



1ST PAKISTAN ATHLETE'S FORUM
14-15 NOVEMBER 2020 - LAHORE
PROGRAMME



DAY – 0 - Friday	13-11-2020	Arrival of out station Participants/Experts
DAY – 1 - Saturday	14-11-2020	
Session – I	Opening Ceremony	
0800-0930 hours	Registration of Participants	
0930-1000 hours	Guests/ Media Friends/ Athletes /Officials to be seated	
1000-1005 hours	Arrival of Chief Guest	
1005-1010 hours	National Anthem	
1010-1015 hours	Recitation from Holy Quran	
1015-1020 hours	Welcome words by Mr. Muhammad Inam, Chairman Athletes Commission	
1020-1025 hours	Introduction & Purpose of the Forum by Mr. Muhammad Khalid Mahmood, Secretary General NOC Pakistan.	
1025-1030 hours	Address by Lt Gen (R) Syed Arif Hasan, President NOC Pakistan	
1030-1035 hours	<u>Video Message of Mr. Thomas Bach, President IOC</u>	
1035-1045 hours	Address by Chief Guest Lt Gen (Retd) Muzammil Hussain, Chairman WAPDA	
1045-1050 hours	Group Photo	
1050-1120 hours	Tea/ Coffee	
Session – II	Chair - Mr. Manzoor ul Hasan Sr. Olympian	
1120-1145 hours	The Coubertin's philosophy of Athlete as a Role Model & Olympic Values presented by Univ - Prof Dr. Stephen Wassong, President – CIPC	
1145-1155 hours	Sharing success stories of athletes (National & International Medalist) turned professionals in any field narrating their journey from an athlete to their professional endeavor	
1155-1255 hours	Protocols of Sports during COVID-19, Nutrition and enhancement of immune system to fight against Covid-19 followed by Quiz presented by Dr. Syed Asad Abbas Shah, Secretary NOC Pakistan Medical Commission	
1255-1400 hours	Prayer and Lunch	
Session – III	Chair - Syed Muhammad Abid Qadri, Vice President NOC Pakistan	
1400-1500 hours	Prevention of Harassment and Abuse in sports followed by Quiz presented by Ms. Ada Jaffery, MEMOSIAN/ Member NOC Pakistan Women Commission	
1500-1510 hours	Sharing success stories of athletes (National & International Medalist) turned professionals in any field narrating their journey from an athlete to their professional endeavor	
1510-1545 hours	Tea/ Coffee	
Session – IV	Chair - Ch. Muhammad Yaqoob, Vice President NOC Pakistan	
1545-1645 hours	Athletes Rights & Responsibilities in General followed by Quiz presented by Ms. Sumera Sattar, Executive Member NOC Pakistan/Former National Champion, Basketball & Handball	
1645– 1700 hours	Sharing success stories of athletes (National & International Medalist) turned professionals in any field narrating their journey from an athlete to their professional endeavor	



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DAY – 2 – Sunday 15-11-2020

Session – I Chair – Brig Muhammad Zaheer Akhtar Vice President NOC Pakistan

0830-0900 hours	Guests/ Media Friends/ Athletes /Officials to be seated
0900 -1000 hours	WADA Code and Prohibited substances and methods followed by Quiz presented by Maj (R) Dr. Lubna Sibtain, Member NOC Pakistan Medical Commission
1000 – 1100 hours	Prevention of Injuries in Sports followed by Quiz presented by Dr. Syed Asad Abbas Shah, Secretary NOC Pakistan Medical Commission
1100- 1130 hours	Tea/ Coffee

Session – II Chair – Mr. Shaukat Javed, Vice President NOC Pakistan

1130-1230 hours	Result Management of Doping followed by quiz by Dr. Waqar Ahmed, Chairman NOC Pakistan Medical Commission
1230-1300 hours	Capacity building and branding of Athletes through Social Media followed by quiz presented by Mr. Ahmer Mallick, Associate Secretary NOC Pakistan and Ms. Uzma Asghar, South Asian Games Medalist
1300 – 1400 hours	Prayer and Lunch

Session – III Closing Ceremony

1400 -1410 hours	Guests/ Media Friends/ Athletes /Officials to be seated
1410 -1415 hours	Arrival of Chief Guest
1415-1420 hours	Recitation from the Holly Quran
1420 – 1500 hours	Empowering athletes to access Athletes365, outreach workshops and Athletes Career Transition followed by Quiz presented by Ms. Ada Jaffery, MEMOSIAN/ Member NOC Pakistan Women Commission
1500 – 1510 hours	Success Story of Col Mudassar Asghar, Olympian (Hockey)
1510-1520 hours	Speech by Mr. Tayyab Ikram, Vice Chair, OCA Athletes Commission/Member IOC Olympic Solidarity Commission
1520-1530 hours	Address by Chief Guest Lt Gen (R) Syed Arif Hasan HI(M), President NOC Pakistan
1530-1535 hours	Thanks by Mr. Muhammad Inam, Chairman NOC Pakistan Athletes Commission
1535-1545 hours	Closing Words by Mr. Muhammad Khalid Mahmood, Secretary General NOC Pakistan
1545 -1600 hours	Group Photo
1600 -1630 hours	Tea/ Coffee and Good-Bye

Day - 3 – Monday 16-11-2020 Departure of out station Participants/Experts