

# Pakistan Olympic Association

## PRESIDENT

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## SECRETARY GENERAL

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POA-232/MOS/027  
30 April 2025

The Secretary General / Directors  
National Sports Federations /  
Provincial Olympic / Regional Associations /  
Services and Departments  
Affiliated with POA

### **IOC Certificate in Mental Health 2025**

Dear Madam/ Sir,

Pakistan Olympic Association (POA) is pleased to share a valuable opportunity under the Olympic Values Programme offered by Olympic Solidarity: the IOC Certificate in Mental Health in Elite Sport, delivered online by Sportsoracle.

This program is designed to enhance participants' understanding of mental health issues in elite sports. It equips members of the athlete entourage with the knowledge and skills needed to support the mental well-being of athletes. The course is fully online and self-paced. For further information, please visit [sportsoracle](https://sportsoracle.com).

Recognizing the critical role of mental health in athletes' overall well-being and performance, the IOC Health, Medicine and Science Commission has developed this program as part of its commitment to the continuing professional development of support personnel. It features a broad curriculum taught by an internationally respected faculty.

Upon successful completion, participants will be awarded a certificate by the International Olympic Committee. No formal education is required but English language proficiency is essential

The Olympic Solidarity provides tuition fees (£300 GBP) only. Any additional costs (e.g., internet access, printing, travel, and attendance at the certificate ceremony) must be borne by the participant or their NOC

We invite all affiliated units of POA to nominate a suitable candidate and send an updated CV, copy of CNIC/passport, recommendation letter from a nominated unit of POA, and copies of all necessary degrees/diplomas /documents, etc, **latest by 15 May, 2025**. For queries or assistance, please contact the undersigned or Mr. Zaigham Abbas, Manager OS Programs (0300-4003692).

Note: Selected candidate must sign and submit an undertaking (on stamp paper) committing to complete the course and fulfill all academic requirements. Non-compliance will result in repayment of the full course fee (£300 GBP).

Thank you for your cooperation and continued support in strengthening the capacity of sports organizations in Pakistan.

Best regards,

**Muhammad Khalid Mahmood**

Secretary General  
Pakistan Olympic Association

### **Copy to:**

- Mr. Arif Saeed, President Pakistan Olympic Association.
- Mr. Muhammad Abubakar Ali, Manager M&M POA (for uploading on POA Website).
- Master File.