Arrival and Departure Demonstration. It was attended by Manager Games Services NOC Pakistan.

ONLINE BRIEFING - CGA 2026 UPDATE BY CGF PRESIDENT & CEO - 24 JULY 2023: Following the announcement regarding the Victoria 2026 Commonwealth Games, the CGF invited the President and Secretary General of CGAs to a closed briefing on 24 July 2023 regarding CGF's efforts made and next steps to be taken for the Games.

3RD MEETING OF POA ATHLETE'S COMMISSION - 25 JULY, 2023: 3rd Meeting of POA Athletes Commission was held on 25 July 2023 at Pakistan Olympic House Lahore to discuss and finalize Activities /Plans for the year 2023-24.

DELEGATION REGISTRATION MEETING (DRM) OF TRINBAGO 2023 COMMONWEALTH YOUTH GAMES - 27 JULY 2023: The Delegation Registration Meeting of CGA Pakistan with the Organizing Committee of Trinbago 2023 Commonwealth Youth Games was conducted on 27 July 2023 by CGA Pakistan and finalized the entries of athletes and participation of Pakistan Contingent in the Games.

OCA-IIHF U16 ASIAN ICE HOCKEY YOUTH CAMP IN TASHKENT, UZBEKISTAN - 31 JUL - 7 AUG 2023: U16 Asian Ice Hockey Youth Camp was organized in Tashkent, Uzbekistan on 31 July to 07 August 2023 by OCA in collaboration with International Ice Hockey Federation. On the recommendation of Winter Sports Federation of Pakistan, following athletes and officials attended the subject Camp: Mr. Liaqat Ali Khan Coach, Mr. Qadir Karim Game official / Referee, Ms. Manahil Akbar Female Athlete, Mr. Mustansir Ali Khan Male Athlete

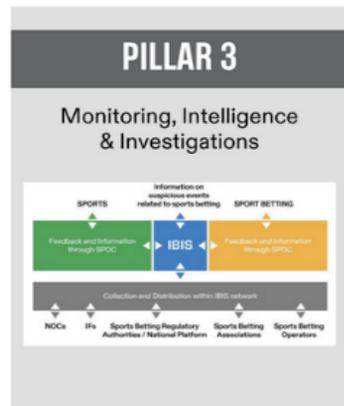
MEETING OF POA FINANCE COMMITTEE - 02 AUGUST 2023: Meeting of POA Finance Committee was held on 02 August 2023 at Pakistan Olympic House under the chair of Syed Muhammad Abid Qadri, Vice President POA.

Plant Preserve Plant derive was part of the Olympic Day 2023 Activities





ACTIVITIES AT ASIAN GAMES 2022



PARTICIPATION IN THE TRINBAGO 2023 COMMONWEALTH YOUTH GAMES (August 4-11, 2023): A five-member delegation from CGA Pakistan, including three swimmers (one male, two female), a female swimming official, and the CDM, participated in the Games in Trinidad and Tobago. Due to the non-issuance of transit visas to the USA, two athletes from Athletics (one male, one female) and one male swimmer were unable to participate.

2ND MEETING OF POA WOMEN COMMISSION (August 7, 2023): Chaired by Ms. Fatima Lakhani, Vice President of POA, this meeting at the Pakistan Olympic House Lahore reviewed the Commission's activities since March 2021, discussed reports on harassment and abuse in sports, evaluated recommendations from the Gender Equity Seminar in Bahrain (October 2022), updated the status of Provincial Olympic Association's Women Commissions, and planned awareness seminars on gender equity.

MEETING OF POA DISCIPLINARY COMMITTEE (August 9, 2023): This meeting focused on the National Games 2023.

1ST VIRTUAL MEET & GREET WITH AFFILIATED NF'S ATHLETES COMMISSION (August 18, 2023): Hosted by POA Athletes Commission under the chair of Mr. Muhammad Inam, this inaugural virtual event was held at the Pakistan Olympic House Lahore.

3RD MEETING OF POA EDUCATION COMMISSION (August 19, 2023): Led by Mr. Muhammad Khalid Mahmood, Secretary General POA/Vice Chair POA Education Commission, this meeting at the Pakistan Olympic House Lahore reviewed the Commission's activities since November 2021. Discussions included the successful launch of the Sports Administration Manual in January 2023, its application in workshops/training, educational activities during National Championships and Games, progress on establishing the National Olympic Academy, and plans for education and advocacy in the upcoming South Asian Games, as well as updates on a digital quiz booklet and the completion of educational or leadership courses by POA affiliates.

MEETING OF THE MANAGEMENT COMMITTEE OF E-SPORTS (August 24, 2023): Held in a hybrid format at Olympic House, Lahore, and chaired by Syed Muhammad Abid Qadri, this meeting focused on E-Sports participation in the 19th Asian Games 2013 in China.

MEETING ON 'DISPUTE RESOLUTION - PROVINCIAL CYCLING ASSOCIATIONS' (August 25, 2023): This session, addressing dispute resolution within Provincial Cycling Associations, took place at the Pakistan Olympic House, Lahore.

ELECTION PROGRAM OF ISLAMABAD OLYMPIC ASSOCIATION (IOA) (August 26, 2023): Supervised by Deputy Secretary General POA, Mr. Muhammad Jahangir, this meeting discussed the upcoming IOA elections, scheduled post-approval and adoption of the Model Constitution by the Executive Committee of POA and IOA.

OCA / IOC WEBINAR ON PREVENTION OF MANIPULATION OF COMPETITIONS (August 29, 2023): Organized by the Olympic Council of Asia (OCA) and the Olympic Movement Unit on the Prevention of the Manipulation of Competitions (OM Unit PMC), in collaboration with Interpol, this webinar exclusively for Asian NOCs/ participating NSFs and CDM, focused on preventing manipulation in sports competitions. It aimed to maintain the integrity of the 19th Asian Games Hangzhou China, offering insights and strategies against competition manipulation.

GCU Lahore celebrations of the Olympic Day 2023





ACTIVITIES AT ASIAN GAMES 2022



ACTIVITIES AT ASIAN GAMES 2022



SEMINAR FOR ATHLETES AND OFFICIALS PARTICIPATING IN THE 19TH ASIAN GAMES HANGZHOU - 2-3 SEP 2023

Pakistan Olympic Association organized a two days Seminar for Athletes and Officials Participating in the 19th Asian Games Hangzhou on 2-3 Sep 2023 at Mayo Gardens, Pakistan Railways Lahore. The event brought together athletes, officials, and experts from the sports and medical fields to discuss essential topics geared towards optimizing athletic performance and ensuring the well-being of athletes. This seminar aimed to provide valuable insights and knowledge for participants ahead of the upcoming games.

The Seminar was attended by athletes and coaches (75 in person and 60 on zoom) who will participate in the 19th Asian Games in Hangzhou, China. Besides a large number of key personnel of the National Federations /sports organization along with their national athletes and coaches were also present.

IOC Certified experts on various medical fields, interacted with the athletes and officials set to leave for Hangzhou for the Asian Games. Dr. Lubna Sibtain, an IOC certified Sports Physician, made her presentation on the role of food management in enhancing athletes' performance and discussed the importance of making choices regarding supplements to maintain health and performance integrity. Dr. Asad Abbas, IOC Certified in Sports Medicine and a Member of the Medical Committee of the Olympic Council of Asia, addressed the vital issue of "Doping Controls & ADEL Certification." Dr. Asad shared insights of the latest advancements in anti-doping measures and emphasized the importance of adhering to the highest standards of ethics and fair play in sports. Dr. Meesaq Rizvi, a distinguished medical professional with credentials of two time Olympian having IOC Sports Nutrition Diploma, provided invaluable insights into "Sports Nutrition." Dr. Meesaq shared expertise on tailoring nutrition plans to meet the unique demands of athletes, ensuring they achieve peak performance while staying healthy. The experts assured the athletes of their availability to attend the issues and guide coaches to best train athletes.



ACTIVITIES AT ASIAN GAMES 2022



ATHLETES MEET WITH PRESIDENT IOC, HANGZHOU, CHINA (September 22, 2023): Mr. Gulfam Joseph, a shooter, was nominated by the Pakistan Olympic Association to meet with the President of the IOC during the 19th Asian Games 2022 in Hangzhou.

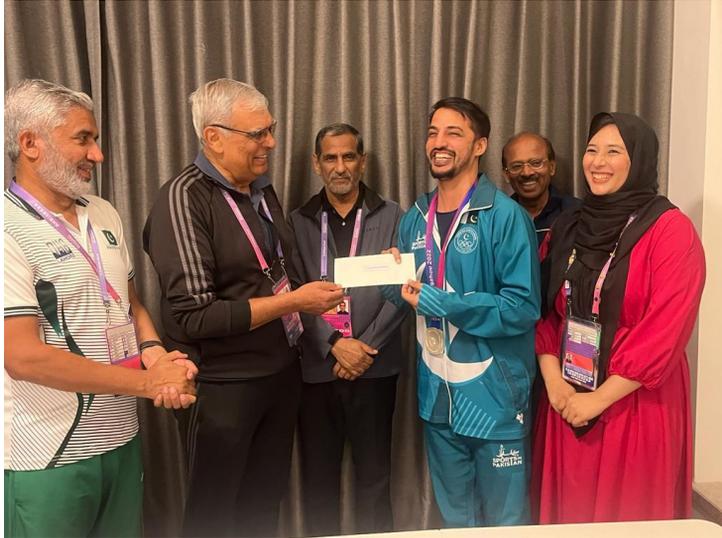
ALLOCATION OF IOC OLYMPIC SCHOLARSHIPS FOR ATHLETES - PARIS 2024 (September 4, 2023): The IOC Olympic Scholarship for Paris 2024 was allocated to Mr. Ghulam Mustafa Bashir, a shooter, following a special recommendation by the Pakistan Olympic Association. Mr. Bashir signed the contract on September 4, 2023, at Pakistan Olympic House Lahore.

MEETING OF POA HR & ADMIN COMMITTEE (September 8, 2023): Chaired by Mr. Hamdan Nazir, President PRF, this meeting at Pakistan Olympic House discussed the salary structure of POA employees for FY 2023-2024, yardstick measurements for employee evaluation, job descriptions, and the POA Employee Handbook.

MEETING WITH OCA ACTING PRESIDENT (September 21, 2023): Mr. Muhammad Khalid Mahmood, Secretary General NOC Pakistan, met with Raja Randhir Singh, Acting President of OCA, to discuss various matters of mutual interest.

19TH ASIAN GAMES HANGZHOU CHINA (September 23 – October 8, 2023): Rescheduled from 2022 due to COVID-19, the 19th Asian Games featured 40 sports and 61 disciplines. NOC Pakistan submitted over 700 accreditations for athletes and officials across 28 sports disciplines. Due to financial constraints, 4 national sports federations withdrew their entries. Pakistan's final participation included 135 male athletes (52%), 53 female athletes (20%), 64 male officials/coaches (24%), and 10 female officials/coaches (4%), totaling 262 members. The Delegation Registration Meeting for Pakistan, attended by a three-member delegation including Mr. Muhammad Khalid Mahmood, was held on September 16, 2023.





ACTIVITIES AT ASIAN GAMES 2022



19th Asian Games Hangzhou, China (September – October 2023) Highlights:

Team Welcome Ceremony (Sept 22): Pakistan, along with five other countries, participated in the ceremony, exchanging souvenirs with the Village Mayor. **Opening Ceremony (Sept 23):** Inaugurated by President Xi Jinping of China, the ceremony featured over 12,000 athletes with Mr. Ghulam Mustafa Bashir and Ms. Nida Rashid as Pakistan's flag bearers.

Visits and Recognitions: Federal Secretary IPC & DG PSB visited the athletes; President POA awarded cash prizes for exceptional performances. **Dope Tests:** 15 athletes from 5 sports underwent doping tests. **Closing Ceremony Flag Bearer:** Mr. Muhammad Awais, a bronze medalist, represented Pakistan. **Closing Ceremony Address (Oct 8):** Given by Mr. Gao Zhidan, President of the Games Organising Committee and the Chinese Olympic Committee. **Medal Achievements:** Pakistan won medals in Squash (Silver), Shooting (Bronze), and Kabaddi (Bronze), with top 10 finishes in Athletics, Boxing, Karate, Weightlifting, and Volleyball. **Strategic Meetings (Oct 2):** Discussions with IOC and ISSF officials focused on mutual interests and collaboration. The journey of Asian Games started with the FUN RUN and ended with the culmination of the 19th Asian Games in an exceptional ceremony. The Games were nothing less than a marvel of the Modern Olympic Period.

Asian Games 2022 were celebrated throughout the year starting from the FUN RUN







In October 2023, the Pakistan Olympic Association (POA) was engaged in a series of significant activities and meetings. Mr. Muhammad Khalid Mahmood, Secretary General CGA Pakistan, participated in the online CGA Regional Meeting of the Commonwealth Games Federation on October 12. This was followed by the POA Finance Committee meeting on October 21 at the Pakistan Olympic House, chaired by Vice President POA Syed Muhammad Abid Qadri. The meeting focused on financial auditing and planning, with the President of POA also in attendance. On October 25, a celebratory ceremony was held for the Pakistan Wheelchair Cricket Team at the Pakistan Olympic House in Lahore, recognizing their victory in the 2nd Asia Cup 2023 in Kathmandu, Nepal. The following day, senior management course officers from various services, along with a faculty member from the National Institute of Management Lahore, visited the Olympic House to discuss sports-related public service issues. The month's activities concluded with an Executive Committee Meeting of NOC Pakistan on October 27, presided over by Lt Gen (R) Syed Arif Hasan. This meeting, held in both virtual and physical formats, covered a range of important topics including international games, financial matters, and the Olympic Movement in Pakistan.



In November 2023, Pakistan Olympic Association (POA) in collaboration with the Athletes Commission of POA organized an interactive session with athletes initiating a new format Meet and Educate Athletes. The Athletes who secured Gold Medals in the National Games Quetta were invited to attend the seminar and ask questions from the officials of the National Sports Federations and qualified personnel to address on key areas related to the Doping Controls, Competition Manipulation, their rights regarding Non-Accidental Violence, training sessions and competition schedules. The athletes amazed all by their questions and desire to know more about all areas concerning their professional growth.

A dinner was hosted to acknowledge the valuable partnership with DHA Lahore in last few years including organization of various National Championships of various sports as well as the conduct of the events like Olympic Day, FUN RUN for Asian Games. DHA Lahore has extended valuable support for athlete development. The event was hosted by Lt. Gen (R) Syed Arif Hasan and Brig. Gul Wahid Satti former Administrator DHA Lahore and Brig. Yasir Mirza, the current Administrator DHA Lahore graced the occasion with their presence.

Lt. Gen (R) Syed Arif Hasan, President POA attended the Saudi Games and General Assembly of ISSF in Riyadh. During the visit, Mr. Muhammad Khalid Mahmood, Secretary General POA also visited the Saudi Olympic Academy and discussed the opportunities of collaboration.

Besides these highlighted events, there were numerous other assignments and activities undertaken during this period that are not detailed in this report. The POA Secretariat, under the guidance and leadership of Lt. Gen (R) Syed Arif Hasan, President POA, diligently performs various critical functions behind the scenes, essential for the organization's effective functioning and achievement of its goals.



RECENT ACTIVITIES





Pakistan Olympic Association
Women Commission & Syed Foundation
BREAST CANCER AWARENESS SEMINAR

Head of Department
Prof. Dr. Afsana Soomro
 FICS, MCh, FACS
 Head of Department
 Department of Gynaecology

01-17th October, 2023
 10:00 AM onwards till 04:00 PM, 04:00 PM
 02nd Floor, Sheraton Hotel, Rawalpindi, Pakistan





