

Pakistan Olympic Association

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OLYMPIC DAY, 23rd JUNE 2020 - CELEBRATIONS OF COMMEMORATION OF MODERN OLYMPICS

Dear Friends & Colleagues,

We are all prayers for the health and well-being of everyone and InshaAllah, soon we will sail out of the pandemic stronger, ensuing prosperity of the Pakistan and that of the world.

You all are aware that 23rd June is the Olympic Day - 2020 celebrated to cherish the birth of modern Olympics as envisioned by Pierre de Coubertin. Though the festivity includes sports, cultural and artistic activities by masses, this time to prevent the havocs of pandemic, the Global Olympic Family is celebrating the day by organizing the "**LARGEST GLOBAL ONLINE WORKOUT**" under the auspice of the International Olympic Committee. The athletes shall collaborate within the virtual space to demonstrate their WORKOUT to foster the Olympism and recognizing that the SPORTS has become more important than ever to combat the pandemic on the biggest digital platform. **Representing Pakistan, Tennis Star and International Medalist Aisam-ul-Haq Qureshi is part of this biggest global workout.**

We encourage athletes, sports leaders and people of Pakistan to attend the live session on the Official Instagram handle of Olympics @ <https://instagram.com/olympics?igshid=721ty2dmhpi2>. Moreover athletes, sports leaders and masses are also invited to become part of the Olympic Day festivities by sharing their messages of peace, friendship and Olympism and foremost messages (VIDEOS & PAINTINGS) saluting the front line workers shielding us from the COVID – 19 by tagging www.facebook.com/NOCPakistan (Facebook), @nocpakistan (Twitter), @nocpakistan (Instagram) & @nocpakistan, (Youtube). POA's program shall continue till 05th July, 2020 and participants shall be awarded with the internationally recognized certificate of participation. For queries, please feel free to contact:

Mr. Fahad Mehmood, Social Media Coordinator at 0300-9830008

Ms. Ada Jaffery, Project Coordinator, 0323-8862441.

Further NOC Pakistan in recognition of the power of Olympic Values Education Program shall be organising digital classes wherein national champions including **Mr. Muhammad Inam, World Champion** will share their valuable sporting knowledge with students and youngsters of different schools. This partnership will go long way in development of future athletes and sports leaders in Pakistan.

In the end, we would like to emphasize that the SPORTS IS MORE IMPORTANT THAN EVER TO FIGHT THE COVID – 19 PANDEMIC. #STAY STRONG #STAY ACTIVE #STAY HEALTHY

Best regards,

Muhammad Khalid Mahmood
Secretary General POA

