

Pakistan Olympic Association

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POA ALL SET FOR OLYMPIC DAY 2020 - THE WORLD'S BIGGEST ONLINE OLYMPIC WORKOUT

[@olympics Instagram](#) Watch Live Tuesday, 23rd June 2020 11:00 AM (sharp)

Dear Friends & Colleagues,

As you are already aware that Olympic Family is mobilizing to celebrate the Olympic Day 2020 on June 23rd by engaging local communities through digital spaces. Olympic Day has always been the most awaited event of the annual calendar of the Olympic family but due to the prevailing COVID 19 lockdown, POA and athletes from all across the country will be participating in The World Biggest Online OLYMPIC Workout.

“We are delighted to share that our **Tennis Star, Aisam- Ul- Haq** has been nominated to represent Pakistan through a live session at the official Instagram account of the Olympics along with **23 Elite Athletes and Olympians from around the Globe on June 23rd 2020**” said Lt. Gen Syed Arif Hassan, President POA

Secretary General, POA further explained that “it is a pride moment not only for the sporting community but also for the whole nation and we should celebrate it fully by showing digital presence in the Live Session being conducted by Aisam ul Haq sharp at 11:00 am by comments, likes and shares of the session”

To resonate the spirit of the Olympic Day 2020, POA has informed all of the Federations/Departments and Services to engage their athletes for this Global Workout and has also sent emails to educational institutes so that a diverse group from all across the country can join the Live Instagram Session showing solidarity with the spirit of Olympism

#STAYSTRONG #STAYACTIVE #STAYHEALTHY #ENJOYTHELIVEWORKOUT

Find attached the **Official Artworks** sent by the **IOC Media** Team for promotion and publication.

Best regards,

Ada Jaffery
Project Coordinator
Olympic Day 2020 – NOC Pakistan



OLYMPIC DAY
workout

WITH

AISAM-UL-HAQ
QURESHI

TUESDAY
JUNE 23



@olympicchannel



11AM ISLAMABAD