

# DIARY 2007



**WOMEN OF PAKISTAN:  
ASPIRING FOR GREATER  
HEIGHTS IN SPORTS**

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Uks - A Research, Resource &  
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# PERSONAL DATA

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Tel. (Office)..... (Res.) .....

Mobile ..... Fax .....

E-mail.....

Bank Account.....

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Hospital (emer.)..... Tel. Complaint .....

Police ..... Electricity Complaint .....

Fire Brigade .....



**Throughout** history, social and cultural barriers have limited women's involvement in sports. Nowhere the entry of girls and women in sports was easy and nowhere their numbers grew overnight. In Europe and America, for example, it took over a century of struggle, legislation and societal change to provide today's girls and women the opportunities their mothers and grandmothers were denied. In Pakistan, the changes in the political scenario have largely been responsible for the negative or positive policies regarding women which in turn have impacted upon their freedom of movement, mobility and choices. This was most evident while searching for Pakistani women in sports in news publications. If on the one hand, in a 1957 edition of *Pakistan Quarterly* we found pictures and news of women dressed in shalwar- kameez as well as shorts, participating freely in sports, on the other hand, in the late 70s and 80s we found very little coverage of Pakistani sports-women, and the focus was more on what was appropriate or inappropriate from type of sports to the dress code.

No doubt that the spill over effect of many of the repressive State policies seems to continue even today, but the fact is that the situation is far better compared to twenty years back. Today the world of sports-internationally as well as nationally and locally-- is more diverse and less overwhelmingly male than ever. Today, a growing number of our girls and women are becoming part of the once 'only for male sports culture' and many more are being influenced by it. There is comparatively more coverage and this indeed was a pleasant surprise for me and my team as we found quite a few news items, articles and features on women in sports in Pakistan in news publications from recent years. Though a large part of this coverage was event-related, some also focused on issues of discrimination, lack of facilities, faulty or inadequate policies and other serious topics.

Having said that, I strongly feel that this still makes a very small percentage of the overall sports coverage. This is not enough and more space should be devoted to cover women's sports. There are many arguments that go against this demand. The one that is put forward most often is that since most sports fans are men, -- there is a more coverage of men than women in sports. I would like to counter this by saying that people naturally like to read about others like them, and since women make up almost 48 per cent of our population, so it

stands to reason that if more women appeared in sports sections, more women might read sports sections. Furthermore, it's not that Pakistani women and girls don't participate in sports, only it does not get duly reflected in the media coverage of sports. How many times do we ever get to read, listen or watch those hundreds if not thousands of girls and women who play school and college sports, plus women's pro and amateur matches? Instead, what we do see are big, three-four or even six-column coverage --actually depending on how they are photographed of international women swimmers, tennis players and athletes. This brings us to another issue: do we like and approve the coverage of women in sport?

According to a foreign news report that I read some time back: *"Female athletes generally get more media attention for their looks than for their achievements. Danica Patrick drives a car faster than most men, but she attracted fans by trading her NASCAR racing suit for swimsuits in a magazine photo spread. Anna Kournikova has never won a major tennis tournament, but she gets more ink than 2006 Wimbledon winner Amelie Mauresmo because she's drop-dead gorgeous."* This more than explains the media coverage of our very own women players where preference is still given to foreign sports women.

As a media-based organisation, Uks has always focused on media images of women. Aimed at highlighting the disparity and biases that exist between media coverage of women and men in sports, our continued media analysis indicates that a very small percentage of all media coverage focuses on women in sport in general and Pakistani women in particular. Rare is the day that a local female player makes it to the cover of an English or Urdu news publication. Another finding reveals that images of women in sports are also very different from the familiar pictures of male players in action. Female players are increasingly photographed to highlight their physical features and their dress or the increasing scantiness of it.

In 2004 Uks came forward with the first ever "Gender Sensitive Code of Ethics for the Print Media in Pakistan". It had, among several other clauses, one specific clause that noted in particular the news media's keen interest in treating women in sports more as objects than players. The clause read: *"There is a pressing need to remove*

*disproportionate pictures of foreign women in skimpy sports wear and beauty contests etc. and replace it with positive portrayals of local women in sports."*

This was and continues to be our effort to seek commitment from our media owners, editors, producers, commentators, reporters, and photographers behind newspapers, magazines, radio and television sports, as well as now on the internet, that they should start reflecting reality by bringing forth the female faces in Pakistani sports. It would be wonderful to share the experience of these women in sports, especially how they challenged and changed attitudes and assumptions about participation and expectations. This year's Uks diary is a tribute to all the courageous, bold and brave Pakistani sports women of yesterday, today and tomorrow. I would also like to pay tribute to all the brave women in sports reporting who have made their mark in the predominantly male sports media world. Afia Salam, Fareshtay Gati-Aslam and Farhana Ayaz are a few of the names that come to my mind, and there must be many more -- Uks would like to acknowledge their work and we hope that there this small number keeps multiplying.

As always, Uks has tried to bring to you an issue that needs our attention and action. We have tried to present from the print media how women and sports have been covered. As readers, listeners and viewers, you need to demand for more representation of not only women in sports, but also sports women's coverage positive and supportive in the media. Your letters, views and comments, live-phone-ins and calls do bring in some change you only have to use your own power.

Wishing you a very Happy New Year.



Tasneem Ahmar  
Director

## **COMMENT: Pakistani Women in Sports**

One might be forgiven for thinking that a subject as innocuous as sports might be free of gender biases, religious strife, political expediency, bureaucratic apathy and basic human rights violations right? Wrong. In the Islamic Republic of Pakistan - which has yet to make its mind up whether that name translates into being a rigid orthodox theocracy, a secular and democratic state, an enlightened, moderate and progressive one, or a curious mixture of all the above - sports is not at all an innocuous subject. The issue of Pakistani women in sports is fast becoming an explosive one, particularly after the showdown in the Punjab marathon races in summer 2005.

There are many facets to this issue. They include:

- a denial of Pakistani women's basic human right to participate equally in ALL sectors of national life and in the international arena, including sports at the amateur as well as professional levels;
- a denial of Pakistani women's need for sports for recreation or competition, physical and mental health, and employment opportunities;
- a denial of Pakistani women's right to justice and equality in national sports policies, budgets, programmes, infrastructure, training, participation, motivation, encouragement and recognition;
- a negative mindset, based on our continuing patriarchal and feudal norms, whereby women are to be confined to the private, domestic sphere, leaving competitive sports open only to men;
- regrettably, with just a few notable exceptions, the vast majority of Pakistani print and electronic media (the internet is yet to be monitored for its Pakistani female sports coverage, both in content and quantity), tend to portray a reflection of the above negative mindset, and, in fact, even serve to reinforce and perpetuate it, with titillating, sensuous photographs of foreign swimmers and tennis players in skimpy attire, as well as spicy accounts of sportswomen's dresses and personal lives, rather than a focus on their sporting

achievements.

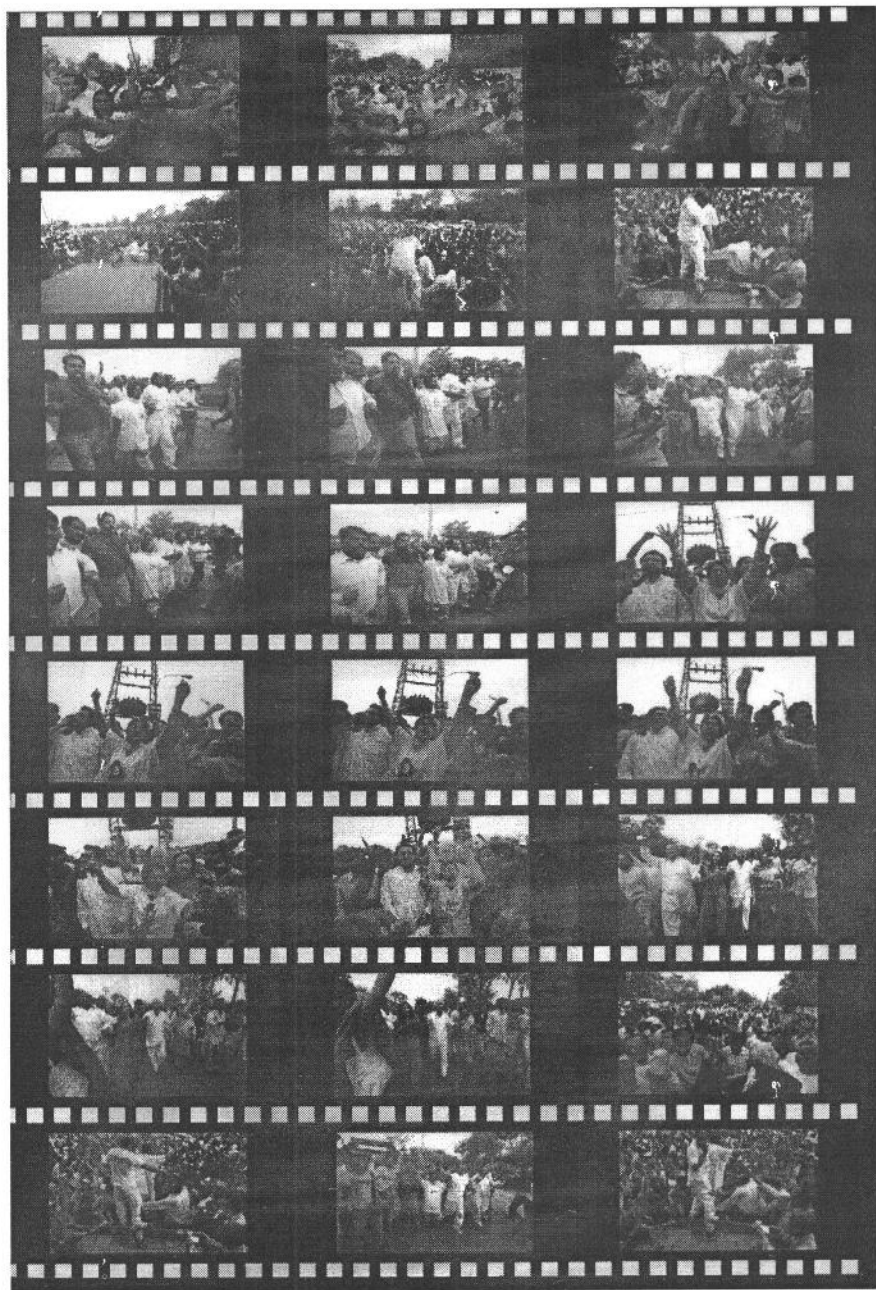
The Women's Action Forum (WAF) was established 25 years ago in 1981, in response to the military dictator, Gen. Zia-ul-Haq's anti-women and anti-non-Muslim legislation, particularly the Hudood Ordinances. The founding Charter of WAF had a specific clause reaffirming the right of Pakistani women to participate in sports, recreation and cultural life. This was in response to the Zia regime's ban on girls and women in public sports and co-educational activities. It is a sad reflection that a quarter century later, WAF still needs to retain this clause in its Charter today, as the demand is still unmet and the right is still to be protected. This is in spite of Article 25 of the 1973 Constitution, which guarantees gender equality, as well as the current military regime's much-touted National Policy on Women's Development and Empowerment.

As Pakistan is a member of the United Nations, this is also in blatant violation of the UN Charter, the Universal Declaration of Human Rights (UDHR), the Child Rights Convention (CRC), the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) and various other instruments, to which Pakistan is a signatory.

The Uks diary 2007 is a sweet-and-sour blend of hope and despair with regard to Pakistani women in sports. Tasneem Ahmar and her team deserve kudos for bravely and honestly tackling an issue which is almost forgotten and buried under decades of official neglect, advertising apathy, lack of resources, facilities and sponsorship, lack of motivation and encouragement in fact, lack of public and media interest altogether. One sincerely hopes that 2007 will shake us all especially PAKISTANI OFFICIALDOM out of our collective stupor on this vital issue. Hats off to our brave women athletes and sports journalists we're rooting for YOU!

Tahira Abdullah  
development worker & rights activist  
Islamabad

# Running for Freedom, Marathon for civil liberties



*Courtesy: Human Rights Commission of Pakistan*



# *Editorials*

کے تاثر کو گہرا اور مضبوط بنا رہے ہیں۔ صورتحال یہی رہی تو یہ تصور بھی نہیں کیا جاسکے گا کہ اولمپک سمارک گیمز یا نیشنل گیمز کی طرح کے ایونٹ منعقد کیے جاسکیں گے کیونکہ ایسے کھیلوں میں بہر حال خواتین بھی حصہ لیتی ہیں اور انہوں نے موقع کی مناسبت سے یا کھیل کی ضروریات کے مطابق لباس بھی پہن رکھا ہوتا ہے۔ الجزائر اور مراکو کی خواتین اولمپک کھیلوں میں انفرادی کارکردگی پر اپنے ملکوں پر اپنے ملکوں کو تمنغے دلا چکی ہیں۔ انہوں نے یہ کارنامہ کھیل کی ضروریات کے مطابق لباس پہن کر سرانجام دیا تھا۔

ہم مسلمان ہیں اور الحمد للہ اسلامی اصولوں اور اقدار و روایات کا پورا دراک رکھتے ہیں۔ اسلام نے ہی سب سے پہلے خواتین کے حقوق مقرر کیے اور انہیں معاشرے کا اہم حصہ قرار دیا۔ معاشرے کا لازمی حصہ ہونے کے ناتے خواتین دیگر شعبوں کے علاوہ کھیلوں میں حصہ لینے میں بھی آزاد ہیں۔ ان کی مخالفت کرنے والے دراصل یہاں طالبان کی طرز کا اسلام لانا چاہتے ہیں اور چاہتے ہیں کہ خواتین کو گھروں میں قید کر دیا جائے۔ قومی اسمبلی کا اجلاس ہونے والا ہے، پنجاب اسمبلی کا اجلاس جاری ہے، سندھ اسمبلی کا اجلاس بھی متوقع ہے، تو کیا سب کو متفقہ طور پر قرارداد منظور کر کے خواتین کو سرتاپا ایسے برقعے پہنا دینے چاہئیں جس میں دیکھنے کیلئے محض ایک چھوٹی سی جالی لگی ہوتی ہے؟ اس سے ہم تعمیر و ترقی کی دوڑ میں یقیناً پیچھے رہ جائیں گے اور زیادہ پسماندہ ہو جائیں گے، گمنامی کے گہرے سمندر میں جاگریں گے۔ یقیناً قوم کو ایسا مستقبل منظور نہیں ہوگا۔

خبریں، 7 اپریل 2005

## کھیلوں میں خواتین کی شرکت اور انتہا پسندانہ سوچ

متحدہ مجلس عمل کے رہنما لیاقت بلوچ نے ایک پریس بریفنگ کے دوران کہا ہے کہ ایم ایم اے عورتوں کے کھیلوں کے خلاف نہیں، صرف مخلوط میراتھن ریس کے خلاف ہے۔ پنجاب حکومت کے ایک ترجمان نے کہا ہے کہ حکومت کھیلوں میں حصہ لینے والی خواتین کو مکمل تحفظ فراہم کرے گی۔ ادھر بہاولپور میں میراتھن ریس غیر معینہ مدت کیلئے ملتوی کر دی گئی ہے جبکہ ملتان کی میراتھن میں بھی دو روز کی تاخیر کر دی گئی ہے۔

مذہبی جماعتوں کی اتحاد کی طرف سے یہ بیان خوش آئند ہے کہ خواتین کے کھیلوں کے خلاف نہیں ہیں اور صرف مخلوط میراتھن ریس کے خلاف ہے لیکن گوجرانوالہ میں چار روز پہلے جو واقعہ پیش آیا اس کی ابتدائی رپورٹ اتحاد کے اس موقف کی نفی کرتی ہے۔ اصل صورتحال یہ تھی کہ مردوں کی ریس پہلے شروع ہو چکی تھی وہ کافی آگے جا چکے تھے اور خواتین کی ریس ابھی شروع ہو رہی تھی کہ بعض انتہا پسندوں نے حالات خراب کر دیئے۔ اس طرح جس ریس کو روکا گیا وہ دراصل مخلوط میراتھن نہ تھی۔ پوری دنیا میں ماحول تیزی سے بدل رہا ہے۔ ایجادات اور سیاسی و جغرافیائی تبدیلیوں نے نئے رجحانات اور نئے رویوں کو جنم دیا ہے۔ دنیا آگے بڑھ رہی ہے جبکہ رجعت پسندی نے ہمیں پسماندہ کر دیا ہے۔ اسی وجہ سے بعض ترقی یافتہ قوموں کی طرف سے ہمیں انتہا پسند اور شدت پسند ہونے کا طعنہ دیا جاتا ہے۔ حالات کے مطابق خود کو ڈھالنا کامیابی کیلئے ضروری ہوتا ہے جو اس قانون کو بھول جاتا ہے وہ حالات کی ستم ظریفیوں کا شکار ہو کر گمنامی کے اندھیاروں میں جا گرتا ہے۔ صدر جنرل پرویز مشرف اس ملک پر سے انتہا پسند اور شدت معاشرہ ہونے کا لیبل اتار پھینکنے کی کوشش کر رہے ہیں۔ میراتھن ریسوں کے انعقاد کا ایک مقصد پاکستانی معاشرے کو روشن خیال اور اعتدال پسند ظاہر کرنا بھی ہے لیکن بعض رجعت پسند حلقے سربراہ مملکت کی ان کوششوں کی راہ میں روکاوٹ بننے کی کوشش کر رہے ہیں اور اس طرح انتہا پسندی

## Women's boxing in Pakistan

The Pakistan Amateur Boxing Federation has decided to bring women in the ring—a radical step in the realm of sport and social set-up in the country. Just as Muhammad Ali revolutionized and romanticized the punching game in the 20<sup>th</sup> century his daughter Laila added a new dimension to the fist fights. While the western audience was momentarily struck by this advancing trend, its liberated mindset saw it as a further forward movement towards feminist assertiveness and 'women power'. The Asian attitude, essentially tradition-bound, was rather reluctant to follow the latest sporting fad. Pakistan's conservative cultural background and deep-set ideas about gender distinctions tended to strictly confine female pursuits in the entertainment field. This long jump by PABF is as such a daring deviation from the set norm. It is not yet sure about the response, though determined it seems to encourage the motivated female lobby.

Promotional efforts will, however, face a formidable challenge in many ways. Apart from initial resistance within, the organisational impediments and adjustments will demand tactful handling and an imaginative approach. When girls were first allowed to participate in athletic events and other sporting competitions, the dress code prescribed an outfit not exactly in accord with the requirements. But the participants faced the restrictions bravely and made a mark despite these handicaps. Boxing and wrestling have through the centuries been the symbol of masculine muscle and macho virility. A 180-degree turn from this ingrained notion, and that too in an orthodox environment prevalent here, will not be by any means easy. Exposing a delicate creature designated by old-timers as the 'weaker sex' to the hazards of aggressive and attacking encounters will admittedly be risky. Protective gear fashioned to avert accidents, even fatal at times, for the male fighters will have to be remodelled for the females. Gloves, pads, denture protection devices in keeping with the mould and make-up of women will take a lot of doing.

**Dawn: January 06, 2002**

## Women's cricket

Pakistan's first National Women's Cricket Championship is in progress in Lahore. Eight regions and more than one hundred players are taking part in the tournament, which the organisers hope will inspire female cricketers in the country. Following in the footsteps of the International Cricket Council, who took over International Women's Cricket Council, the Pakistan Cricket Board created a separate women's wing last year and ended a decade-long feud between rival associations, each of which claimed to be the true representative of woman cricketers in Pakistan. The feud ended up in the courts and saw two national teams reaching India for the 1997 World Cup.

The measure by the PCB is aimed at raising a national team that is capable of competing against major cricket playing nations such as Australia, England and New Zealand. But Pakistan will require a long journey before they can match these teams. Before Pakistan embark on that journey, though, women's cricket in the country needs to be properly organised. The ongoing National Women's Cricket Championship was organised in terrible haste. The girls were thrown into the battlefield with just a few days of camp training. Hence, you see the Quetta side getting out at the score of 12 against Lahore. The losing team's ordeal ended in just nine overs. Instead of open trials, an inter-regional tournament should have been held, to give the girls a feel of competitive games, qualified coaches should have been assigned to each region and only then, should the nationals have followed.

The most promising part of the tournament was the participation of teams from Quetta and Peshawar, capitals of the more conservative-minded Balochistan and NWFP.

**The News: March 4, 2005**

## Sporting hostility

Pakistan may be the only country where even sports can cause a religious riot as was clearly evident in Gujranwala on Sunday when a mini marathon race organised separately for men and women turned ugly. The Gujranwala authority organised this mini marathon after the success of a similar event held in Lahore last month under tight security. Apparently, the authorities did not take sufficient measures despite threats by local MMA leaders against the holding of an event that allowed girls to participate in public sports.

Things got out of hand when news reached the 800 activists assembled outside the venue where the finish was marked. Armed with "petrol bombs", clubs and bricks, the activists initially chased participants off the track without letting them finish the race. They turned on the participants and the police, leaving as many as 10 people injured, torching 19 vehicles and damaging property. The fire fighters from Gujranwala were the real heroes as they managed to douse the flames threatening to turn Jinnah stadium into an inferno trapping thousands inside.

The incident brings back memories of the days of Zia-ul Haq, when all kinds of restrictions were placed on women's sports. As a result, Pakistan today lags far behind most neighbouring nations in this category. This is indeed a pity and a disservice to the thousands of women eager to participate in good, clean healthy sporting events. Sports are nothing more than social or cultural events that test one's physical prowess against a competitor in a healthy way. Sports have no religious or moral connotations and therefore cannot be categorised as Islamic or un-Islamic.

The attack on healthy sporting activities by women can only be strongly condemned. There are more crucial issues facing Pakistan than determining whether a mini marathon adheres to Islamic principles. Enough time has already been wasted on similar non-issues such as the recent passport debate.

***The News: April 5, 2005***



## A crime pure and simple

Sense and sensibility were dealt a severe blow on Sunday when over 800 MMA activists, led by an MNA of that grouping, disrupted a mini-marathon in Gujranwala as a protest against women's participation in the race. They came armed with petrol bombs, clubs and bricks which they used to torch vehicles, destroy property and attack male and female participants. As was to be expected, a violent clash took place between the police and the self-styled guardians of public morality. This led to the arrest of some 50 activists, against whom a case has been registered in an anti-terrorism court. Meanwhile, the MMA's local leadership's stance should come as no surprise either as they said they had already warned the district administration against holding the event in the first place. The logic is that it was the district administration's fault and not of the local MNA who, incidentally, had led a similar group of protesters in 2003 in Gujranwala against a circus which they had eventually burnt down. Although the Punjab government has said it will deal with the "miscreants" with an iron hand, given the way the federal government has given into many of the MMA's previous demands, the restoration of the religion column in the passport being the most recent example, one is not sure whether the trouble makers in this case will be dealt with the firmness and determination the incident in question calls for.

This episode shows just how powerful a lobby the religious right has become and how free they feel in pursuing their obscurantist agenda in political and social spheres. The issue is not that they objected to women participating in the race but the manner in which the MMA activists chose to impose their will in the name of Islam. No one could have objected to their giving vent to their feeling of disapproval in a peaceful and dignified manner. Instead, the protesters in Gujranwala used violence and disruption to achieve their objective. This makes them culpable of lawlessness and other offences punishable under the law.

**Dawn: April 05, 2005**

## Backtracking yet again

It is most unfortunate that the government should have had cold feet when confronted by religious bigots with threats of violence and disruption. Opposed to women's participation in mini-marathons planned to be held in several cities of Punjab, the MMA men resorted to violence when they disrupted the event in Gujranwala on April 3. Petrol bombs were thrown at participants and 19 vehicles were torched. The next day, the Punjab Assembly condemned the attack in strong terms, and the provincial government vowed to keep holding mini-marathons, arguing that there was nothing un-Islamic about the race and that women could participate in it. The police booked 50 attackers following the Gujranwala incident, saying they would be brought to trial in an anti-terrorism court. The MMA has blown hot and cold since then, threatening to stop women from taking part in marathons even if by force—a euphemism for violence. The next thing the Punjab government did was to take an about turn on the issue; it gave into the MMA pressure by banning women from taking part in min-marathons being held in Sargodha, Multan, Bahawalpur and other places.

This is not the first time the government has allowed the MMA to enforce its narrow-minded and obscurant agenda on the silent majority. The backtracking on the deletion of the religion column in passports was also a case in point. There is not a speck of either enlightenment or moderation in the government's tackling of these otherwise minor yet symbolically important issues. There can be no justification for going on the defensive when the government knows that the majority of people, especially those wishing to participate in mini-marathons, do not share the MMA's prejudiced stance on the issue. If this is the other face of enlightened moderation, one wonders of what worth it really is.

**Dawn: April 10, 2005**

## Well done in Tehran

The Pakistan contingent which took part in the 4<sup>th</sup> Islamic Women's Game in Tehran needs to be congratulated. The 73 competitors managed to win 16 medals, including five gold medals. One of the gold medals was for the shot put field event, the first time since 1999 SAF games that a female Pakistani athlete has won such a laurel at an international meet. Particularly outstanding were the swimmers, including the youngest ever Olympian, Rubab Raza (she represented her country at the 2004 games in Athens). The Pakistani competitors managed to hold their own beating rivals from countries like Malaysia, Indonesia, Morocco, Algeria and the Central Asian states where facilities for training and coaching are far better.

Apart from cricket, not much attention is paid to other sports in Pakistan in terms of funding or better training and coaching facilities. In fact, when it comes to sports for women, the general level of participation in the country is very low, and this has to do with the conservative and patriarchal complexion of Pakistani society which tends to frown on women pursuing sporting activities. Take the case of the NWFP where the government has placed a ban on female athletes being coached by men or the attack and the big brouhaha over the so-called 'mixed marathon' earlier this year. In one instance, the Punjab government went out of its way to appease the religious bigots on this issue by ordering that one such race be held within the premises of a college, thus defeating the purpose of holding a long distance race. With this commendable performance in Tehran, however, Pakistani girls and young women eager to take part in competitive sport at least have some role models to look up to.

**Dawn: October 01, 2005**

## Women's sports

Cricket lovers, particularly women aspiring to join the sports, should not be dismayed by the 4-0 defeat we received at the hands of the visiting under-21 Indian team. In the recently concluded series, this Indian women's cricket team showed a palpable superiority in experience, skill and training. The Pakistani team entered the ground with great enthusiasm, but was not really expected to give a winning performance. This was the first ever under-21 women's cricket team cobbled together by bringing sports women from all over the country. Therefore, inexperience and some imbalance was inherent.

Although the series was a whitewash victory for India, the Pakistani girls fought till the end and displayed a good sportswomen's spirit. As is evident from the condition of sports in general and women's sports in particular, women's cricket too appears to be a victim of the usual politics that is prevalent in every sports organization in Pakistan. Not only this, women's sports are generally frowned upon in our society where running and engaging in other physical fitness activities are considered unbecoming for women. We also harbour strange ideas about the women's beauty, which deem keeping women away from physical exertion. These notions particularly strengthened in the Ziaul-Haq era, the important component of whose fundamentalist vision of Islam was the confining of women within the four walls of the house and discouraging any public activity and exposure. This had an adverse impact on women's sports also. The government should take steps to improve the image of women's sports and promote them as a healthy and respected vocation through media campaigns.

Another hurdle is that the facilities are quite insufficient for women who take a bold step by venturing to become professional players. Young talent is wasted by inattention and lack of timely grooming. To improve this situation, it is suggested that cricket and other sports should be introduced and encouraged at school and college level. Professional coaches should be provided in these institutions. These will inspire young girls to participate in the healthy activity of sports and evolve into mature players. The government should highlight the achievements of sportswomen so that more women are inclined to come into this field.

Pakistani women are no less talented than their counterparts in other

nations. Despite the discouraging conditions, Pakistani women managed to win a number of medals in assorted events in the Women's Islamic Games in Tehran. The government also seems serious in its efforts to encourage women's sports and maintain discipline as was evident from the stern action taken by Faisal Saleh Hayat, President Pakistan Football Federation, against those indulging in a scuffle that broke out between contending teams during the final of the inaugural National Women's Football Championship at the Jinnah Stadium in Islamabad the other day. It is hoped that the present government, true to its avowed philosophy of enlightened moderation, will bring women's sports into the mainstream. The sports associations are also advised to strengthen women's participation by constituting teams, conducting training camps, and organizing events.

*The Post: October 04, 2005*

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*Dr. Arfa Sayeda Zehra, Chairperson, Pakistan National Commission on the Status of Women, meets the Indian and Pakistani Women Cricket Teams 2006*

## Women's sports in Pakistan

With the arrival of the Indian and Sri Lankan teams in Karachi, the venue of the Second Women's Asia Cup Cricket Tournament, the region and perhaps the world may be exposed to a markedly softer image of Pakistan. In stark contrast to the English cricket team's fears, these sides have shown complete trust in the ability of their hosts to provide security in a city that many foreigners prefer to avoid.

Sports in most South Asian countries have been restricted to cricket and hockey, both male-dominated games. But now with women's cricket receiving considerable fanfare and the Indian netball team also coming to Pakistan, a new sporting era appears to be dawning. Like the cinema stars from across the border, players from India are surprised to see that Pakistan is a friendly and moderate country, unlike the image portrayed in the foreign press. And they are now clearly aware that peace can be achieved between the two countries if the right efforts are made.

Organising women's sports of international standard in Pakistan will help our players improve their game through exposure to better players in most competitive conditions. This will give them the skills and confidence to face other international teams and compete in tournaments all over the world. Regional experts and trainers can also avail of this opportunity to help improve standards in South Asia.

While Pakistani sports will acquire an added dimension if women's competitions are allowed to flourish, the country will at the same time be in a position to show the world that there is more to Pakistan than what is routinely depicted. With the introduction of additional tournaments, new life will be injected into our faltering sports goods industry. Sports facilities in the country may also witness a much-needed change for the better.

*The News: Dec 31, 2005*



## Women's sports, seriously

The Frontier government has chalked out a comprehensive activity calendar for women's sports while the Pakistan Cricket Board plans to hold the first ever women's championship in the near future, the trials for which are being held in different regions of the country. At last, it seems that sports managers in the country are getting serious about patronising women sports in an organised manner.

Pakistani men have made their mark in cricket, hockey and squash worldwide, but the women have remained anonymous internationally. They might have performed to some credit at level of South Asian Federation Games but stand nowhere at more prestigious events like the Olympics and Asian Games, in which only a handful have competed, and that too on invitation and not by qualifying. On the other hand our archrival India has produced a number of female athletes who have excelled at the international level. Just last month India's Sania Mirza made it to the second round of the Australian Open tennis tournament in Melbourne, an accomplishment in its own right. Although women's sports are organised at school, college and national levels, there is no proper guidance for girls to enhance their skills to become athletes of International repute. Further, our 'eastern values' and traditions do not allow them the liberty given to men. Few families would permit their daughters to train for four to five hours a day which is absolutely vital to be successful and would prefer them to focus on household chores.

It's not that Pakistani women lack talent in the field of sports. However, that talent must be spotted through properly organised tournaments; qualified female trainers and coaches (even from abroad initially) should be hired to train girls on professional lines, which includes physical conditioning; infrastructure should be provided; and then they should be given opportunities to compete against other countries.

Easier said than done. However, the formation of the NWFP Women Sports Directorate is a positive step in uplifting the standard of women sports in the Frontier province. A grant of Rs. 1,563,810, including Rs. 563,000 for salaries and Rs. 1 million for holding

various events and other developmental activities, has been allocated for the purpose. It is heartening that it is otherwise conservative minded MMA government that has taken this initiative. Other provinces, take note. Similarity, the Pakistan Cricket Board's decision to hold a national women's tournament is appreciable.

We might not see one of our girls claiming an Olympic or Asian Games medal in the near future but these small steps will surely boost women sports in general and the image of the country as a liberal society in particular.

**The News: February 8, 2005**

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## **Girls in shorts is no big deal**



Daily Insaaf quoted President Pervez Musharraf as saying that it was no offence in the Pakistani girls wore nacker (shorts). He said Qazi Hussain Ahmad and his family went to the United States where the gori (white) girls wore shorts. They obviously did not mind that otherwise they would not have gone to the US. Why then was it objectionable to see Pakistani girls in shorts? Nawa-e-Waqt quoted Musharraf as saying that those who didn't like seen girls clad in shorts should their eyes closed.

**The Friday Times: April 15-21, 2005**

JANUARY

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Wednesday



*Pakistani women cricketers celebrate their victory after defeating Hong Kong women cricket team at the Gaddafi Stadium, Lahore.*

*Daily Times: September 23, 2006*

## Organise women sports

Although women are getting ahead in sports all over the world, our sports organisations have hardly made any headway in this direction. There is hardly any news about women's sports in Pakistan. Even the sports events of girls schools or colleges are not covered by the press. Except for sports like table tennis or badminton, training and coaching camps are organised only for boys. Our girls are very talented and if given proper training and coaching can compete at the international level. There is a need to organise women's sports at the district, division and national level. Educational institutions should also be encouraged to hold annual sports competitions to function as effective nurseries for sportswomen.

*Aaleen Azhar Khwaja: Pakistan Observer, Jan 22, 2000*

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### Our Sports Women

Although women are getting ahead in sports all over the world, our sports organisations have hardly made any headway in this direction. There is hardly any news about women's sports in Pakistan. Even the sports events of girls schools or colleges are not covered by the Press. Except for sports like table tennis or badminton, training and coaching camps are organised only for boys. Our girls are very talented and if given proper training and coaching can compete at the international level. There is a need to organize Women's sports at the district, division and national levels. Educational institutions should also be encouraged to hold annual sports competitions to function as effective nurseries for sports women. AALEEN AZHAR KHAWAJA, LAHORE, January 17.



*Dawn: January 19, 2000*

# دنیا میں کھیل کے میدان میں بھی عورت مرد سے کم نہیں؛ وفاقی وزیر کھیل کا تقریب سے خطاب

ایف جی مارگلہ کالج برائے خواتین ایف سیون فور کی چودھویں سالانہ کھیلوں کی تقریبات کا گزشتہ روز انعقاد ہوا تقریب کے مہمان خصوصی وفاقی وزیر برائے کھیل و ثقافت اور اقلیتی امور ڈریک سپرین تھے کالج کی چاروں کلاسز کے چاق و چوبند دستوں نے مہمان خصوصی کو سلامی پیش کی پروگرام کے مطابق مختلف دوڑوں کا انعقاد کیا گیا جس میں 100 میٹر سے 400 میٹر کے علاوہ ریلے دوڑ بھی شامل تھی جن میں طالبات نے بڑھ چڑھ کر حصہ لیا تقریب میں بچوں کا فینسی ڈریس شو اساتذہ کے درمیان دوڑ کے مقابلے رسہ کشی اور میوزیکل چیئر کا اہتمام بھی کیا گیا جس نے تقریب کی رنگارنگی میں اضافہ کیا۔ ٹیبل ٹینس اور بیڈمنٹن کی ٹرافی سال دوئم والی بال اور نیٹ بال کی ٹرافی سال چہارم نے حاصل کی رضوانہ سلیم نے 1999-2000ء کی بہترین اٹھلیٹ قرار پائیں جبکہ فیڈرل بورڈ کے بین الجماعتی مقابلہ جات میں مارگلہ کالج کو بہترین آل راؤنڈ کالج قرار دیا گیا آخر میں مہمان خصوصی ڈریک سپرین نے طالبات میں نمایاں پوزیشن لینے والوں میں انعامات تقسیم کیے اپنے خطاب میں وفاقی وزیر کھیل و ثقافت نے کہا کہ خواتین کی جسمانی صحت کیلئے کھیلوں کے مقابلے ہونا ضروری ہے انہوں نے طالبات کی کارکردگی کی تعریف کرتے ہوئے کہا کہ دنیا میں کھیل کے میدان میں بھی عورت مرد سے کم نہیں ہے۔

خبریں، 25 فروری 2000

# گیند اُن کے ہاتھوں کی قوت سے پناہ مانگتی ہے۔

شیم شخ صاحبہ نے جب ۱۹۵۵ء میں پہلی بار ٹیبل ٹینس ریکٹ سنبھالا تھا تو شاید ان کے گمان میں بھی نہ تھا کہ دس سال کے عرصے میں ہی وہ پاکستان کی ٹیبل ٹینس چمپین ہونے کا اعزاز دو مرتبہ حاصل کر لیں گی۔ وہ گزشتہ دو سال سے پاکستان کی ٹیبل ٹینس چمپین ہونے کا اعزاز رکھ رہی ہیں۔



اخبار خواتین، 15 اپریل، 1967ء



## **Six Pak women cricketers among top 20 in world**

Six members of the Pakistan Women's Cricket Control Association are among the top 20 ranked players of the world.

The International Women Cricket Council (IWCC) announced the official ratings for the year 2004 and six Pakistanis are among the list of top 100 international women cricketers who have represented their respective countries in One-day International Matches.

Following are the officials ratings for the Pakistani women cricketers.

Wicket keeping: Batool Fatima ranked No. 2 with 16 dismissals in 7 ODI matches.

Top all rounder: Kiran Baluch, vice captain ranked No. 10 along with Shazia Khan, captain ranked at No 15.

Top wicket-takers: Urooj Mumtaz Khan ranked No. 15 with Pakistan captain Shazia on No. 16.

Top batting averages: Kiran Baluch ranked No. 10 with an average of 34.57.

Best batting strike rate: Shazia, placed on No. 13 with a strike rate of 70.59.

Best bowling strike rate: Urooj ranked No. 6 with a strike rate of 23.00.

Top economy rate: Sajjida Shah ranked No. 3 with Kiran ranked No. 12.

The PWCCA has expressed its pleasure to announce that the following One-day International World Records are also held by the Pakistan women cricketers.

Most-wickets in an innings: Sajjida Shah 7 wickets, for 4 runs in 10 overs.

Best Economy Rate: Khursheed Jabeen 10 overs, 3 wickets for 2 runs.

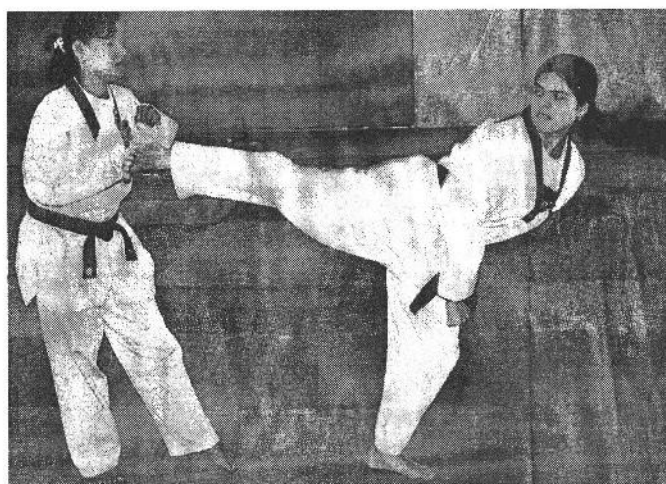
Wicket keeping: Batool Fatima Equalled the world record with 6 dismissals behind the stumps.

*The Nation: March 2, 2005*

# FEBRUARY

26  
Monday

27  
Tuesday



*Athletes practice for the 4<sup>th</sup> Korean Open National Taekwondo Championship--Daily Times: November 14, 2006*

# لڑکیاں کھیلوں میں تہلکہ مچا سکتی ہیں

صدر سپورٹس کمیٹی راولپنڈی بورڈ مسز نگہت مشتاق کی "اوصاف" سے گفتگو

سکول کالج میں بچیوں کو تعلیم کیلئے بھیجتے ہیں مگر سکول کالج کی اساتذہ کھیلوں کی بات کرتی ہیں؛ اگر ہم نے یہی کروانا ہے تو کالج سکول بھیجے گا کیا تک، عجیب سکول کالج ہے۔ پڑھنے لکھنے کے بجائے کھیل کھیل کی تکرار ہے۔ یہ وہ رویہ ہے جو والدین اس وقت اپناتے ہیں جب ان کی بچی ان سے کھیل میں حصہ لینے کے لئے اجازت طلب کرتی ہے۔ معاشرے کی وہ تصویر ہے جس میں والدین کو پریشانی لاحق ہو جاتی ہے کہ بچی کی حفاظت کون کرے گا، ان کی ذمہ داری کون اٹھائے گا۔ وہ ڈرتے ہیں آج کے ماحول سے والدین کے اس رویے میں تبدیلی کس طرح ممکن ہوئی اس بارے میں راولپنڈی بورڈ کی ڈویژن کالجز کی سپورٹس کمیٹی کی صدر مسز نگہت مشتاق جو وقار النساء پوسٹ گریجویٹ کالج کی پرنسپل بھی ہیں نے بتایا۔ والدین کو اگر خطرہ ہے تو اپنی اس عزت سے ہے وہ سفید پوشی میں رکھے ہوئے ہیں انہیں بھی پتہ ہے کہ ان کی بچیوں کے لئے کھیلوں کے مواقع کم ہیں مگر وہ اس معاشرے جہاں وہ رہ رہے ہیں ذرا سی بات سے وہ کسی کو منہ دیکھانے کے قابل نہیں رہتے۔ مسز نگہت مشتاق نے کہا کہ جب مجھے سپورٹس کمیٹی کا صدر بنایا گیا اس وقت سے لیکر ہم نے اب تک اپنے وقار النساء کالج میں لگاتار سپورٹس کے مقابلے کروائے ہیں۔ اس کے لئے میں نے اور میری اساتذہ نے والدین کو کالج بلوایا ان سے حتیٰ کہ الگ الگ ملاقات کی انہیں بتایا کہ جس طرح یہ پ کی بچی ہے اسی طرح میری بچی ہے آپ کا خون ہے مگر یہ میری عزت بھی ہے اس کالج کی عزت ہے۔ جس میں اس کے ساتھ ساڑھے چار ہزار بچی بھی شامل ہے۔ مسز نگہت مشتاق نے کہا کہ میری ان باتوں سے والدین کا خدشہ کسی حد تک تو دور ہوا مگر جب ہم نے ان غیر نصابی سرگرمیوں کے لئے بچیوں کو گھر سے کالج کی گاڑی میں پک کیا شام کو دیر ہو جانے کے بعد انہیں خود گھر جا کر ایک ایک بچی کو ڈراپ کیا تو اس کے بعد والدین کو یقین آ گیا کہ ہم نے جو کچھ ان سے کہا اس سے بڑھ کر کیا یہی وجہ ہے کہ آج جس میں سپورٹس کے لئے لڑکیوں کو لیتی ہوں تو کسی طرف سے اعتراض نہیں ہوتا بلکہ والدین نے بے فکر

ہو جاتے ہیں کہ ہم سے بڑھ کر کالج والے بچیوں کا خیال رکھیں گے۔ انہوں نے کہا کہ گھر جا کر بچیاں جب اپنے دورے کا بتاتی ہیں اپنی کلاس کے ساتھیوں کو قصے سناتی ہیں تو پھر ہر ایک کی خواہش ہوتی ہے کہ وہ آگے آئے۔

مسز نگہت مشتاق نے کہا کہ کھیلوں میں طالبات کا رجحان بہت زیادہ ہے، لڑکیاں بھی لڑکوں کی طرح اس میدان میں اپنا جھنڈا گاڑنا چاہتی ہیں۔ انہوں نے کہا کہ لڑکیاں کس قدر دلچسپی رکھتی ہیں اس کا اندازہ اس بات سے لگایا جاسکتا ہے کہ جب ان کے مقابلے ہو رہے ہوں یا ان کی تیاریاں جاری ہوں لڑکیاں رات کو سو نہیں سکتیں۔ ہر وقت اساتذہ سے اس کی بات کریں گی اتنی زیادہ محنت کریں گی کہ ہم خود انہیں یہ کہنے پر مجبور ہو جاتے ہیں کہ بس کریں آرام کریں مسز نگہت مشتاق نے ایک سوال کا جواب دیتے ہوئے کہا کہ جب صرف ایک ڈائریکٹر فیزیکل ایجوکیشن کے تعاون سے ہم گزشتہ دو سال سے لگاتار سپورٹس مقابلے کروا رہے ہیں لڑکیوں کو کھیلنا سکھاتے ہیں انہیں ٹرینڈ کرتے ہیں تو اگر مزید سہولیات مل جائیں تو ہم تہلکہ مچا سکتی ہیں۔ انہوں نے کہا کہ بطور صدر سپورٹس کمیٹی میرے بہت اختیارات ہیں جنہیں میں خود استعمال کرتی ہوں ہم پروفیشنل کوچز کو بلاتے ہیں وہ طالبات کو ٹرینڈ کرتے ہیں انہوں نے کہا کہ آپ لوگ سن کر حیران ہوں گے کہ ہماری بچیوں کے کھیل کا معیار یہ ہے کہ لگتا ہی نہیں کہ وہ کالج کی بچیاں ہیں، بلکہ وہ نیشنل لیول سے بڑھ کر معیار دے رہی ہوتی ہیں۔

وقار النساء کالج کی کارکردگی کا ذکر کرتے ہوئے انہوں نے بتایا کہ 1998ء میں اس کالج نے 400 میٹر ریلے ریس میں پہلی پوزیشن حاصل کر کے گولڈ میڈل 100 میٹر اور 200 ریس میں سیکنڈ پوزیشن حاصل کر کے سلور میڈل، javelin throw میں دوسری پوزیشن حاصل کر کے سلور میڈل، لانگ جپ میں دوسری پوزیشن، 400 میٹر ریس میں دوسری پوزیشن حاصل کی۔ اسی طرح ہم نے بہترین پرفارمنس پر ٹرافی، انٹر کالجیباں باسکٹ بال چیمپئن شپ جیت کر ٹرافی حاصل کی۔ اس کالج کا 6 طالبات آل پاکستان انٹر بورڈ چیمپئن شپ کے لئے منتخب ہوئیں۔ ہر چیمپئن شپ ملتان میں ہوئی جس میں ہم نے پاکستان بھر کے بورڈ میں تیسری پوزیشن حاصل کی۔ دو طالبات نے پاکستان بیڈمنٹن چیمپئن شپ میں حصہ لیا اور تیسری پوزیشن حاصل کی۔

# جڑواں بہنیں

ٹینس کے میدان میں ایک دوسرے کی حریف ہیں

لیلیٰ شیخ اور زلیخا شیخ ابھی نو عمر ہیں۔ لیکن پاکستان میں لان ٹینس سے دلچسپی رکھنے والوں کو ان سے بہت سی امیدیں وابستہ ہیں۔ جڑواں بہنیں ہونے کی وجہ سے انہیں ایک دوسرے سے بہت پیار ہے۔ لیکن ٹینس کے لان میں وہ ایک دوسرے کی دشمن ہوتی ہیں۔ ان کا یہ اختلاف صرف ٹینس کے میدان تک ہی نہیں، ان کی نجی زندگی میں بھی موجود ہے۔ مثلاً لیلیٰ کو کھانے سے زیادہ رغبت نہیں۔ لیکن زلیخا کو وقت پر کھانا نہ ملے تو وہ بھوک سے نڈھال ہو جاتی ہیں۔ لیلیٰ پھلوں پر بھی گزارا کر سکتی ہیں۔ لیکن زلیخا کا کہنا ہے کہ آدمی چاہے کتنا پھل کیوں نہ کھائے۔ "کھانے کے بغیر پیٹ نہیں بھرتا۔"

لیلیٰ پیرسٹر بننے کی خواہش مند ہیں۔ لیکن زلیخا ایم اے کرنے کے بعد لیکچرر بننا چاہتی ہیں۔ وہ کہتی ہیں کہ پیرسٹری میں کیا رکھا ہے، صبح سے شام تک مقدمات کی فائلوں میں دفن رہنا پڑتا ہے۔ "دوسری طرف لیلیٰ کو استادوں سے نفرت ہے۔ کہتی ہیں، "بھلا یہ بھی کوئی پیشہ ہے۔ صبح سے بک بک کر کے سر دکھا جاتا ہے۔"

ٹینس کے لان میں جب دونوں بہنیں کسی ٹورنامنٹ میں مقابلے پر آتی ہیں۔ تو ایک دوسرے کی سخت "میرن" ہوتی ہیں۔ کبھی لیلیٰ جیتی ہیں تو کبھی زلیخا۔ یونیورسٹی چیمپین شپ ہو یا سینکڈری بورڈ کے مقابلے، آخری مقابلہ انہی دونوں کے درمیان ہوتا ہے۔

ان کی دوستانہ مقابلوں کی تاریخ خاصی پرانی ہے۔ ۱۹۶۱ء میں نیشنل گرلز لان ٹینس میں لیلیٰ نے زلیخا کو شکست دے کر چیمپین شپ جیت لی۔ ۱۹۶۳ء میں نادرن لان ٹینس چیمپین شپ انہوں نے ڈبلز کا مقابلہ جیتا۔ اسی سال لیلیٰ نے بورڈ آف سینکڈری ایجوکیشن کی چیمپین شپ جیت لی۔ اور ۶۳-۱۹۶۴ء کے مقابلوں میں بھی وہ چیمپین رہیں۔

۶۵-۱۹۶۴ء کے یونیورسٹی فائنل کے مقابلے ان دونوں بہنوں کے درمیان تھے۔ پھر جیت گئیں۔ مگر زلیخا کو خوشی تھی کہ انہوں نے لیلیٰ کے ساتھ مل کر مقابلہ جیت لیا۔

لیلیٰ اور زلیخا دونوں اچھی کھلاڑی ہیں۔ لیکن وہ اپنی بڑی بہن پروین نصیر کے سامنے بے بس ہیں جو پاکستان کی نیشنل چیمپین ہیں۔ لیلیٰ نے ۱۹۶۴ء میں نیشنل وومن چیمپین شپ کے فائنل میں پروین سے مقابلہ کیا۔ مگر شکست کھائی۔ تاہم وہ مستقبل سے مایوس نہیں۔ ان کا خیال ہے کہ وہ کبھی نہ کبھی پروین شیخ کو ہرا کر چیمپین شپ ضرور حاصل کر لیں گی۔

# MARCH

31  
Saturday



*Winners of 100 metres race for women-- Pakistan Quarterly: 1958*

## Not Dutch Courage

**Pakistan's spunky women cricketers have to fight on two fronts, the field and on the financial ground, which makes victory all the sweeter**

Go Dutch is in effect what the Pakistan women's cricket team had to do to hold a one-day international series against the Dutch women's cricket team. They may have won the series comprehensively, but victory came at a cost: the Pakistan Women's Cricket Control Association had to use its own resources to pick up the rather sizeable tab of the enterprise.

The Dutch team may not be the strongest in the world, but it is about at par with the home team so nothing should be taken away from the latter's victory- even if the chauvinists play it down and never mind all those pathetic performances by the Pakistani male team against assorted supposedly 'inferior' sides over the years. Never mind also the fact that unlike the support extended at every official level to the national male outfit, the women were battling on two fronts-on the field and against official apathy, if not outright resistance. In fact, given these odds the Pakistani women acquitted themselves rather heroically.

Of the seven one-day internationals played, Pakistan won the first four, the Netherlands the last three. The captain of the Pakistan side, Shazia Khan emerged as the best player of the series, having captured 22 wickets at 12.9 apiece. The 'small wonder' of the team, 13-year-old Sajida Shah topped the batting average by scoring 134 runs. Rival skipper, Pauline Te Beest was by far the best player from the opposition camp.

However, more than the event, it was the manner in which this series finally materialised that makes for interesting reading. From the time Pakistani women cricketers have donned flannels, they have had to face a variety of opposition not only from the mullahs (as expected) but also from a breed of male that unfortunately figures at various levels of the official hierarchy and simply cannot understand why a woman would want to play cricket. And then there is the opposition from rival factions of women trying to wrest control of the running of

the game in the country.

Not to be deterred, the group that constitutes the women's team today have worked against every odd to gain national and international recognition. They were finally rewarded for their dedicated pursuit of this goal when they gained life affiliation with the governing body of the game, the IWCC. Credentials in place, the women then proceeded to build an infrastructure and get the show on the road by inviting foreign teams to Pakistan and undertaking tours abroad.

Locally, they managed to generate a tremendous amount of interest amongst the girls, as is evident from the impressive numbers thronging to their camps and trials. And the participants have come not only from big cities like Lahore and Karachi, but from smaller towns as well-and they form part of the team now. Another breakthrough was achieved when the Board of Secondary Education announced that it would be introducing cricket in the girls' schools of Karachi. This is a major step forward.

However, essentially, money is the name of the game, and this is the one ingredient they have been unable to include in their game plan. Stuck in a chicken and egg situation they have to have at least some measure of success under their belt in order to attract sponsorship, but success without sponsorship is difficult to come by. Thus for each venture, they have had to dig into their personal resource pool, which in turn means they cannot organise tours on the scale that would generate the interest and success required to attract potential players, sponsors or an audience.

Full credit to the team then, for persevering against every odd, and doing everything possible to raise the profile of the game, such as the holding of camps, the establishment of a ground and the publication of a magazine, in addition to their regular cricketing activities. Their efforts were finally rewarded when their services were acknowledged at the highest level: the MCC, who gave three of their senior-most members, Shaiza and Sharmeen Khan and Kiran, the membership of the prestigious club, and a chance to play in their first ever match.

The trio have been regular players on the English circuit during the



summers, and have accumulated over 10 years of experience. In fact, they are presently in England for the summer cricket season that has just begun. So cricket is serious business for them.

Considering the opposition and difficulties the three have had to face, they could have latched on to the international affiliation and given up on the cause of Pakistani women's cricket. But they were not ready to abandon this cause; in fact, they redoubled their efforts to promote the game in Pakistan. To this end they decided to launch the initiative of holding a series of one-day internationals, and inviting the Dutch team to Pakistan for starters.

In a welcome turnaround, the PCB got into the act, and agreed to offer them the National Stadium for the series, which included two day/night matches. As always, the media in Karachi were supportive, and former players such as Hanif Mohammad and Waqar Hasan provided valuable guidance. Sikander Bakht pitched in by coaching and coaxing the women to victory in the series.

At the official level too, support and acknowledgement came from the enlightened Sindh Minister for Education, Professor Anita Ghulam Ali, and both the teams were invited to meet the Sindh Governor, Mohammad Mian Soomro, as a token of recognition of their efforts to promote the game. However, the promise of television coverage from official quarters did not materialise.

Unfortunately, that was what sponsorship hinged on: the corporate bodies would, in all probability, have consented to dish out the required funds even if there was not a single soul at the stadium, if the TV cameras had been there to zero in on their logos. Certainly, as far as men's cricket is concerned, advertising revenues keep pouring in, pathetic play and empty stadium notwithstanding.

Thus, the million rupee question: how to finance the series. Hence there began a round of frenetic activity wherein the women not only had to organise the mechanics of the series, but also chase sponsors to convince them to come on board.

To no avail. Despite several promises, apart from the Sheraton Hotel, which made it possible for them to host the guest team, the money

never came through, and literally till the very eve of the first match, the women were devising means to meet the expenses. Ultimately, the bulk of the funds came from the United Carpets Group of Companies Shaiza and Sharmeen Khan's family concern, which has remained the economic mainstay of women's cricket in Pakistan.

Clearly, as far as women's cricket in Pakistan goes, nothing succeeds like success, and in our part of the world, success it seems, is measured by gender.

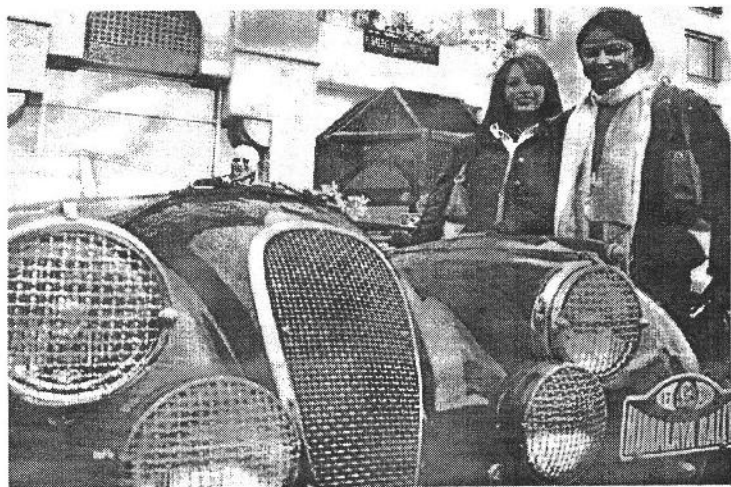
*Exerpts: Afia Salam, Newslne, July 2001*



***Pakistani female football players pose with FIFA team member Susan Barreh at a football club. A three-member FIFA team preparing a documentary on the progress of football among women in Pakistan recorded activities of Pakistani female football players in Lahore, Karachi and Islamabad. Pakistan held its first-ever women's football championship last year--Daily Times: May 26, 2006***

APRIL

1  
Sunday



*Two girls pose for a photo besides a vintage car before the start of Himalaya Car Rally 2006 outside a local hotel. The route of the rally will be from Islamabad to Calcutta via Kathmandu.--  
The Frontier Post: March 16, 2006*

## **Award-Winner Aliya Rashid plans a tennis comeback**

Pakistan tennis star Aliya Rashid, one of the four sporting recipients of the President's Pride of Performance award for the year 1995-96, is planning to stage a comeback in time for the Islamic Countries Women's Games to be held in Islamabad in 1997.

Currently out of action due to a recurring back problem, Aliya, however, hopes to be fighting fit and playing tennis within the next six to eight months.

Aliya, not to be confused with Aaliya Rasheed Ahmed, a television personality and a Lahore-based correspondent of 'The News', is one of the four sporting persons to be bestowed the Pride of Performance honour. The others are cricketer Waqar Yunis, footballer Ali Nawaz and Weightlifter Muhammad Sarwar.

Aliya is only the second sportswoman of Pakistan, after table tennis ace Nazo Shakoor, to have won the Pride of Performance award.

Talking to 'The News' on Tuesday evening, Aliya disclosed that she was 'simply ecstatic' when she received the news that she was chosen for the honour. She is thankful to the President, she says, and promises to bring more laurels to the country when she is fit and playing again.

She is all praise for the Prime Minister in arranging for the Islamic Women's Games to come to Pakistan and believes that this will prove to be a new landmark in the country's history.

"This will ensure a brighter future for sport in this region. The establishing of sports camps for the various disciplines to be contested in the Games two years earlier shows the keenness of the PM to promote women's sports in the country," said Aliya.

Aliya feels that there is no dearth of talent among sportswomen in the country, "They are quite capable of achieving international honours if given proper training and opportunity."

Aliya Rashid, then known as Aliya Nasir, first made her mark in the National Tennis Championship of 1981 in Lahore when she became the girls' singles champion. She beat Muneeza Elahi 4-6, 6-1, 6-2.

In 1982, also in Lahore, she ended as runner-up to Maria Delitz in the women's singles, being defeated 6-2, 6-3 in the final.

In 1984, Aliya annexed the girls' singles title in the ITF Junior International Championship, held in Colombo, Sri Lanka. Later, she also appeared in the Junior section of Wimbledon.

For about five years, Aliya was in the PIA Colts Scheme. Through the sponsorship of the national airlines, she has represented Pakistan in Singapore, Thailand, Philippines, Sri Lanka, Indonesia, France, England, Belgium and Australia.

She has already been named camp commandant of the tennis team for the Islamic Women's Games.

**The News: November 2, 1995**

## **Women's cricket**

In our country usually things are done more or less with bribe and corruption. The deserving go unrewarded and talent is never cared for. The same is the case with women's cricket. It seems a lost cause in Pakistan with no direction and future.

Female cricketers are not paid enough money. And if the PCB does provide enough funds for women's cricket one wonders where all that money goes as the players are only paid 2000 to 3000 rupees for camping, which is not enough. Moreover, when it comes to foreign tours the PCB does not spend enough money to take the women's cricket team abroad, which is unfair and unjust.

I appeal to the PCB chairman to spend more on women's cricket for the players are fast losing their interest in the game due to lack of funding and resources. If this continues to be the case, then there will be no players to speak of.

**Rabia Abid: The News, July 10, 2006**

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## **Winner all the way**

While our country's national cricket team may be hitting sixers and scoring hat trick left right and center, Pakistani women have once again proven that they are not behind men on any front be it on a national and international level. The Pakistan's women's cricket team under the Pakistan Women's Cricket Control Association (PWCCA) has been on a winning streak this season. Our jubilant team has come out as a winner against High Wycombe of England, in a forty-over, one-dayer played on the soils of England early this year in August. The English ground once again proved lucky for us as our team outplayed Marylebone Cricket Club (MCC), in what could be called a tough match owing to the seasonal hurdles and the fact that MMC is the oldest women's cricket team in the world. The European team has been invited to play in Pakistan sometime next year.

**She: November 2000**

# کھیلوں میں خواتین کی شرکت کو یقینی بنارہے ہیں، ٹریسلر

پاکستانی خواتین کھلاڑیوں میں بے پناہ ٹیلنٹ موجود ہے، ہم ان کھلاڑیوں کو ہر ممکن سہولیات فراہم کریں گے پاکستان ایک سپورٹس فرینڈلی ملک ہے خواتین ہاکی کرکٹ اور سکواش کی طرح دوسرے کھیلوں میں بھی ملک کا نام روشن کریں

وفاقی وزیر کھیل و ثقافت کرنل (ر) ایک نے ٹریسلر سے کہا ہے کہ حکومت کھیلوں میں خواتین کی شرکت کو یقینی بنانے کیلئے ہر ممکن اقدام کر رہی ہے جس کا خاطر خواہ نتیجہ سامنے آیا ہے۔ اگر خواتین کو مناسب سہولتیں اور کوچنگ کی بہترین مواقع فراہم کئے جائیں تو بین الاقوامی سطح پر پاکستان کی کامیابیوں کی تعداد میں اضافہ ہو سکتا ہے وفاقی وزیر جمعہ کو پاکستان سپورٹس بورڈ کے زیر اہتمام خواتین کھلاڑیوں اعزاز میں منعقدہ استقبالیہ تقریب سے نشست مہمان خصوصی خطاب کر رہے تھے تقریب میں وفاقی سیکٹری کھیل ٹین جان بابر جوائنٹ سیکریٹری کھیل و ثقافت مالک پاکستان سپورٹس بورڈ کے ڈائریکٹر جنرل بریگیڈیئر صولت عباس، سیکریٹری جنرل پاکستان اور ایک کمیٹی محمد سلیم بٹ پاکستان ٹیبل ٹینس فیڈریشن کے صدر مسٹر ایس ایچ شاہ پی ایس بی کی اسٹنڈ ڈائریکٹر مسز ناہید شاہ سینئر ایسوسی ایٹ سیکریٹری پی ٹی ٹی ایف عطا محمد سومنگ و اتھلیٹک فیڈریشن کے سینئر آفیشلز کو چیز بھی موجود تھے وزیر کھیل نے گولڈ میڈلز حاصل کرنے والی خواتین میں پاکستان سپورٹس بورڈ پاکستان سومنگ فیڈریشن اور پاکستان ٹیبل ٹینس فیڈریشن کی جانب سے ایوارڈ بھی تقسیم کیئے کیش انعامات تقسیم کرنے والی کھلاڑیوں میں غزالہ روجی، ناسیلہ انجم رضوانہ سلیم، آسیہ بتول، شبنم بلال اور سومنگ کی کھلاڑی میں کرن خان اور ثناء و احد شامل ہیں۔ وفاقی وزیر نے کہا کہ قومی سپورٹس پالیسی پر عملدرآمد کے بعد ہمیں کھیلوں میں مطلوبہ نتائج حاصل ہونا شروع ہو جائیں گے اور یہ بات باعث مسرت ہے کہ خواتین کھلاڑیوں نے ایران میں منعقدہ بین الاقوامی گیمز میں مجموعی طور پر 64 پر میڈلز جیت کر کامیابیوں کا آغاز کر دیا ہے انہوں نے امید ظاہر کی کہ ان خواتین کی دیکھا دیکھی ہمارے مرد کھلاڑی بھی انتھک محنت و جدوجہد سے کھیلوں میں نام پیدا کریں گے۔ اس سے قبل پاکستان سپورٹس بورڈ کے ڈائریکٹر جنرل بریگیڈیئر صولت عباس نے خطبہ استقبالیہ پیش کرتے ہوئے کہا کہ پاکستان سپورٹس بورڈ کے قریبی کیسپس میں کھلاڑیوں اور کوچز کی محنت کا نتیجہ ہم سب کے سامنے ہے۔ انہوں نے کہا کہ ہم گولڈ میڈلز جیتنے والے کھلاڑیوں کو کیش ایوارڈز میں بھی اضافہ کریں گے پی ایس بی کی اسٹنڈ ڈائریکٹر اور ایران جانیوالی خواتین کے دستہ کی آفیشل مسز ناہید شاہد نے ایران میں ٹیموں کی کارکردگی کی رپورٹ پیش کی۔

## **Samina the beacon for Women in Sports**

She intends to be the beacon for women in Pakistan. Especially in sports.

Excelling in numerous sports she sets an example herself so that others get the inspiration.

In her career span of over 10 years as a sports woman Samina Naveed has won six gold medals, three silvers and two bronzes to display her skills in hockey, cricket, basketball, softball and swimming.

"I love sports and they form the life in me," said Samina adding, "it is healthy and positive and it brings out the fair play and better sense in a person." "I have resisted all social taboos and I am grateful that my family supported me when I displayed my talents in the hockey arena."

Samina plays in the national hockey squad and was one of the main strikers in the recently held National Women Hockey Championship representing Railways which took the winners trophy.

She is an exceptional right winger and her angular shots are very accurate and precise which on most of the occasions bang the boards.

She has played against different teams which include Singapore, Malaysia, Indonesia, China, Kazakhstan, Uzbekistan and Azerbaijan.

"There is discrimination everywhere and it hurts - you are qualified, competent and at times better but you couldn't get the opportunity in the society which is so male chauvinistic."

Samina is an ardent swimmer and her liking for the sport developed some two decades ago when she took a dip in the stream when she was a kid.

"My heroics were appreciated in the family of five and I was termed a natural, later I developed a passion to get involved in outdoor activities specially sports."

"At school, college and national level I am satisfied with my



performance but when I compare it with other participating international players it gives a very painful feeling,” said Samina.

“Here the girls especially women players are ignored as federations haven't streamlined their women wings.”

“Paucity of funds is always projected whenever there is chance which involves women players at national or international level.”

Answering a query she said, “Education is the only thing which can revitalize every sphere especially sports. It will take time but things will shape up when the process takes roots.”

Samina is currently associated as a life guard in the American Club, she is also a poetess-cum-writer and plans to give her thoughts a final shape when she celebrates her 40<sup>th</sup> Birthday in 2010.

**Asem Mustafa Awan: The Nation, June 7, 2001**

# نیا قومی ریکارڈ قائم کر نیوالی اٹھلیٹ سمیرا ظہور

## ایتھنز اولمپک کیلئے منتخب

پی او ایف کی اٹھلیٹس نے قومی چیمپئن شپ میں سونے کے 8، چاندی کے 7 اور کانسی کے 8 تمغے جیتے

قومی اٹھلیٹکس چیمپئن شپ میں پاکستان آرڈیننس فیکٹریز کی ٹیم نے اعلیٰ کارکردگی کا مظاہرہ کرتے ہوئے سونے کے 8، چاندی کے 7 اور کانسی کے 8 تمغے جیتے۔ چیمپئن شپ کے اختتامی مقابلے آج آرمی سٹیڈیم میں منعقد ہوئے۔ آخری روز کھیلے گئے مقابلوں میں ۲۰۰ میٹر ریلے ریس میں پی او ایف کی ٹیم جس میں نویں پروین بشری، سمیرا ظہور اور فوزیہ شامل تھیں نے پہلی پوزیشن حاصل کی جبکہ واپڈا اور ریلوے نے دوسری اور تیسری پوزیشن حاصل کی۔ مجموعی طور پر پی او ایف نے 160.5 پوائنٹس حاصل کئے۔ یہاں پر یہ بات قابل ذکر ہے کہ پی او ایف کی اٹھلیٹ سمیرا ظہور نے 5000 میٹر ریس میں 19.18 منٹ کے ساتھ نیا قومی ریکارڈ قائم کیا۔ اس سے قبل یہ ریکارڈ 19.28 کا تھا۔ سمیرا ظہور کی اعلیٰ کارکردگی کو دیکھتے ہوئے فیڈریشن نے انہیں ایتھنز اولمپکس مقابلوں میں شرکت کر لیا ہے۔ اس کے علاوہ پی او ایف کی نوشی پروین نے ٹرپل جمپ میں گیارہ فٹ 33 انچ چھلانگ لگا کر پہلی پوزیشن حاصل کی۔ اختتامی تقریب میں پی او ایف کے چیئر مین یفینینٹ جنرل عبدالقیوم نے بھی شرکت کی اور اپنی ٹیم کی کارکردگی کو سراہتے ہوئے مبارکباد دی۔

نوائے وقت، 21 اکتوبر 2003

# سارہ محبوب کی ٹینس رینٹنگ میں بہتری، چار سو درجے

## اوپر آگئی

مصر میں ٹینس ٹورنامنٹ کھیلنے میں مصروف، تینیس جولائی کو کراچی میں ٹائٹل کا دفاع کرینگئی

پاکستان کی نمبر ون ٹینس پلیئر سارہ محبوب پچھلے دس دنوں میں دو بین الاقوامی ٹینس ٹورنامنٹس کھیل کر آئی ٹی ایف رینٹنگ میں چار سو درجے اوپر آگئی ہیں ان رینٹنگ پوائنٹس کی بدولت وہ اگلے کسی بھی ٹورنامنٹ میں اچھے راؤنڈ کی حق دار ہو سکتی ہیں ان دنوں مصر میں انٹرنیشنل ٹینس ٹورنامنٹ کھیلنے میں مصروف سارہ محبوب تینیس جولائی سے کراچی میں کھیلے جانے والے نیشنل رینٹنگ ٹینس ٹورنامنٹ میں اپنے ٹائٹل کا دفاع کریں گی وہ قاہرہ کی اسمیش ٹینس اکیڈمی میں کھیلے جانے والے انٹرنیشنل ٹینس ٹورنامنٹ میں ڈبلز کا پری کوارٹر فائنل میں کھیل رہی ہیں ان کے ساتھ مصر کی کھلاڑی رنا ظفر ہوں گی ٹورنامنٹ کے سنگلز ایونٹ میں سارہ محبوب تینیس جولائی سے کراچی میں کھیلے جانے والے نیشنل ٹینس رینٹنگ ٹینس ٹورنامنٹ میں اپنے فائنل کا دفاع کریں گی وہ قاہرہ کی اسمیش ٹینس اکیڈمی میں کھیلے جانے والے انٹرنیشنل ٹینس ٹورنامنٹ میں ڈبلز کا پری کوارٹر فائنل کھیل رہی ہیں ان کے ساتھ مصر کی کھلاڑی رنا ظفر ہوں گی ٹورنامنٹ کے سنگلز ایونٹ میں سارہ محبوب مصر کی ٹاپ سیڈ یا سمین حمزہ کے تجربے کا جواب نہ دے سکیں نہایت تیز ہوا میں ہوئے پہلے راؤنڈ کے میچ میں سارہ نے دوسرے سیڈ کے تین گیم اپنے نام کئے حتمی فتح چھ صفر اور چھ تین سے یا سمین حمزہ کے حق میں رہی پچھلے دس دنوں میں دو بین الاقوامی ٹینس ٹورنامنٹ میں شرکت کے بعد سارہ محبوب نے آئی ٹی ایف رینٹنگ میں چار سو درجے اوپر آگئی ہیں۔

## **Women Power**

Shaiza, 30 and her sister Sharmeen, 26, who formed Pakistan's first internationally recognised women cricket team, have again proven their mettle. They are probably the first Pakistani sportswomen who have been featured in the weekly 'Newsweek' magazine.

The Khan sisters have defied tradition and moved forward in the face of adversity. They have risen to fame not only in male-chauvinistic society but also in a sport completely dominated by men.

The sisters are proud of their achievement but admit that they still have a long way to go. Talking to the monthly magazine 'Newsweek', Sharmeen said: "Cricket is demanding and you need a mind of your own to play it. This is what these women (the team) are trying to show that we are here and we can do it."

**SHE: June 2000**

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## **Rubab Raza**

This 13-years-old Lahori created history in Pakistan by becoming the first female from the Islamic Republic to swim at the Olympics. At 13, she was also one of the youngest Olympians of 2004. Wearing a full-body suit, she finished a respectable fifth in her heat in the 50 metres freestyle event. Her achievement is all the more impressive considering she got little help from the government. With a foreign coach and more modern training facilities, she might just be able to take a crack at a medal at the next Olympic Games.

**Daily Times: January 1, 2005**

## **“We need to direct our youth”**

On her deathbed in the spring of this year, Mrs. Salma Zain Noorani wrote a letter to President Pervez Musharraf urging him to put in some government effort to establish sports facilities in Karachi.

She wrote: 'This city desperately needs sports facilities. We need to foster and direct our youths' energies into constructive channels and to provide them with opportunities to excel. I cannot speak on behalf of other sports, but I have been associated with tennis and intend to do whatever I can to promote our tennis players and the sport in our country.' Nine days after writing this letter, Mrs. Noorani passed away at the Aga Khan Hospital on April 19 having endured years of multiple health problems including diabetes, blood pressure and chronic dehydration. Such was the determination of this weak, old woman, that she spent the last few years of her life working relentlessly for a cause that she always kept near her heart, the promotion of Pakistan's tennis.

The world of Pakistan sports knows her as a national tennis champion for she was one of the best players of her generation. But ask her son Munawar and he will tell you that tennis was not her only forte. “Whatever my siblings and I are today is just because of her. She was the best mother one can have,” says Munawar, a Citibank Vice-President, the second of her four children. Munawar is rightfully proud of his mother.

Mrs. Noorani, nee Salma Ghulamali Mandviwalla, was born on October 18, 1933 and she was one of the most graceful and wonderful women I've ever met. Too few former champions care for their chosen sports as Mrs. Noorani cared for tennis. And very few former champions in this country have done anything for their chosen sport as Mrs. Noorani did for tennis. She came from a business family. The Mandviwallas were one of the richest families in Karachi, but she gave up everything to start a new life with Zain Noorani who later rose to become one of Pakistan's best-known Foreign Ministers. She married Zain Noorani in 1952 at the age of 19 and left competitive tennis after having won the national junior tennis title just the previous year. Munawar recalls how well she

performed the dual role of a politician's wife and mother so well during his early life. "There were times when she was both mother and father for us, with her being there all time we seldom felt the absence of our father."

Salma Noorani on the other hand, was also instrumental in the rise of her husband as a prominent politician. She made speeches in his election campaign and remained by his side as his career roller-coasted. She accompanied her spouse to countries where she had earlier gone as a tennis player. One of her most memorable trips, according to Munawar, was in the mid-eighties when the Nooranis went to Switzerland for the Geneva Accord. As if playing a good mother and a reliable wife was not enough, Mrs. Noorani, from time to time, also took the role of an entrepreneur to supplement a dwindling household income during a turbulent period of her husband's political life. In the mid-seventies she began giving regular cooking classes in her home, an exercise that Karachiites came to know and later learnt to appreciate as the Classic Cuisine. Earlier in her life, Mrs. Noorani was also an accomplished singer. She was taught in the fifties by Ustad Hamid Hussain and used to take lessons with the likes of Habib Wali Mohammad and many other legends of their time. She was also involved in some radio programmes and along with Habib Wali Mohammad and Parvez Dastoor and some other friends interested in singing she formed the Cosmopolitan Music Association in Karachi. But in spite of her flair for music and her talent in cooking, Mrs. Noorani's main interest, outside her family, was tennis. Even though she left the competitive circuit after her marriage, she never gave up her love for a sport which she picked up as a 16 year old schoolgirl.

As a tennis player, she represented Pakistan in 20 countries including Switzerland, Austria, Germany, France, India, Japan and England. She also competed in the Wimbledon qualifying rounds in 1963 when she played against Wimbledon champion Mortimar who was making a comeback that year. But surprisingly, she began her career as a sportswoman by playing badminton.

With her brother Hakim, she won many city level badminton tournaments in Karachi. But the moment she started playing tennis, badminton took the back seat. She learnt her tennis at the Gul-e-Rana

Club and was an instant success in the very first tournament she played as a 17 year old.

She won the title. Later she won the Girls National Hardcourt title in 1951. At that time she was known as Salma Ghulamali. She left tennis in 1952 and the very next year her first child, Munira, was born. After a long hiatus, eight years to be exact, she made a comeback on the national tennis scene and within a year improved her ranking to become the Pakistan No. 2 in 1961. That comeback followed the birth of her second child, Munawar. She went on to win the National Hard-court Championship in Hyderabad in 1963 and also won the mixed doubles title that year with Qutubuddin. She retired in 1964 when her third child, Samina, was born. But her tennis career was far from over.

At the ripe old age of 40, Salma Ghulamali made a return as Mrs. Zain Noorani in 1973 when all her four children were of school going age. In her latest comeback she reached the finals of lawn and hardcourt National Championships and remained among the top five players of the country during the best part of the seventies. It was a remarkable performance considering the fact that her chief rivals including Shehnaz Saigal and Rubina Dossa, both in their twenties at that time. Throughout the late seventies, Mrs. Noorani suffered from various health problems, but somehow she managed to get to court whenever she could, winning five national mixed doubles titles with former national champion Altaf Hussain between 1978-83 including a hat-trick in the last three years. Her last national mixed doubles crown came as a 50 year old grand mother!

After finally giving up the sport as an active player more because of health problems than anything else, she started making all out efforts to do something for Pakistan tennis off court. Mrs. Noorani was frustrated at the fact that tennis, instead of developing has been going down in the country, but was still confident that the downslide could be reversed. She once told me: "It makes me so sad to see all these players without proper facilities. I am sure if our players get ample opportunities they can be as good as anyone in the world."

To do her bit, she initiated what the Pakistan tennis world today rates as the richest and the best organised tournament of the country: the

Salma Noorani Cup. The first Noorani Cup was held in 1997 and since then it has become the showpiece event of the national tennis calendar. Mrs. Noorani wanted to do a lot more for tennis, but she did not have much time. Her letter to President Musharraf from her hospital room is a proof of her great love for tennis.

The letter, however, still remains unanswered.

**Khalid Hussain: The News, November 06, 2001**

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***A view of match between Higher Education Commission and Islamabad teams during National Women Volleyball Championship played at Sports Complex. Higher Education Commission won the match by straight sets--Pakistan Observer: September 14, 2006***



## Aliya Nasir to play at Wimbledon

On May 24, two Pakistani girls will leave for Brussels to participate in the Astrid Bowl, a tennis tournament for girls born after 1967. One of them is Farah Khursheed and the other, Aliya Nasir.

Children, you must have read about Farah Khursheed in these columns early in the month. This column is on Aliya Nasir.

Aliya is the only Pakistani player to have earned 30 ATP points and no other junior has any points to his/her credit. She got these points for winning the Sri Lanka international last year.

Aliya is a PIA Colt, the same as Jahangir Khan was in 1976; Jahangir is now the world squash champion. Aliya is studying in intermediate (Arts) in St. Joseph's College, Karachi and has already played for Pakistan in Manila, Singapore, Bangkok, Indonesia, Brussels, Paris and London.

This year after the Astrid Bowl, Aliya along with Farah Khursheed will participate in the French Open for juniors at Paris between June 5 and 9, in the Apple Bowl in Spain between June 10 and 16, the Thames Ditton tournament in London between June 17 and 30 and the Wimbledon Juniors between July 1 and 7.

Pakistani juniors will make their debut in Wimbledon. Tennis supporters are proud of them. Both are talented girls and we would expect them to do well.

Aliya talks very highly of Farah Khursheed but feels that there must be a resident coach (Pakistani) and an experienced captain to be with them when they are playing in Europe. That would help them to work out a strategy and also to get proper practice.

**Haleem Ahmad: Dawn, April 26, 1985**

AUGUST

31  
Friday



*Participants of Inter-Collegiate Girls Cycling championship flash victory signs prior to the start of the race, organized by Federal Education Board at Sports Complex-- The Nation: February 7, 2006*

# پاکستانی خواتین سکواش میں نام پیدا کریں گی

## سکواش کی کھلاڑی آمنہ نجم کی باتیں

سکواش میں پاکستانی کھلاڑیوں کی کارکردگی اس کھیل کی تاریخ میں سنہری حروف لکھنے کے قابل ہیں کھیل کی ترقی کے ساتھ ساتھ خواتین نے بھی اس کھیل میں گہری دلچسپی کا مظاہرہ کیا لیکن بد قسمتی سے پاکستان میں خواتین سکواش کی طرف ماضی میں توجہ نہیں دی گئی جس کا نتیجہ یہ نکلا کہ آج جب تمام کھیلوں کیلئے خواتین کی نمائندگی کو ضروری قرار دیا گیا ہے تو ہمیں خواتین کی سکواش کی ضرورت محسوس ہوئی ہے، اس بات کا سہرا بھی جنرل ضرار عظیم کے سر جاتا ہے جنہوں نے خواتین کھلاڑیوں کی تربیت کیلئے پنجاب سکواش کورٹ میں باقاعدہ ایک اکیڈمی بنائی جہاں کھلاڑیوں کو بہترین تربیت دینے کی تمام سہولیات میسر ہیں اس سے قبل پاکستان میں خواتین کی سکواش کے حوالے سے صرف ایک نام جانا پہچانا جاتا تھا جو کہ خان فیملی کی برطانیہ میں پیدا ہونے والی لڑکی کا رالا خان کا تھا۔ کارلا خان فی جس ماحول میں آنکھ کھولی وہ سکواش کا ماحول تھا ان کے خاندان کے بیشتر افراد اس کھیل سے وابستہ تھے۔ برطانیہ جیسے معاشرے میں ویسے بھی خواتین کو زیادہ بہتر مواقع میسر آتے ہیں اس لیے کارلا زیادہ نمایاں رہیں لیکن اب جبکہ پاکستان میں بھی خواتین سکواش پر بھرپور توجہ دی جا رہی ہے تو یہاں سے بھی باصلاحیت کھلاڑی لڑکیاں سامنے آ رہی ہیں انہیں کھلاڑیوں میں ایک نام آمنہ نجم کا بھی ہے۔

آمنہ نے خبریں سے خصوصی گفتگو کرتے ہوئے بتایا کہ پاکستان کی خواتین باصلاحیت ہیں لیکن بد قسمتی سے کسی بھی شعبے میں وہ سہولیات میسر نہیں ہیں جو مردوں کو حاصل ہیں ہم پر کئی ایک پابندیاں لگائی جاتی ہیں میں ایسی کئی ایک لڑکیوں کو جانتی ہوں جو مستقبل میں بہترین کھلاڑی بن سکتی ہیں لیکن وہ معاشرتی پابندیوں کے باعث اپنے شوق کی تکمیل نہیں کر پاتیں۔ ایک سوال کے جواب میں انہوں نے کہا کہ ایک دو برس میں غیر ملکی کھلاڑیوں جیسا کھیل پیش کرنا تو شاید ہمارے لیے ممکن نہیں کیونکہ وہاں سکول کی عمر سے ہی لڑکیوں کو سکواش سیکھانا شروع کی جاتی ہے اور یہ نظام وہاں خاصا پرانہ ہے جبکہ یہاں یہ کام گزشتہ دو سال میں شروع ہوا ہے لیکن ہماری لڑکیوں کے کھیل کو دیکھ کر کہا جاسکتا ہے کہ یہ لڑکیاں آنے والے سالوں میں سکواش کی دنیا میں نام پیدا کریں گی اس ضمن میں یہ ضرور کہوں گی کہ گزشتہ سکواش کے فروغ کیلئے جنرل ضرار عظیم نے بہت کام کیا ہے۔ آج لڑکیوں کو وہ تمام سہولیات میسر ہیں جن کا تصور کچھ عرصہ قبل نہیں کیا جاسکتا تھا اب وہ دن دور نہیں جب ہماری کھلاڑی لڑکیاں بھی بیرون ملک پاکستان کا نام روشن کریں گی اور جہاں گلیئر جان شیر کی طرح اعزازات جیتیں گی۔

# پاکستان میں ایتھلیٹس کا کوئی مستقبل نہیں، سمیرا ظہور

بہتر منصوبہ بندی کی بدولت قومی کھلاڑی عالمی مقابلوں میں شرکت کرتے ہیں

میگا ایونٹ میں میڈل نہیں جیتا تاہم کوچ کے بغیر شرکت سے منفرد ریکارڈ قائم کیا

ایتھنز اولمپک میں پاکستان کی نمائندگی کرنے والی ایتھلیٹ قومی چیمپئن سمیرا ظہور نے کہا ہے پاکستان میں ایتھلیٹک اور اس کے کھلاڑی کا کوئی مستقبل نہیں ہے۔ سپورٹس بورڈ اور ایتھلیٹک فیڈریشن آف پاکستان کی بہتر منصوبہ بندی کی بدولت قومی کھلاڑی عالمی مقابلوں میں شرکت کرتے ہیں۔ آرمی سپورٹس اسٹیڈیم راولپنڈی میں ایکسپریس سے گفتگو کے دوران سمیرا ظہور نے کہا کہ اولمپک جیسے بڑے ایونٹ میں ملک کی نمائندگی ایک اعزاز ہے۔ فیڈریشن اور عوام کو میڈل کی توقع نہیں رکھنی چاہئے تھی، کیونکہ ملک میں ایتھلیٹک کی سہولیات کا فقدان ہے۔ اولمپک میں منڈوفلیکس ٹرف تھا جبکہ پاکستان میں یہ ٹرف موجود نہیں ہے۔ سپورٹس بورڈ کے جناح اسٹیڈیم میں بی کلاس ٹریک بچھایا گیا ہے۔ جس پر تربیت حاصل کرنا ایونٹ کے ساتھ بڑی نا انصافی ہے۔ ایتھلیٹک فیڈریشن آف پاکستان کو مشورہ دیتے ہوئے کہا کہ انہیں غیر ملکی فزیو اور ڈاکٹر کی خدمات حاصل کرنی چاہئے۔ انہوں نے کہا کہ گوکہ ہم میگا ایونٹ میں میڈل حاصل نہیں کر سکے، لیکن اولمپک میں کوچ کے بغیر شرکت کر کے ہم نے ایک منفرد ریکارڈ قائم کیا ہے اور نہ ہی ہمیں کسی فزیو کی خدمات حاصل تھیں۔ بھارت، سری لنکا، بھوٹان کے کھلاڑیوں کو ہم سے زیادہ سہولیات میسر تھیں۔ ایک سوال کے جواب میں انہوں نے کہا کہ کامیابی کے لئے ایتھلیٹک فیڈریشن کو سکول، کالج کی سطح پر جونیئر کھلاڑیوں کی ترتیب کے لئے اکیڈمیز تشکیل دینی چاہئے۔ ابتدائی طور پر ایتھلیٹک ٹریک کا ہونا سب سے اہم ہے۔ حکومت کو اس بارے میں پالیسی تیار کرنی چاہئے اور ٹریک کے لئے ضروری سامان پر عائد ڈیوٹی معاف کی جائے۔ ایک اور سوال کے جواب میں انہوں نے کہا کہ ایتھنز اولمپک کے دوران پاکستان کے بارے میں غیر ملکی میڈیا کا رویہ انتہائی منفی تھا۔ الیکٹرونک اور پرنٹ میڈیا نے اسلام اور پاکستان کے حوالے سے بے سرو پا سوالات کئے۔

## **Carla: a hope for Pakistan at C' wealth Games**

Pakistan squash player Carla Khan has been given the all-clear to represent her adopted country at the Commonwealth Games after an eligibility ruling.

The English-born 20-year-old, one of the youngest descendants of Pakistan's famous squash playing Khan dynasty, will now be free to play at the games which start on Thursday.

Khan is the grand-daughter of the legendary Azam Khan, four-times British Open Champion from 1959 to 1962.

She represented England as a junior in 1997, but switched her allegiance last year to become the Pakistan national champion.

Initially uncertain about Khan's eligibility, the Manchester 2002 organisers sought clarification from the Commonwealth Games Federation which has ruled she can play for Pakistan. "She was always eligible in our view," said CGF spokesman Mike Hooper.

Khan is expected to join her male teammates in the Athletes' Village in Manchester within the next 48 hours, and will make her Games debut in the women's singles event which begins on Friday.

**The Frontier Post: July 23, 2002**

## **The fate of our women gymnasts**

In Pakistan, where men overwhelmingly dominate every fillip of life, the emergence of women from rural areas as gymnasts, otherwise normally ignored in sports, came as a welcome surprise when Marium Kerio of district Khairpur, Sindh, was crowned as the country's first Woman Gymnastic Champion back in 1996. But the surprise was short-lived as none of the institutions patronizing sports in the country came forward to groom Marium's talent to international standards.

Perhaps it was because of Marium's rural background that institutions and sponsors felt no attraction towards success her in the sport, that is normally considered unsuitable for women in the semi-orthodox Islamic society of Pakistan.

The situation could have been different, had Marium been a girl from an urban background where women, representing different banks and government corporations, are seen participating in sports once considered forbidden for them.

Fascinated by the performance of the woman gymnast icon of Romania, Nadia Comanche, on TV, Marium's father, an ordinary farmer, dreamt to raise her as a gymnast.

His dream came true when in 1996, Marium became Pakistan's first Woman Gymnastic Champion. However, this did not change the fate of the sport in the country.

"Gymnastics is considered to be the queen mother of all sports, but has been neglected and has been in pathetic condition for a long time due to one reason or the other," says Yasmeen Iqbal, President of the Pakistan Women Gymnastic Association (PWGA).

The PWGA is an affiliate unit of the Pakistan Gymnastic Federation that controls all affairs of the sport in the country. On the women's side, surprisingly, the game has gained popularity among girls from the rural area, contrary to the general belief that village girls lag far behind their urban counterparts, especially in developing countries such as Pakistan, says Yasmeen Iqbal.

This indicates that women in Pakistan have great talent for sports. Then who is to blame for it not being able to take firm root?

Yasmeen Iqbal blames government institutions such as the Pakistan Army, PIA, Pakistan Railways, WAPDA and various banks, that have been involved in the promotion of sporting activities.

"These departments mostly have teams for men's events," Yasmeen points out, adding, "they do sponsor some women's teams, too, but as far as women gymnastics is concerned, they have hardly showed any interest." Yasmeen does not hesitate to admit that the Pakistan Women's Gymnastic Association, despite all efforts, could not introduce women's gymnastics in the NWFP and Balochistan effectively as a sports discipline. Though girls from the rural areas have a natural talent for gymnastics, it is a fact that the social structure of these areas prevents these girls from taking part in the sport.

Coupled with the resistance that parents in these areas put up against their daughters taking part in sporting activities, the lack of interest of the institutions that patronizes sports in the country has hampered promotion of the women's version of gymnastics, says the PWGA President.

However, she is hopeful that after the introduction of the policies of the new government providing maximum opportunities to women in all fields of life, the condition of the women gymnasts would also change.

"The long-standing demand of women gymnasts in Pakistan to include gymnastics in the National Games has been fulfilled by making it a part of the forthcoming National Games 2003, scheduled to be held in September in Balochistan," Yasmeen says with satisfaction.

She also says that if, like other women's sports such as hockey, swimming, table tennis and badminton, Pakistan Railways, WAPDA, Pakistan Army and other institutions patronize gymnastics, there is no reason why women's gymnastics should not flourish in this country.

*Syed Ertiza Ali: Dawn, February 16, 2003*

# **Rubab makes history for Pakistan**

## **Becomes first Pak female swimmer to compete in Olympic Games**

Pakistan's teenage swimmer Rubab Raza made history here at the Aquatic Centre even as she barely managed to finish fifth in her qualifying heat here on Friday.

Rubab, 14, became the first Pakistani woman to take part in the Olympic swimming competition, finishing fifth with a time of 30.10 seconds in her qualifying heat of the women's 50m freestyle event.

Considered among one of the brightest prospects for Pakistan swimming, Rubab can take pride in the fact that she finished ahead of three swimmers in her heat.

However, she fell short of her own qualifying mark of 29.91 seconds. Perhaps the pressure of competing in the Olympics for the first time took its toll on the young girl.

Ermilinda Zamba of Mozambique won the race with the time of 29.34, just a fraction of a second ahead of Aina Andramanja of Madagascar. Both the women qualified for the next stage of the competition.

Kenya's Eva Donde finished third with 29.47 seconds while Diane Etienne of Mauritius was fourth with 30.0 seconds. Rubab finished ahead of Rouena Marku (Albania), Samar Nasir (Jordan) and Aminath Rouya (Maldives).

**The News: August 21, 2004**



## **Quetta women cricketers to visit Lahore**

Balochistan Women Cricket team is scheduled to visit Lahore in December.

According to Balochistan Women Cricket Association, during its visit the Balochistan team will play matches against different colleges and other teams.

The team had shown good performance during the Begum Magsi Cup Women Cricket tournament held recently in Quetta.

The team was undergoing net practice at the Girls College where 25 players were being imparted training for fielding, batting and bowling.

The Balochistan Women Cricket Association would bear all the expenditure of the team's visit to Lahore.

**The Nation: November 18, 2003**

# پاکستان ویمنز کرکٹ کنٹرول بورڈ نے پی سی بی

## کو قانونی نوٹس بھجوا دیا

خواتین کرکٹ کو چلانے کے مجاز ہیں، کرکٹ بورڈ نے جواب نہ دیا تو عدالت جائیں گے  
قانونی نوٹس کے مندرجات

پاکستان کرکٹ بورڈ کی موجودہ انتظامیہ ایک سال گزرنے کے باوجود بحرانوں سے نہیں نکل سکی ہے سابق  
خان محمد نعیم، قومی ٹیم کے سابق کوچ جاوید میانداد کے بعد اب پاکستان ویمنز کرکٹ کنٹرول ایسوسی ایشن  
نے بھی پی سی بی کو قانونی نوٹس بھجوا دیا ہے۔ پی ڈبلیو سی اے نے گزشتہ روز اپنے وکیل کے ذریعے پی سی  
بی کے چیئرمین شہریار خان کو قانونی نوٹس بھجوا دیا ہے جس میں کہا گیا ہے کہ پی سی بی پاکستان میں خواتین  
کرکٹ چلانے کی مجاز نہیں۔ لاہور ہائی کورٹ نے 20 جون 2002ء کو قانونی طور پر تسلیم کیا کہ پاکستان  
ویمنز کرکٹ کنٹرول ایسوسی ایشن ہی پاکستان میں ویمنز کرکٹ چلانے کے مجاز ہے۔ پی ڈبلیو سی اے  
کے ترجمان کے مطابق اگر پی سی بی نے قانونی نوٹس کا تسلی بخش جواب نہیں دیا تو وہ عدالت جائیں  
گے۔ واضح رہے کہ پی سی بی نے گزشتہ ماہ ہی ملک میں خواتین کرکٹ کے فروغ کے لیے خواتین ونگ  
قائم کیا ہے جس کے تحت سندھ میں پیر سے خواتین کا کرکٹ ٹورنامنٹ شروع ہو رہا ہے۔

خبریں 29 جنوری 2005

## **Pak girl becomes world's youngest para-glider**

A Pakistani girl has set a new world record in paragliding by jumping from a 200-feet high peak near Khanpur Dam at the age eight years.

Muniba Mir, a seven-year and ten months old girl, has broken the record of a British boy who won the title of world's youngest para-glider at the age of fourteen. Muniba became the youngest para-glider of the world on May 11, 2003 when she successfully jumped from a mountain peak near Khanpur Dam.

Muniba Mir alias Zoon told The News that she was happy to know that she has become the youngest para-glider of the world. Studying in class three in Modernage Public School and College, Abbottabad, Muniba is fond of reading books especially fairy tales and paragliding.

Akhtar Hussain Rao, a retired army official is her instructor in paragliding. She is also a member of the Eagle Paragliding Club, Abbottabad.

Daughter of an educationist, Wahid Meer, Muniba wants to become a doctor.

Paragliding is a comparatively new sport in Pakistan and not very popular among the people. Hang-gliding and paragliding were introduced in the Pakistan Army in the year 1988 but the sport could not get a place in the private sector till last year.

**The News: June 02, 2003**

## Golf for a good cause

104 enthusiastic golfers raised \$135,000 in a charity golf tournament organised by the **United World College of South-East Asia (UWCSEA) Parents' Association** to raise funds for the victims of the earthquake in South Asia last October. Held at the Classic Course of Laguna National Golf and Country Club, Singapore, the event raised money for **The Citizen's Foundation (TCF)** and will be used to build a school in the area affected by the earthquake. This was the start of a long-term relationship between UWCSEA and TCF. A hot BMW 23 was up for grabs for anyone who bagged a hole-in- one, but none of the golfers was quite sizzling enough. Winners **Michael Leutwyler, Sebastian Lee** and **Deborah Leong** were spoiled with tailor-made goodies sponsored by **Adidas**, Singapore. Amongst the organizers of the events were **Amina Islam, Aliya Ashfaq, Renisha Bhervant, Ridah Sheikh Khan, Samia Ahad** and **Shazia Khawaja**.

*Friday Times: March 31-April 6, 2006*

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## Too Hot To Handle?

It was the first time that the National Games had found a sponsor and there was, as a result, plenty of hype in the build-up. But barring a few outstanding performances, the 26<sup>th</sup> edition of the country's premier sports meet set few standards of excellence, perhaps because it was held in June, one of the hottest months in Karachi. On the organisational front too there were fiascos aplenty. As expected, Pakistan Army won the team championship, but not as easily as is usually the case because of a strong challenge from WAPDA. Nine new records were set in weightlifting, while Sindh's Nida Waqar and Sana Wahid bettered three national records in women's swimming.

*The Herald: January 1998*

## **Sana, Nida star as Sindh excel in women's swimming**

Sana Wahid and Nida Waqar of Sindh continued their domination in National Games Women's Swimming Championship at the Pakistan Sports Complex Swimming Pool on Saturday. Sana clocked 32.89 seconds to win 50 metres free style gold. Sana Wahid who won laurels during the opening day's events also winning first position in 50 metres and 100 metres free style also excelled on Saturday. Sana Wahid was also in the Sindh team which was gold in 4x100 metres free style relay. Sindh swimmers also continued their dominance overall in swimming.

In 500 metres free style while Sana Wahid won the gold, Ali Majid of Punjab clinched the silver with 33.16 seconds. Mariam Rafiq of Sindh got bronze.

In the 100 metres backstroke Nida Waqar of Sindh set a new record with timings of 1 minute 26.45 seconds followed by Nahira Karim of Sindh who won silver and Alia Majid of Punjab who won bronze.

In 200 metres freestyle Nida Waqar of Sindh won gold, clocking 2 minutes 51.70 seconds. Ayesha Tajwar of Sindh won silver and Sanam Niaz of Punjab bronze.

While the Sindh team won the gold in 4x100 metres freestyle relay, the silver medal was won by Punjab whereas Navy annexed the bronze medal.

The results:

Following are the results of events held on Saturday.

1<sup>st</sup>: Sana Wahid (Sindh) 32.89 seconds; 2<sup>nd</sup>: Ali Majid (Punjab) 33.16; 3<sup>rd</sup> Marrium Rafiq (Sindh) 34.42; 4<sup>th</sup>: Nasreen Khan (Punjab) 34.89; 5<sup>th</sup>: Meher A Bokhari (WAPDA) 35:34; 6<sup>th</sup>: Fatima Amir Kamal (Navy) 37:30; 7<sup>th</sup>: Sanam Lakhani (Navy) 38.24; 8<sup>th</sup>: Ayesha Akhtar (WAPDA) 41.46.

(100 M BACKSTROKE)

1<sup>st</sup>: Nida Waqar (Sindh) 1:26:45 (New Record); 2<sup>nd</sup>: Mahira Karim (Sindh) 1:26:69; 3<sup>rd</sup>: Alia Majid (Punjab); 1:30:36; 4<sup>th</sup> Amber N Malik (Punjab) 1:42:32; 5<sup>th</sup>: Nafas S Ahmed (Navy) 1:43:63; 6<sup>th</sup>: Meher A

Bokhari (WAPDA) 1:48:82; 7<sup>th</sup>: Anuska Lakhani (Navy) 1:54:90; 8<sup>th</sup>: Ratasha Tampal (NWFP) 2:15:20.

#### (200 M FREESTYLE)

1<sup>st</sup>: Nida Waqar (Sindh) 2:31:70; 2<sup>nd</sup>: Ayehsa Tajwar (Sindh) 2:52:06; 3<sup>rd</sup>: Saman Niaz (Punjab) 3:00:70; 4<sup>th</sup>: Kiran Khan (WAPDA) 3:14:45; 5<sup>th</sup>: Nafas Sarah Ahmed (Navy) 3:18:94; 6<sup>th</sup>: Ambreen Mehkary (WAPDA) 3:25:59.

#### 4x100 FREESTYLE RELAY

1st: Sindh (Sana Wahid, Ayesha Tajwar, Amina Amir Kamal, Nida Waqar) 5:14:18 (New Record);

2<sup>nd</sup>: Punjab (Saman Niaz, Nasreen Niazi, Momina Azam, Alia Majid) 5:29:79;

3<sup>rd</sup>: Navy (Natasha Khan, Fatima Amir Kamal, Hafsa Farooqi, Nafas Sarah Ahmed) 6:00:74;

4<sup>th</sup>: WAPDA (Kiran Khan, Ambreen Mehkary, Rabia Akhtar, Meher Bokhari) 6:09:50.

**The Nation: April 26, 1998**

## **Pakistani women cricketers shine in England**

An exhilarating all-round performance by Pakistan's Kiran Baloch helped High Wycombe register 55-run victory over Gunners-bury, Middlesex in England.

High Wycombe amassed 244 losing three in 40 overs while Gunners-bury were skittled out for 189 in 36 overs, says a message received here on Tuesday.

Kiran hammered an unbeaten 124 while grabbed three scalps, Sharmeen Khan scored 62 and bagged 5 for 28 while Shaiza Khan made 42 and got a wicket.

The batting and bowling figures of the Gunners-bury could not be known as they were not mentioned in the message.

The three Pakistani women cricketers are in England at the invitation of Marylebone Cricket Club.

**The Nation: July 21, 1999**

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## **Our sportswomen**

Although women are getting ahead in sports all over the world, our sports organisations have hardly made any headway in this direction, as there is hardly any news about women's sports in Pakistan. Even the sports events of girls schools or colleges are not covered by the press. Except for sports like table tennis or badminton, training and coaching camps are organised only for boys. Our girls are very talented and if given proper training and coaching can compete at the international level. There is a need to organise women's sports at the district, division and national levels. Educational institutions should also be encouraged to hold annual sports competitions to function as effective nurseries for sportswomen.

**Aleem Azhar Khwaja: Dawn, January 19, 2000**

## **Women's Crickets magazine launched**

The Pakistan Women's Cricket Control Association (PWCCA) launched its official magazine called the Women's Cricket International at an inaugural ceremony at Karachi on February 14, 2000. The ceremony was attended by the Sindh sports minister, Professor Anita Ghulam Ali, as well as personalities from the cricketing fraternity and the media.

The magazine, the first of its kind in the world, will provide a forum to women cricketers all over the world, will provide a forum to women, will provide a forum to women cricketers all over the world, cover worldwide events and issues of women's cricket and promote and popularize women's cricket at the grass roots level.

The magazine will be circulated to all the 13 playing countries, which apart of Pakistan include Australia, New Zealand, Sri Lanka, Ireland, Denmark, India, England, South Africa, Canada, Holland, Japan and West Indies. The PWCCA is a full member of the International Women's Cricket Council which is based in New Zealand.

**The Herald: March 2000**

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### **Lahore marathon**

The press has been reporting that some elements plan to jeopardize the international marathon race to be held in Lahore this coming Sunday on the pretext that women are not allowed to participate in such events on religious grounds.

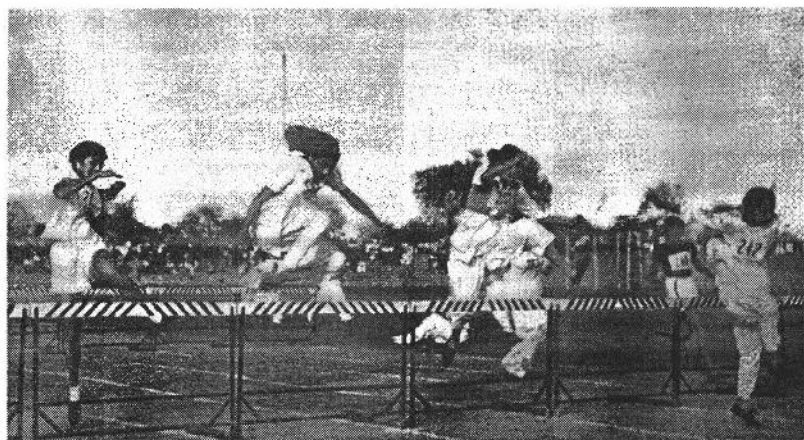
The bulk of our labour force is engaged in agriculture where men and women work side by side. Both men and women work because they know that if they don't there will be no money to feed their families. The women of Lahore will take part in this event along with men to show to the world that they are equal to men and productive citizens of the country.

**Waheed Malik: Dawn, January 26, 2006**



NOVEMBER

30  
Friday



*Women athletes clear the hurdles in the 110 metres race--  
Pakistan Quarterly: 1958*

# ماریہ طور نے سارہ اعوان کو ہرا کر فرسٹ حیدر آباد

## ویمین سکواش چیمپئن شپ جیت لی

بیسٹ آف فائیو پر مشتمل فائنل یکطرفہ ثابت ہوا، 27 منٹ جاری رہنے والے سنسنی خیز مقابلے میں ماریہ طور کا شاندار کھیل، کنورنوید جمیل نے انعامات تقسیم کئے

ماریہ طور واپڈا پاکستان نمبر 4 اور سیڈ نمبر 3 نے فرسٹ حیدر آباد اوپن وومن اسکواش چیمپئن شپ جیت لی۔ فائنل میں پاکستان نمبر 2 اور سیڈ نمبر اور سیڈ نمبر 1 آری کی سارہ اعوان کو 3-0 کی اپ سیٹ کا سامنا کرنا پڑا۔ فائنل یکطرفہ ثابت ہوا۔ بیسٹ آف فائیو پر مشتمل فائنل میچ 27 منٹ جاری رہا جس کے پہلے گیم میں فاتح ماریہ طور نے سارہ اعوان کے خلاف شاندار کھیل کا مظاہرہ کرتے ہوئے 9-4 سے کامیابی اپنے نام کی۔ دوسرے گیم میں سارہ اعوان نے کچھ مزاحمت کی اور ایک موقع پر 6-2 کی برتری حاصل کرنے کے باوجود اپنی مخالف پر قابو نہ پاسکی۔ ماریہ نے اپنی شاندار کراس کو اس کورٹ کی بدولت گیم میں واپسی کی اور گیم 10-8 کے اسکور سے جیت کر مقابلہ 2-0 کر دیا۔ تیسرے گیم میں چیمپئن ماریہ طور نے مکمل گرفت رکھی اور اپنے مخالف کھلاڑی کو برتری حاصل کرنے نہ دی اور 9-2 سے تیسرا گیم جیت کر حیدر آباد اوپن وومن اسکواش کی چیمپئن بننے کا اعزاز حاصل کیا۔ فائنل کے اختتام پر مہمان خصوصی کنور جمیل ضلعی ناظم حیدر آباد نے کامیاب کھلاڑیوں میں انعامات تقسیم کئے۔

نوائے وقت، 1 اپریل 2006

## Prospects for women's swimming

By and large, women's swimming in Pakistan is an unrecognised sport due to the government's general reluctance to patronize swimming. It was not before 1992 that Pakistan held its first ever women's championship in Sindh, while the first contest at the national level was held in 1996 after Punjab responded positively and a body was set up there for the promotion of the sport.

At present, only two elite schools in Karachi have swimming pools, and swimmers generally come from families that can afford membership of private clubs. At the government level, only Islamabad has a 50-metre pool of international standards, whereas in India the city of Bangalore alone has 30 pools.

Swimming should be open for everybody. So far the government has only promised provision of land for a pool. Girls in Punjab are receiving a monthly stipend, which is not available to girls in Sindh.

Moreover, expenditure for championships is arranged through sponsorships, while air tickets are at times paid by the parents themselves. The government has not yet honoured its promise to pay for the body suits the swimmers wore in the Commonwealth Games, nor has it awarded winners of the SAF Games. Bearing in mind this official indifference, it is heartening to see young swimmers winning laurels, especially in the SAF Games.

Earlier, the swimming team did quite well at the second and the third Islamic Women's Games in Iran and won 18 and 48 medals, respectively. But in this year's SAF Games they won only 14 medals.

However, a 13-year-old student of class IX, Rubab Raza from Lahore became the first woman swimmer to represent Pakistan in the Olympics in the 50-metre freestyle category. She won two silver and three bronze medals in the 9<sup>th</sup> SAF Games in March held in this year. She won a wild card entry for the 2004 Olympics because of her performance in last year's world swimming championship in Barcelona.

Rubab finished fifth in the 50-metre freestyle, with a timing of 30.10 seconds. Although she failed to go beyond the first round of her 50-metre freestyle event, she had made all of us back home proud. It was an encouraging performance by the 13-year-old as most feared she would be finishing last.

Syed Sibtain Raza, father of Rubab Raza, has criticized the Pakistan Swimming Federation for not extending enough cooperation. He says that besides the coach's fees, he paid from his own pocket all expenditure incurred on training.

Young swimmers can deliver more if they are trained throughout the year and provided with state-of-the-art facilities and international exposure. The government should immediately separate sports from the Ministry of Culture and Tourism. Incentives should be given to athletes and coaches. Now due to the efforts of a dedicated group of women, there are about 90 trained women swimmers who can conduct a championship, Sindh's women's championship has the largest number of athletes participating in any sporting event.

In spite of the government's lack of interest, women's swimming is now beginning to become acceptable in the NWFP and Balochistan. At her age Ms. Raza is already a good role model for other women, especially those interested in competitive sports. Pakistan's standing and standard in the game will gradually improve by imparting young athletes training under long-term plan.

**Naima Aslam Khan: Dawn, September 09, 2004**

## **Golden girl of Pakistan**

A splendid and standing ovation was accorded to the sports girl of the Pakistan here on Tuesday in the closing hours of the 29<sup>th</sup> National Games.

The Governor of Balochistan Owais Ahmed Ghani presented Rs. 50000 to Kiran Khan who bagged eleven gold medals in the different swimming events held in Islamabad. She belonged to Wapda, when her name was called for the special prize she earned a fabulous and glorious standing ovation from the crowd who gathered there to witness the closing ceremony of the 29<sup>th</sup> National Games.

Kiran Khan has represented Pakistan in the SAF Games also where she clinched seven gold medals in the swimming events. The second player who earned seven gold in the swimming was Zulfiqar Ahmad who hails from Army was also given away Rs 50000 as a special prize. The 29<sup>th</sup> National Games were concluded in a very tight security at the Ayub Stadium. Balochistan governor Owais Ahmed Ghani, Chief Minister Jam Muhammad Yousaf, Federal Minister for Sports and Culture Muhammad Ajmal and provincial Ministers were present on the occasion.

The closing ceremony was decorated with the colourful programmes, cultural shows, fireworks worth seeing and the foremost thrilling Buz Kushi, the colourful events lasted for at least three hours. People showed a good sense of sportsmanship and saw all the events with patience. Law enforcing agencies personnel were deployed all around the ground to avert any untoward incident. They were watching each and everything and even VIP cardholders were being searched equally.

Balochistan Governor Owais Ahmed Ghani made the formal announcement of closing of the National Games, the Olympic flame was extinguished and the flag was lowered down. On overall good performance Pakistan Army lifted the Quaid-e-Azam Trophy.

**The Frontier Post: October 8, 2004**



***Fazilat practices her judo technique with Nazima during training session to prepare for the 10<sup>th</sup> South Asian Games judo competition in Islamabad--The News: July 25, 2006***

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***Pakistan sailors show their trophies on arrival after participating in Al-Bareh International regatta in Bahrain--Dawn: June 29, 2006***

# Why Sports?

Sports are an important part of just about every society, every country part of our planet. In one way or another, everyone is involved in sports of some sort, whether they are playing or watching or just know someone who does either.

Sports are played for fun or for money (or sometimes both). Just about every sport has both professionals (those who compete for money) and amateurs (those who compete not for money). Many amateurs who are really good at their sport become professionals. Sports bring people together and also set people apart. They bring together in that a team (usually professional but sometimes college or amateur) can inspire many fans to cheer for that team.

The importance of sports in the life of a young student is invaluable and goes much further than the basic answer that "it keeps kids off the streets." It does in fact keep kids off the streets, but it also instills lessons that are essential in the life of a student athlete. Sports play a pivotal role in the make up of a young athlete, especially in the middle school to high school years where student athletes are much more mature and mentally developed. Where else can a young, impressionable youth learn values like discipline, responsibility, self confidence, sacrifice and accountability? Television, which may be the most influential tool in the lives of young adults, does not show enough of these qualities, nor is it on the internet, or radio. Rather it is up to the parents, teachers, sports teams, clubs, and after school programmes to help mould, develop, and instill these qualities into the lives of student athletes.

Sports have now become a matter of health that is why their importance cannot be falsified, for example, as little as four hours of exercise a week may reduce a teenage girl's risk of breast cancer by up to 60%; breast cancer is a disease that afflicts one of every eight women. Weight-bearing exercises are necessary to laying down bone mass.

Girls and women who play sports have higher levels of self-esteem and lower levels of depression. Girls and women who play sports

have a more positive body image and experience higher states of psychological well being than girls and women who do not play sports. Besides health, a sport teaches us discipline, team work, courage, goal setting and confidence.

Girls can learn from sports that every person on the team has a role to play. Even the players who sit on the bench are positive forces on the team as long as they are good sports and encourage teammates who play. Players who are satisfied sitting on the bench and waiting their turn to play are valued because they promote team harmony by not complaining. This shows that harmony can be learnt through sports.

Winning and losing have nothing to do with your worth as a person. In sports and in work sometimes you win and sometimes you lose. Sports give you experience so you learn to win graciously and accept defeat without blowing the experience out of proportion.

**Ammara Iqbal: The Nation, December 7, 2004**



## **Women's Sports Administration Course in Progress**

On the third day of the Olympic Council of Asia (OCA) women's sports administration and leadership course, in progress here at Amer Hotel, Abdul Kahliq Khan, Secretary General of the Pakistan Olympic Association and national course coordinator, delivered his lecture on the topic of "Olympic symbols of Olympic movement and Olympic games" to the participants.

While elaborating his topic, he highlighted the significance and importance of the Olympic symbols in terms of their value and usage by the National Olympics Committees (NOCs) around the globe. He also apprised the participants of the history of the ancient and modern Olympic games with modalities as well as the role of international federations in holding the competitions of different sports on these occasions.

Dr. Muhammad Asghar Javed, Chairman of the Sports Sciences and Physical Education Department of Punjab University, presented a thoughtful lecture on physical fitness, urging the participants to think high about programmes relevant to the framework of preparation of athletics for competitions.

Prof. Painda Malik, IOC-qualified national course director, deliberated upon the topic of 'Government and Sports'. In the afternoon session, Mian Mohammad Rafiq, IOC-qualified national course director, gave his lecture on 'Sports for All'. Touching upon the philosophy and spirit of sports for all, he urged the participants to be mindful of the contribution of sports in human life, in terms of health, fitness and cultural values.

Dr. Syed Meesaq Hussein Rizvi discussed the topic of 'Doping and Drug Control' and made the participants realize the negative aspects of doping and also the method introduced by the IOC to check and eliminate this menace.

## **“Our talent needs to be encouraged”**

Shaiza Said Khan, along with her sister Sharmeen, is the driving force behind the fledgling Pakistan Women's Cricket Control Association (PWCCA). Besides being president of the association, the 29-year-old one-down batter and leg-spin bowler also happens to be the captain of the Pakistan team.

Born and raised in Karachi, Shaiza Khan studied in England from her 'O' levels onwards. She became the first non-British captain of the Leeds University women's cricket team, a job subsequently assigned to her sister Sharmeen Khan, and also put in a stint with Middlesex Country Women's Cricket. Presently taking a break from her PhD studies, Shaiza Khan is busy these days playing and organising women's cricket in Pakistan.

**Excerpts: Irfan Malik, Herald, April 1998**



***Girls preparing for the National Skiing Championship flash victory signs, before they start skiing at the snow covered hills of the PAF Base in Kalabagh, situated on the Muree Hills range, about 90 kms from Islamabad- Pakistan Observer: January 24, 2006***

# Roshan Bokhari

## Bridge player par excellence

**“The individual doesn't count in a game of bridge. It's the team that matters”- Roshan Bokhari**

“Bridge,” says Bokhari, “ is all about how you communicate with your partner for a contract over a hand of cards. That is why the individual doesn't count. It's the team that matters.” And communication being a speciality of the higher brain centres, the bridge player's homestead doesn't need to sport bats, balls or clubs.

Back on home ground after a competitive spell at Monte Carlo where she and her five other team mates went to play the Venice Cup, the World Bridge Cup, equivalent to the World Cup for any other game, Bokhari and her team stand tall for having put Pakistan on the international map when October 2003 saw the first ever women's Bridge team from the country participate at such a high level of World Bridge. There was a total of eighteen other teams from all over the world at the October 2003 Venice Cup; no mean achievement for Bokhari and her team mates: Tita Agha, Qudsia Dossa, Zeenat Asghar, Saima Rashid and Rubina Saigol, who made it to the grand final at Monte Carlo, after playing at Jordan and then being selected to represent the Middle East zone of which Pakistan is a member. This all-women Pakistani quartet currently ranks among the eighteen best teams playing bridge across the world.

A labour of love... hard labour at that... Women's Bridge has apparently survived the odds because of the dauntless determination and dedication to the cause of the game, courtesy of the minuscule number of women who have taken the game to the present status in Pakistan. Playing on in the hope that a younger lot might be induced to follow suit, these brave women bide for a time when sponsorship of the game becomes profitable for the business world. Till then, Roshan Bokhari, Dossa, Saigol, Asghar, Rashid and Tita Agha keep the torch bright and burning.

**Excerpts: Nyla Daud, SHE, February 2004**

## Something special

**Simply by competing in the World Games and overcoming physical and mental challenges, Pakistan's special athletes have proved to be winners. But medals, of course, are a most welcome bonus...**

While controversies continue to mar the reputation of Pakistan's sporting superstars, there's one group of athletes that is fighting against all odds to win medals and hearts. At the recently concluded Special Olympics World Games, held in New Haven, Connecticut, 26 mentally handicapped athletes from Pakistan came away with a tally of 21 medals, including 11 gold.

The World Games, the biggest sporting event of the year, was officially opened by President Bill Clinton on July 1 at the Yale Bowl in New Haven. The spectacular opening ceremonies were attended by celebrities as well as over 70,000 spectators. Seven thousand special athletes from 146 countries took part in the World Games which are held every four years. This was only the second time that athletes from Pakistan competed in the event. The first time round, in 1991, the contingent of 14 returned with six gold, four silver and four bronze medals.

Special Olympics International was founded in 1968 by Eunice Kennedy Shriver with the objective of giving mentally handicapped children and adults an opportunity to develop physical fitness through yearlong sports training and to achieve recognition in the community through competitive games hosted within individual countries as well as internationally. The programme, which started in Pakistan in 1989, already has several success stories to its credit. Once shunned by their communities, there are now many special athletes who are outgoing and eager to prove their capabilities.

The 50-person Pakistan contingent to the 1995 games included 26 athletes, 14 coaches and 10 delegates. The contingent, according to press reports, arrived to a rousing welcome in New York. The city was bedecked in Pakistani flags and a motorcade of police cars escorted the contingent to a local high school where the athletes were put up.

The games apart, the athletes were treated to special outings and sightseeing. Their travel and participation was made possible entirely through volunteer work and local corporate sponsorship.

Simply by competing in the World Games and overcoming physical and mental challenges, the athletes have proved to be winners. But medals are, of course, a most welcome bonus. The first Pakistani to go for the gold in this year's games happens to be a girl-Maryam Dar, from Lahore who won a medal for individual skills in basketball. But winning or losing aside, each athlete lives by the Special Olympics oath: "Let me win. But if I cannot, let me be brave in the attempt."

*Excerpts: Zohra Yusuf, Herald, July 1995*



*Women cyclists practicing for the national championship—  
Nawa-e-Waqt: July 18, 2006*

# **Pakistani women in soccer punch-up**

**Pakistan's women footballers, used to battling hardline Islamists opposed to their activity, ended up fighting themselves in a landmark final**

A mass brawl broke out after the award of a penalty in the first final of the National Women's Football Championship in Islamabad's Jinnah Stadium.

The soccer federation dismissed the incident as a "football flare-up".

Women's sport has been in the spotlight since Islamic hardliners attacked runners in a mixed-sex race in April.

## **Early whistle**

The football final was played between Punjab province and WAPDA (Water and Power Development Authority) on Thursday.

The penalty led to the solitary goal in the game for Punjab.

A Pakistan Football Federation spokesman told the AFP news agency: "Wapda goalie Azra Matloob stopped the penalty kick and Sheka Nazeer scored off the rebound, but since Azra got injured the WAPDA players were furious."

There was a long delay before the match could be restarted with the WAPDA players reportedly threatening to walk off.

Pakistan's Daily Times said play resumed after Pakistan Sports Board Director General Arif Mehmud Siddique intervened.

But the referee blew the whistle a few minutes early as tempers flared again.

The Daily Times said there was another scuffle after the game as Punjab celebrated.

"The girls of both teams freely kicked and punched each other. The catfight forced the tournament organisers to enter the ground and put an end to the brawl," it reported.

The federation dismissed the incident as a "football flare-up" and said

there would be no inquiry but images of the scuffles were widely covered in the local press.

The women players were fully covered to avoid offending Muslim sensibilities and no male spectators were allowed.

The issue of women in sports flared in April when hardliners attacked runners in a mixed-sex race in Gujranwala.

A ban on such races was introduced and police in Lahore used force in May to break up a race.

A week later hundreds of rights activists held a mixed-sex race in the city in protest at the ban.

In India, Muslim tennis player Sania Mirza has also come under fire from some Islamists opposed to her tennis wear.

**BBC NEWS: September 30, 2005**

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***Football players of WAPDA displaying their medals after defeating Islamabad in the final of National Women Soccer Championship Monday night at Jinnah Stadium in Islamabad--  
The News: August 30, 2006***



## **Nadia, Farhat secure gold in National Shooting**

Ms. Nadia Saeed of Navy and Capt. Farhat Nasreen of Army clinched the gold medals in Prone Rifle and Sports Pistol respectively in the National Shooting Championship at Naval Range on Tuesday.

Nadia claimed the Prone Rifle Gold by scoring 578 out of 600 points with Ms. Urooj Fatima taking the silver and Nazish Khan bagging the bronze medals.

Army women dominated the Sports Pistol scooping the gold and silver medals. Capt. Farhat Nasreen captured gold with 638.7/709; Capt. Azra Nazeer grabbed silver and Mrs. Shagufta Zulfikar from Navy finished third for a bronze.

Centre-fire Pistol and skeet events will be contested on Wednesday with a close competition expected between Sydney Olympian Khurram Inam, his closest rival Ahmed Sultan both from Sindh with Navy's S. A. Noor and Brig. Sikander from Army.

Khurram Inam, a SAF Shooting record holder, looked a bit out of practice but is capable of doing well on his day.

Similarly, talented Ahmed Sultan on the basis of recent form can produce good score.

S A Noor, who won the Trap gold is also in the fray for gold in Skeet event with Brig. Sikander.

In centre-fire Pistol event, it will be a direct confrontation between Navy and Army Shooters.

In the meantime, Executive Vice President of National Rifle Association of Pakistan (NRAP) Parvez Abbasi has expressed his dismay over change of schedule of various events for the going event.

NRAP top officials prepared a comprehensive programme for various air rifle, pistol and shotgun before Abbasi's departure on a private trip to Dubai. On his return, he came to know that programme he prepared for the championship had been changed.

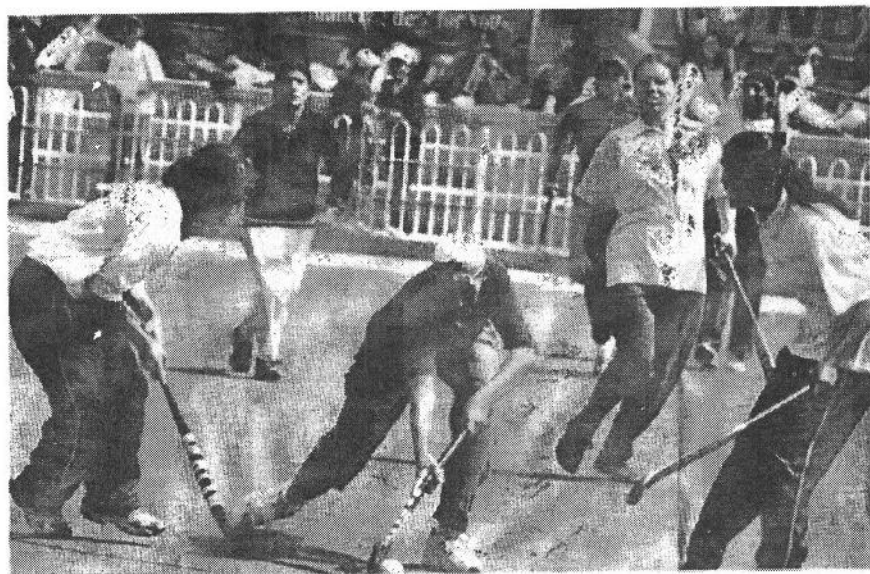


**Following were the results of the 4<sup>th</sup> day:**

**Prone Rifle (women):** 1. Ms Nadia Saeed (Navy) 578/ 600; 2. Ms. Urooj Fatima (Navy) 574/ 600; 3. Mrs Nazish Khan (Navy) 557/ 600.

**Sports Pistol (women):** 1. Capt. Farhat Nasreen (Army) 638.7/709; 2. Capt. Azra Nazeer (Army) 632.8/ 709; 3. Shugafra Zulfiqar (Navy) 630.9/ 709. \_\_APP

*The News: January 7, 2004*



*Players of Kinnard College and Baghbanpura College struggle for the ball during the final of National Bank of Pakistan Regional Women Hockey tournament at National Hockey Stadium--The Post: September 24, 2006*

## Our Thirteen year old Olympian

Most of us live all our lives in our confined boundaries, happy just the way life passes by, with our small achievements bagged we feel on top of the world. Almost as though nothing could get better than that one moment, where we were the shiniest, brightest stars. It is probably the reason why we like our oblivious lives, because in our world, nothing or almost nothing betters us.

Rubab Raza, the feisty thirteen year old, who represented the women's swimming team of Pakistan went to the Olympics this year. A time when most women are fighting for equality, justice and freedom this twelve year old lived the dream of so many athletes. She represents the hope that even women from a poor country like ours can achieve the impossible dream of being part of a legacy which promotes excellence in all physical feats, from skiing to swimming; it challenges the best and brings out the glorious. Those who work day and night to make it to this one day where they can then shine and show what it means to be an athlete. The Olympics epitomizes the pinnacle of athletic prowess and Rubab reached that peak at just twelve. So the most obvious question that came to mind when I met her where she feels most comfortable: the swimming pool, surprise, surprise, was how it felt to be the first woman/girl to represent Pakistan at the Olympics? Following bubbly laughter the reply came: "I know!...people keep asking me this question, maybe I don't realize what I have achieved, but I don't know what to say..." She says she found out that she was representing Pakistan in the Olympics after an exhausting exam which she felt was just 'ok'. She came home after school and her father gave her this news, "it seemed...unreal and I was so shocked ...I thought my father was playing a joke on me...my mother was in tears and, it's just a miracle". When asked on what criteria she was selected to compete in the Olympics, considering that the other contender Kiran Khan had an outstanding track record and was the one being considered to go, Rubab said it was the Barcelona trials that took her to the Olympics. With regard to this controversy she said, " fifty free style was my event, the Barcelona World Swimming Championships was the basis...my world ranking was better than hers, she is a good swimmer...but its all about kismet."

When I asked her about her friends, reactions to her going to the Olympics, the simple reply was "they were really surprised... it was unexpected..." and now what her friends think about her "trip" as she puts it simply is, "they don't feel that it is a very big thing now, they say tum to ho hee aisee..."

Something that I really wanted to find out was how old she was when she began swimming and how she got into this sport. The reply to that was extremely simple, "I was seven when I began swimming, when I was eight I swam in the Gymkhana Gala and was chosen as the best swimmer in my age group... I got into this sport of my elder brother, with whom I used to go for a swim, we used to have races, I started liking it and gradually I began beating my brother at it... I got the attention that my brother received being a boy, but this way I received attention as well and I liked it a lot... I was better than him at something... I loved the water" but at the end of the day the daughter speaks up and says "...it was actually my father who pushed me into sport, my mother thought it was ridiculous and that I should focus more on my studies, but when she saw my performance in the swimming galas she supported me as well, so both my parents supported me a lot." So the obvious following question was how you get into the sports from the platform a hobby to a lot more. "I started from the Punjab Swimming Association, I was part of the Punjab team, I still am part of the Punjab team... that was my base. Infact they brought me up to the national level but after that it was all my parents. When I became one of the top five, I got my own coach and went to a swimming pool at an individual level, before the South Asian Federation (SAF) games... but I am still under contract with them, which ends in December 2004." So I asked if like other swimmers, she would leave the Punjab Women's Swimming Association for a better team or go at it individually, she said "yes I plan on changing teams, and going to the Army, because they have the best facilities and the pools necessary, Pakistan's number one coaches are there, and I can improve myself there only." Competition begets competition and Rubab says that the competition of the Punjab swimmers in not for her, she needs to swim with the best to further improve herself and move from the amateur level to a more professional level." "So what is the most important thing that you keep in mind when you are going for a competition?" and her reply to that was simply, "to play with what comes my way, I believe that to be a sportsperson, you need to

have the acceptance that someone is better than you and lose gracefully." And when I asked her if that is what swimming taught her, the thirteen year old who emphatically says "I'm fourteen" replied, "...swimming has taught me self respect, , self pride...I have a responsibility now, swimming is everything to me now...because I have learnt to face criticism and challenges. Before I would cry, now I feel strong in dealing with both criticism and appreciation..." from swimming onto real topics like how she manages both her passion for the sport and school, which her mother relentlessly makes sure she is just as good as she says "its easy when you can manage your time well and my parents are my support, my father is the sports department and my mother my sport department..." books is what she delves into when she has leisure time to herself, which is usually the weekends, she is currently reading "The Mill on the Floss" but her all-time favourite author is Jane Austin with her favourite book being Jane Eyre, when asked why the reply was simple, "it is complete, with love and tragedy and romance. It has everything." And when asked for one word to describe this sport that she has chosen to excel in, it was simple "swimming is my life and my recognition...I am what I am because of swimming...I have a responsibility and I have the talent so therefore I should pursue it however I can..."

Indeed there is something to be said and it is commendable that this one individual at such a young age has achieved so much and aspires to achieve so much more. Balance is important in life and this spunky jeans clad girl seems to have struck one impressively, balance with regard to swimming and academics, fame and fortune, balance with regard to realizing her and her potential. Her passion for the sport is as evident as the sparkly blue water of the blue tiled pool where we sit and discuss her life and sports.

**Asma Niaz: The Nation, December 8, 2004**

# Chronology

## 1948

- ▶ Governor-General of Pakistan Quaid-i-Azam Mohammad Ali Jinnah opens the first Pakistan Olympic Games at Polo Ground near the Governor-General House. Sportspersons from both East and West Pakistan take part in the games.
- ▶ Fatima Jinnah gives away cups and certificates on the concluding day, and declares the Olympic Meet closed.

## 1950

- ▶ The second National Games are held in Lahore on February 24 and 25. Parveen Sheikh wins gold in javelin throw, 200m and shot put, and silver in the 100m dash.
- ▶ Begum Agha and Mrs. Hilde Doleschell (Australia) beat Mrs. Herman and Mrs. Joan Ingram (England) in the women's doubles event at the National Tennis Championship held in Karachi in October.
- ▶ Salma G. Ali and Atiya Hamid beat Nureen Aziz and Akhtar Hamid in the girls' doubles event at the second Asian Tennis Tournament in Lahore in December.

## 1951

- ▶ Parveen Sheikh and Iftikhar Ahmed overcome G. Vasant and Ms. E. Sen in the mixed doubles event at the Bihar and Eastern Tennis Tournament in Patna (India).

## 1952

- ▶ Tahira Hamid notches the first position in shot put, javelin and discus throw events at the National Athletics Championship held in Lahore in February. J. Tidey wins gold medals in the 100m, 200m and long jump events, and manages silver in 80m hurdles.
- ▶ Mrs. Taqi Butt wins the women's singles and doubles events while Tahira Hamid grabs the girls' singles and doubles titles at the National Tennis Championship in Lahore in January.

## 1953

- ▶ Parveen Sheikh and Mrs. Mohtram outclass Mrs. Taqi Butt and Ms. Kamo (Japan) at the National Tennis Championship in Dacca (Dhaka).

## 1954

- ▶ In the National Athletics Championship in Montgomery (Sahiwal), Parveen Khan crosses the finish line first in the 100m sprint, but comes second in 200m behind Nasim Firdous. Tahira Hamid secures gold medals in 80m hurdles and discus and javelin throw events.
- ▶ Parveen Sheikh wins the National Women's Singles Tennis Championship held in Lahore in March, beating Mrs. Taqi Butt.
- ▶ Parveen Sheikh also takes the women's singles title, defeating Urmilla Khan in the East Punjab Tennis Tournament in Amritsar (India) in March.

## 1955

- ▶ At the National Athletics Championship in Dacca (Dhaka), Nasim Firdous grabs the top slot in the 100m, 200m and board jump events while Zahida trails behind her in 100m and 200m race. Tahira Hamid wins gold in discus and javelin throw.
- ▶ Munira Fikree beats Alzira Disa at the National Women's Singles Table Tennis Championship in Karachi in December.
- ▶ Parveen Sheikh wins the women's singles event and then teams up with Mrs. Taqi Butt to claim the doubles title at the National Tennis Championship in Lahore.
- ▶ Parveen Sheikh and Mrs. Taqi Butt win Rajasthan Women's Doubles Tennis Championship in Jaipur (India).

## 1956

- ▶ Tahira Hamid notches the first position in shot put, discus throw and javelin throw events at the National Athletics Championship in Lahore.
- ▶ Nargis Gyara claims the singles and doubles titles at the National Women's Badminton Championship in Lahore.
- ▶ Saeeda Sultana lifts the trophy in the singles, doubles and mixed doubles events at the National Table Tennis Championship in Karachi in December.
- ▶ Parveen Naseer beats Tahira Hamid in the final of the National Women's Tennis Championship in Lahore in December. She also puts the mixed doubles title under her belt with Dean Brinkman, beating Tahira Hamid and Munir Pirzada.
- ▶ Parveen Naseer and Iftikhar Ahmed capture the Central Tennis

Championship held in Allahabad (India), outplaying Krishnan and Tahira Hamid in the final.

### 1957

- ▶ Saeeda Sultana outmanoeuvres Munira Fikree in the final to win the singles event at the National Women's Table Tennis Championship in Lahore in December. She also walks away with doubles title with her partner Maimoona Tahirbhoy, beating Munira Fikree and Rukia Fikree.
- ▶ Mrs. Taqi Butt and Saeed Hai prove to be better players than Tahira Hamid and Iftikhar Ahmed and win the National Mixed Doubles Tennis Championship in Karachi.

### 1958

- ▶ Shahnaz wins a gold medal in high jump and bronze in 80m hurdles at the National Athletics Championship in Peshawar, whereas Tahira Hamid bags the top slot in shot put and javeline throw events and manages the third position in 200m race.
- ▶ Mrs. Jamil teams up with Purnima Paul to wins the National Women's Doubles Badminton Championship in Karachi, and also takes the mixed doubles title with Vajahat, beating Nazir Rajput and Purnima Paul.
- ▶ Saeeda Sultana shows Munira Fikree the door in the final of the National Women's Single Table Tennis Championship in Dacca (Dhaka). Later, she joins hands with Munira to beat Ms. Arakle and Ms. Mashooqullah to take the doubles title.
- ▶ Tahira Hamid and Ms. Snow win the Asian Women's Double Tennis Championship in Lahore, ousting Parveen Naseer and Mrs. Taqi Butt from the final.
- ▶ Parveen Naseer wins the singles event at the National Women's Tennis Championship in Karachi in December. She also claims the doubles title with Mrs. Taqi Butt.

### 1959

- ▶ Nilofar Ahmed and Masood Khan beat Vajahat Ali and his partner in the National Mixed Doubles Badminton Championship in Lahore.
- ▶ Maimoona Tahirbhoy wins her first major title at the Y.M.C.A. Open Table Tennis Championship in Karachi, defeating Farida Niaz in the women's singles final. She also manages to win this



title again on October 21.

- ▶ Parveen Naseer and Munir Pirzada team up to win the mixed doubles title at the Haji Sir Abdullah Haroon Memorial Tennis Tournament at Karachi Club. Lady Abdullah Haroon distributes the prizes.

### 1960

- ▶ Saeeda Khan notches the first position in the shot put and discus throw events while Durre Shahwar bags the top slot in javelin throw at the National Athletics Championship in Dacca (Dhaka).
- ▶ Maimoona Tahirbhoj beats Shagufta in the final of the National Women's Table Tennis Championship in Rawalpindi. Maimoona and P.E Mody also outplay Shagufta and Farida Azam to take the doubles title.
- ▶ Tahira Hamid beats Salma Noorani in the National Women's Tennis Championship held in Lahore.

### 1961

- ▶ Mrs. Nazir and Ms. Hunt beats Ms. G. Rodrigues and Ms. Paul in the National Women's Doubles Badminton Championship in Karachi.
- ▶ Fauzia B. Khan proves to be a tough competitor for Shagufta Sani in the singles event final at the National Women's Table Tennis Championship in Lahore in November. She also takes the doubles title with her partner Ms. Shah, defeating Shagufta Sani and Shamim Sheikh. In the mixed doubles final, Fauzia Khan teams up with Farooq Zaman to beat Shagufta Sani and Michael Rodrigues.
- ▶ Parveen Naseer beats Mrs. Shahnaz in the National Women's Singles Tennis Championship in Lahore.

### 1962

- ▶ Ms. Qazi Shamim outruns her competitors in the 100m, 200m and 80m hurdles; while Ms. Munawar wins gold in the javelin throw competition at the National Athletics Championship in Lahore.

### 1963

- ▶ Talaat Sultana triumphs over her sister Nighat Sultana in the National Women's Badminton Championship in Lahore. However, both sisters lose the doubles title to Ms. Masuda and



Ms Hunt.

- Rukhsana Rashid beats Hafiza Athar in the final of the National Women's Squash Championship in November.
- Fauzia B. Khan beats Shagufta Sani in the singles final of the National Women's Table Tennis Championship in Karachi in January. She also takes the doubles and mixed doubles titles with Shirin Qadir and Farooq Zaman, respectively.
- Parveen Naseer captures the National Women's Tennis Championship held in Lahore in March, defeating Shahnaz Rahim.
- Parveen Naseer is in the best of form at the National Women's Tennis Championship in Lahore in December, winning the singles, doubles and mixed doubles events in the tournament.

### 1964

- Rehana Ali fetches herself gold medals in 50m and 100m race and silver in the long jump event at the National Athletics Championship in Lahore. Nusrat Rehman finishes second in both 50m and 100m sprints.
- Ghazala Ansari wins the National Ladies Golf Championship title in Peshawar, aggregating 136 against Nuzhat Shahban's score of 175.
- Munira Gulzar wins the singles, doubles and mixed doubles titles at the National Table Tennis Championship in Karachi.
- Rukhsana Rashid beats Shagufta in the final of the National Women's Squash Championship held in Karachi in November.

### 1965

- Munazza Jabeen grabs the top slot in 100m, 200m and javelin throw events at the National Athletics Championship in Lahore.
- Masooda Jamil and Ms. Hunt beats the sister duo of Talaat and Nighat Sultana in the National Women's Doubles Badminton Championship in Rawalpindi.
- Ghazala Ansari retains the National Women's Golf Championship in Lahore.
- Nuzhat Shahban wins the President's Cup Golf Championship in Rawalpindi. Shirley Allum remains the runner-up.
- Fauzia B. Khan claims the singles title at the National Table Tennis Championship in Lahore in February. She also wins the doubles and mixed doubles events with Shahnaz B. Khan and

Farooq Zaman, respectively.

## **1966**

- Munazza Jabeen is in superb form as she wins gold medals in 100m, 200m, 80m hurdles, long jump and javelin throw at the National Athletics Championship in Lahore.
- Talaat Sultana outclasses Ms. E. Hunt in the final of the National Women's Badminton Championship in Lahore. However, Ms. Hunt bounces back to take the doubles title with Mrs. Jamil, beating Nighat and Talaat Sultana.
- Ghazala Ansari maintains her top position for the fourth consecutive year, lifting the women's national golf title at Ayub National Park in Rawalpindi. Yasmeen Waheed finishes second third year in a row.
- Nuzhat Shahban wins the Golf Handicap Trophy Championship in Rawalpindi while Ghazala Ansari remains the runner-up.
- Shamim Sheikh secures the National Singles Table Tennis Championship in Quetta. She also claims the doubles title with Shagufta. In the mixed doubles, Munira and Vinoo beat Hanif and Jameela.

## **1967**

- Munazza Jabeen emerges as the best athlete at the National Athletics Championship in Rawalpindi.
- Talaat Sultana outplays her sister Nighat at National Women's Badminton Championship in Lahore. In the girls' singles event final, Rukhsana triumphs over Farzana, and then both players team up to win the girls' double title beating Rahat Kazim and Rifat Ara.
- Yasmeen Waheed becomes the new National Golf Women's Champion in Lahore. She wins both the national title as well as the handicap trophy.
- Fauzia B. Khan wins both the singles and doubles titles at the National Table Tennis Championship in Bahawalpur in November. However, she and her partner Zafar Rashid lose in the mixed doubles final to Jamila Tayyabji and Azhar Fasih.

## **1968**

- Talaat Sultana outperforms her competitors in shot put, discus throw and javelin throw events at the National Athletics

Championship in Dacca (Dhaka) in April.

- ▶ Talaat Sultana shows supremacy over her sister Nighat Sultana in the final of the National Women's Badminton Championship in Bahawalpur. In the doubles final, Mrs. Jamil and Ms. Hunt triumph over Farzana and Rukhsana.
- ▶ Rukhsana wins the National Women's Squash Championship in Lahore, defeating Azra Muneer in the final.
- ▶ Jamila Tayyabji outmanoeuvres Arifa Wahid in the final of the National Women's Table Tennis Championship in Rawalpindi. The doubles title goes to Shaheen and Yvonne Fernandes.

### 1969

- ▶ Nuzhat Shahban wins the National Women Golf Championship in Rawalpindi.

### 1970

- ▶ Talaat Sultana wins the singles title at the National Women's Badminton Championship in Rawalpindi. She also takes the doubles title with her sister Nighat Sultana. However, in the mixed doubles, Nighat Sultana and Salahuddin outclass Talaat Sultana and Naqi Mohsin.
- ▶ Rukhsana Rashid of Central Zone retains the National Women's Squash Championship title, beating Mrs. Forwein in three straight sets in Islamabad in March.
- ▶ Jamila Tayyabji beats Ferozonde Shammari from Iran in the RCD Women's Table Tennis Championship in Karachi in September.
- ▶ In the National Women's Tennis Championship, Parveen Naseer triumphs over Najam Taqi Butt.

### 1971

- ▶ Farzana Humayun wins the singles, doubles and mixed doubles events at the National Badminton Championship in Lahore.
- ▶ Rukhsana Rashid successfully defends her title for the tenth year in a row at the National Women's Squash Championship held in Karachi in March.
- ▶ Jamila Tayyabji beats Fauzia B. Khan in the final of the National Women's Table Tennis Championship in Karachi. Shaheen Usmani and Riffat Anjum outplay Fauzia and Shahnaz B. Khan in doubles final, while Jamila Tayyabji takes the mixed doubles title with Sohail Karim.

- ▶ Jamila Tayyabji reaches the quarterfinals and is placed fifth in the Afro-Asian Women's Table Tennis Tournament in Peking (Beijing).
- ▶ In the National Women's Tennis Championship in Lahore, this time it is Najam Taqi Butt who takes the title, beating Parveen Naseer in the final. In the mixed doubles final, Parveen joins hands with Munawwar to beat Arif and Najam Taqi Butt.

## 1972

- ▶ Farhat Wahab and Barboza beats Farhat Saeed and Riffat Saeed in National Women's Doubles Badminton Championship in Lahore.
- ▶ Pervin Minwala defeats Shaheen Usmani in the National Women's Singles Table Tennis Championship held in Lyallpur (Faisalabad) in November. In women's doubles, Pervin Minwala joins hands with Shaheen Usmani to oust Yvonne Fernandes and Najmus Sehr out of the final.
- ▶ Shahnaz Saigal beats Salma Noorani in the National Women's Table Tennis Championship in Lahore. In mixed doubles, Parveen Naseer and Munawwar outclass Zuleikha and Jamil Ahmed in the final.

## 1973

- ▶ Talaat Sultana notches the first position in the shot put, discus throw and javelin throw events at the National Athletics Championship in Lahore.
- ▶ Talaat Sultana wins a gold medal in javelin throw, silver in discus throw and bronze in shot put at the RCD Women's Athletics Championship held in Abadan (Iran) in November. Misbah Rashid secures silver in javelin throw.
- ▶ Shahnaz Saigal beats Wendy Moore (Australia) in the final of the Hard Court Women's Tennis Championship. She also bags the mixed doubles title with Saeed Hai.

## 1974

- ▶ Talaat Sultana proves to be a better player than Ms. Shireen in the final of the National Women's Badminton Championship in Rawalpindi. She also takes the doubles title with Javed Iqbal, defeating Rifat Saeed and Hameed.
- ▶ In the National Women's Table Tennis Championship in Karachi, Shaheen Usmani outplays Najmus Sehr in the final. Shaheen also

wins the doubles and mixed doubles events with Naheed Waris and Mazhar Qureshi, respectively.

- In the Hard Court Women's Tennis Championship in Karachi, Shahnaz Saigol beats Wendy Moore from Australia in the final.

### **1975**

- Talaat Sultana grabs gold in shot put, discus throw and javelin throw events at the National Athletics Championship in Lahore.
- Talaat Sultana also wins the singles, doubles and mixed doubles titles in the badminton championship held in Karachi.
- Tania Shah lifts the trophy at the National Women's Golf Championship in Lahore.
- Shaheen Usmani secures the singles and doubles titles at the Table Tennis Championship in Karachi in February.

### **1976**

- Talaat Sultana notches the top position in discus and javelin throw, and wins silver in the shot put event at the National Athletics Championship in Karachi.
- Bushra Malik wins the high jump event while Talaat Sultana captures gold in javelin throw. She also wins silver medals in discus throw and shot put at the Quaid-i-Azam Birth Centenary Athletics Championship in Lahore in November.
- Ismat Saeed wins the singles final as well as the mixed doubles title with her partner A. Hameed in the National Badminton Championship in Lahore. In the women's doubles, Suleha Jamil and Shagufta Shabbir beats Tasnim Sultana and Ghazala Wadood.
- Pakistani girls excel in the third Afro-Asian Latin American Table Tennis Tournament held in Mexico in November.
- In the Hard Court Mixed Doubles Tennis Championship in Karachi, Rubina Dossa and Nasir Munir oust Safina Dossa and Saeed Hai from the final.
- In Clay Court Mixed Doubles Tennis Championship in Rawalpindi, Nasir Munir teams up with Nosheen Iftikhar to beat Mrs. Shahnaz and Kamal.

### **1977**

- Shahid Khanum clocks 12.7 seconds to win the 100m dash and 27.1 seconds to claim a gold medal in the 200m race at the

National Athletics Championship in Peshawar in November.

- Ismat Saeed beats Ghazala Wadood in the women's singles event at the National Badminton Championship in Rawalpindi. She also captures the doubles title with Rifat Saeed, beating Ghazala Wadood and Tasnim Sultana.

## **1978**

- Talaat Sultana wins gold medal in shot put, discus throw and javelin throw events at the National Athletics Championship in Lahore.
- In the National Women's Badminton Championship in Lahore, Ismat Saeed beats Nuzhat Siddiqui in the singles final. In the doubles event, Ismat Saeed teams up with Suleha Jamil to beat Nuzhat Siddiqui and Zeenat Rizvi. In the mixed doubles, Ismat Saeed and Zubair Ahmed lose to Batool Kazmi and Tariq Wadood.
- Nuzhat Afridi wins the National Women Golf Championship in Rawalpindi. Saira Mahmood from Lahore finishes runner-up.
- Nabila Naeem wins the National Women's Squash Championship in Karachi in December.
- Shaheen Usmani outmanoeuvres Rubina Shakoor in the final of the National Women's Table Tennis Championship in Quetta in October. However, Rubina Shakoor seeks consolation by winning the doubles event with Seema Shakoor, beating Naheed Waris and Shaheen Usmani. In mixed doubles, Munsarim Saif and Shaheen Usmani triumph over Rubina Shakoor and Arif Nakhuda in the final.
- In National Women's Singles Tennis Championship final in Lahore, Mahmooda Jaffry gives an astonishing performance to beat Rehana Jaffery, 6-0 and 6-0.

## **1979**

- The National Championship is organised at the Army Sports Stadium in Rawalpindi but women are prohibited from taking part in any event.
- Ismat Saeed wins the National Women's Badminton Championship in Karachi, beating Ghazala in the final. However, Ghazala teams up with Tasnim Sultana to take the doubles title outplaying Ismat and Rifat Saeed.
- In National Women's Tennis Championship in Lahore, Mrs.

Najam Abid beats Zuleikha Nisar in the final.

- ▶ In Hard Court Women's Tennis Championship in Karachi, Rubina Hai lifts the trophy, inflicting a crushing defeat on Nayyar Ishaq. In the mixed doubles, Salma Noorani and Altaf Hussain prove to be better players than Rubina Hai and Saeed Hai.
- ▶ The Clay Court Women's Tennis Championship in Karachi is won by Edda Karcher, who triumphs over Mrs. Najam Abid in the final.

## 1980

- ▶ Ismat Saeed wins the singles final at the National Badminton Championship in Bahawalpur, and also takes the doubles title along with Batool Kazmi, beating Ghazala Wadood and Nuzhat Siddiqui. However, in the mixed doubles, it is Ghazala Wadood and Javed Iqbal who take the title, outplaying Ismat Saeed and Asif Bajwa.
- ▶ Seema Shakoor beats Rubina Shakoor to win the final of the National Table Tennis Championship in Bahawalpur. She also takes the doubles and mixed doubles titles along with Rubina Shakoor and Arif Khan, respectively.
- ▶ At the National Women's Table Tennis Championship in Karachi, this time it is Rubina Shakoor who wins the final by beating her sister Nazo Shakoor. She also wins the women's doubles event along with Nazo Shakoor, beating Naheed and Shamim Nazli. In the mixed doubles, Arif Khan and Shamim Nazli are victors, defeating Rubina Shakoor and Shakil Ahmed.
- ▶ Zuleikha Nisar beats Edda Karcher in the National Women's Tennis Championship final in Lahore. She also bags the mixed doubles title with Jamil Ahmed, beating Parveen Afridi and Meer Mohammad.
- ▶ In the Hard Court Women's Tennis Championship in Karachi, Safina Hameed proves to be a better player and wins the final, beating Mrs. E.V. Wilzlehen.
- ▶ In Clay Court Women's Tennis Championship in Rawalpindi, Ayesha Elahi loses to Edda Karcher in the final.

## 1981

- ▶ Bushra Malik wins gold in the 100m as well as 100m hurdles at the National Athletics Championship in Peshawar. In the 200m and long jump events, she remains second and third, respectively.



- The National Ladies Golf Championship in Islamabad is won by 15-year-old Tehmina Butt, while Nishi Yama is placed second.
- Nazo Shakoor beats Rubina Shakoor in the singles event at the Table Tennis Championship in Lahore, and then teams up with her to win the doubles title, defeating Naheed Waris and Shamim Nazli. In the mixed doubles final, Nazo and Arif Nakhuda show Rubina Shakoor and Shakil Ahmed the door.
- Fatima Gabaji wins the National Women's Tennis Championship in Lahore. Ayesha Elahi remains the runner-up.
- In Hard Court Women's Tennis Championship in Karachi, Rubina Hai beats Safina Hameed.
- Ayla Nasir suffers a crushing defeat at the hands of Ayesha Elahi in the final of the Clay Court Women's Tennis Championship in Rawalpindi.

## 1982

- In the Handicap National Golf Competition in Lahore, Ayesha Aftab becomes the new woman golf champion.
- Rubina Shakoor wins the National Women's Table Tennis Championship in Karachi, beating Nazo Shakoor. Later both the singles finalists take on Seema Shakoor and Farzana Feroze, and give them a lesson in the game. In mixed doubles final, Shamim Nazli and Farjad Saif prove to be better players than Nazo Shakoor and Arif Nakhuda.
- Maria Delitz beats Aliya Elahi in the final to win the National Women's Tennis Championship.
- In Hard Court Tennis Championship in Karachi, it is Ayesha Elahi who claims the title, beating Farah Khurshid.
- Mrs. Goshpi Avari and Byram Avari win a gold medal in the Enterprise Class at the 9<sup>th</sup> Asian Games Yachting Competition held in Delhi (India) in November.

## 1983

- Seemi Rizvi notches the top position in 400m, 500m and 800m events at the National Athletics Championship in Hyderabad.
- In the National Badminton Championship in Lahore, Ghazala Wadood wins both the women's singles and doubles events.
- Pakistan retain the Asia and Middle East Bridge Championship title by beating India in the final by a record margin of 175 match points. With this victory Pakistan team qualifies for the World



Bridge Championship to be held in Sweden in September.

- ▶ Fatima Gabaji beats Farah Khurshid to win the Hard Court Tennis Women's Championship in Karachi.
- ▶ Edda Karcher takes on Parveen Afridi in the final of the Clay Court Women's Tennis Championship in Rawalpindi, defeating her in three sets.

## **1984**

- ▶ In the National Women's Badminton Championship in Hyderabad, Ghazala Wadood beats Saira Bilqees in the final. She also wins women's doubles event along with Nuzhat, and mixed doubles in partnership with Anwar Saeed.
- ▶ Yasmin Mubarik of Islamabad Golf Club becomes the new woman golf champion in Lahore. In the Handicap Competition, Mrs. M Salahuddin is placed in the first position while Mrs. Nighat Chaudhry manages the second slot.
- ▶ Rubina Shakoor beats Nazo Shakoor in the finals of the National Women's Table Tennis Championship at Karachi in February, and continues her winning spree at the championship held in Bahawalpur later in the year, again showing her superiority over Nazo Shakoor.
- ▶ Fatima Gabaji beats Seemi Sikandar in the Hard Court Women's Tennis Championship in Karachi.

## **1985**

- ▶ Naushaba Khan of Sindh, who sets two national records in 200m and 400m, retains the title of the 'Woman Athlete' at the National Athletics Championship in Islamabad.
- ▶ Ghazala Wadood beats Nuzhat Siddiqui in the final of the National Women's Badminton Championship in Lahore, but loses the doubles title along with Nuzhat to Saira and Afshan. In mixed doubles, Ghazala Wadood and Anwar Saeed beat Saira and Jalal.
- ▶ Nuzhat Afridi wins the Quaid-i-Azam Golf Challenge Cup in Rawalpindi.
- ▶ In National Women's Tennis Championship held in Lahore, Nousheen Ehtesham defeats Zulekha Nisar in the final.
- ▶ Nousheen Ehtesham also claims the Clay Court Women's Tennis Championship in Rawalpindi.

## 1986

- ▶ Qudsia IV beats Cowesjee IV Jafri in the National Bridge Championship in Karachi.
- ▶ Nazo Shahban wins the National Women's Golf Championship in Peshawar.
- ▶ In National Women's Table Tennis Championship in Islamabad, Nazo Shakoor beats Shamim Afridi in the final. She also wins the doubles title along with her partner Rubina Shakoor, beating Shamim Afridi and Naheed Warris.
- ▶ In the Hard Court Women's Tennis Championship in Karachi, Farah Khurshid gives a brilliant performance in the final, beating Fatima Gabaji 6-0 and 6-2.

## 1987

- ▶ Ghazala Naheed from Punjab is declared the best athlete at the National Athletics Championship in Rawalpindi for winning two gold and six silver medals. But it is Naushaba Khan from Sindh whose tally of five gold medals, including a record-setting performance, makes her stand out from the rest.
- ▶ Tania Shah wins the National Women's Badminton Championship, beating Afshan Shuja. In women's doubles, Afshan Shuja teams up with Ghazala Wadood to beat Tania Shah and Sophia Jeddy. In the mixed doubles it is Afshan Shuja again who claims the title with Anwar Saeed.
- ▶ Qudsia IV wins the National Ladies Bridge Championship at Karachi Gymkhana on November.
- ▶ Nuzhat Shahban, champion for the last two years, adds another title to her belt after convincingly beating Yasmin Mubarik in the National Golf Championship in Rawalpindi.
- ▶ In National Women's Table Tennis Championship in Karachi, Nazo Shakoor beats Seema Kaleemullah.
- ▶ Shaheen wins the National Women's Tennis Championship in Lahore, beating Mariam Rahim.

## 1988

- ▶ Afshan Shuja wins the singles event in the National Women's Badminton Championship in Gujranwala, beating Saira Bilqees, but loses both the doubles and mixed doubles titles.
- ▶ Pakistani women fare well at the Eight World Olympiad Bridge

Tournament in Venice. Despite being their first outing to an international tournament, the players do reasonably well.

- ▶ The National Ladies Golf Championship held in Lahore is won by Yasmin Mubarik.
- ▶ Farah Khurshid sends Saira Khan packing in the final of the Hard Court Women's Tennis Championship in Karachi.

### 1989

- ▶ Ghazala Wadood beats Afshan Shuja to claim the National Women's Badminton Championship in Islamabad.
- ▶ Mrs. Najam Abid outplays Ayla Malik to win the National Women's Tennis Championship in Lahore.
- ▶ Saira Khan claims the Hard Court Women's Tennis Championship in Karachi by beating Sophia Khan in the final.

### 1990

- ▶ At the National Badminton Championship, Ghazala Wadood wins the women doubles title along with Afshan Shuja, and then teams up with Ali Yar Beg to take the mixed doubles title as well.
- ▶ Yasmin Mubarik of Islamabad wins the Quaid-i-Azam Golf Challenge Cup in Lahore in November, scoring 250 points. Mrs. Farid is the runner-up.
- ▶ Farah Khurshid beats Robina Hai in the Women's Tennis Tournament held on clay court in Karachi.

### 1991

- ▶ Afshan Shuja beats Zarina Jamal in the final of the National Women's Badminton Championship in Lahore in February. Ghazala Wadood wins both the women's doubles and mixed doubles titles along with Afshan and Ali Yar, respectively.
- ▶ Afshan Shuja and Zarina Jamal again meet in the final of the National Women's Badminton Championship held in Peshawar in December, and the results are very similar to those of their previous meeting.
- ▶ Nasim Nazli and Tayyaba Rasool win bronze in SAF Games Women's Table Tennis Championship at Colombo in December.
- ▶ At the SAF Games Tennis Tournament, Farah Khurshid claims the bronze medal in the women's singles event. She and Mushaf Zia go on to win the bronze medal in the doubles event as well. In the mixed doubles, Tehmina Mohtasham and M. Khalid are

placed in the third position.

- Farah Khurshid wins the Clay Court Women's Championship in Karachi in January, beating Heidi Stella of Sri Lanka.
- Three months later, it is Saadia Jan who claims the Clay Court Women's Tennis Championship in Lahore, beating Mariam Rahim in the final.

## **1992**

- Shabana Akhtar steals the show at the National Athletics Championship held in Lahore in December, winning the 100m, 200m, 400m, 100m hurdles, high jump and long jump events.
- Nazo Anwar wins the National Women's Table Tennis Championship in Karachi for the sixth time, outplaying Tayyaba Rasool.
- Naila Gulistan beats Robina Hai in the final of the Clay Court Women's Championship in Karachi in March.
- Ghazala Yasmin goes on to win the Clay Court Women's Tennis Championship in Lahore held in December, beating Sadia Nausheen.

## **1993**

- Shabana Akhtar bags three silver medals in various events at the First Islamic Countries Women's Athletics Championship in Tehran in February.
- In the National Women's Badminton Championship in Rawalpindi, Afshan Shuja beats Zarina Jamal in the final, whereas in the women's doubles, she teams up with Ghazala Wadood to win the title, overcoming Zarina Jamal and Samina.
- In National Women's Table Tennis Championship in Bahawalpur, Tayyaba Rasool beats Nazo Anwar in the singles event, while Tayyaba Gill and Nasim Nazli take the doubles title by outperforming Naila Anjum and Raheela Anjum.

## **1994**

- Shabana Akhtar shines in the 100m and 200m races winning both events at the National Athletics Championship in Islamabad in August. She also ends up in the second place in the high jump competition.
- Zarina Jamal and Afshan Shuja meet once again in the final of the National Women's Badminton Championship in Bahawalpur, but

the result turns out to be different from the previous meetings. It is Zarina who wins not only the singles title but also the doubles event, joining hands with Ayesha to beat Afshan Shuja and Ghazala Wadood.

- In the National Women's Table Tennis Championship in Islamabad, Naila beats Tayyaba Gill, while Tayyaba Rasool and Nasim Nazli show Nazo Anwar and Humaira Jabbar the door at the women's doubles event.
- Mariam Rahim beats Ghazala Wadood in the final of the Clay Court Women's Tennis Championship in Lahore in December.

### 1995

- Shabana Akhtar adds two more gold medals to her first day tally of three at the National Athletics Championship held in Islamabad in January.
- In the National Women's Badminton Championship in Peshawar, Asma Butt gives Ayesha Akram a lesson in the game, and beats her quite comfortably.
- In Clay Court Women's Championship in Karachi, Mariam Rahim beats her younger sister Halima Rahim. However Halima finds some solace by winning the mixed doubles title with M. Khaliq.
- Ghazala Yasmin wins the Clay Court Women's Championship in Lahore, beating Nousheen Ehtesham.

### 1996

- In the National Women's Badminton Championship in Karachi, Asma Butt and Ayesha Akram meet in the final, and once again it is Asma who wins the tournament. She also takes the doubles title with her partner Shamim Akhtar, beating Afshan Shakeel and Ayesha Akram.
- In the Clay Court Women's Tennis Championship in Karachi, Mariam Rahim once again beats Haleema in the singles event. She claims the mixed doubles title as well with Omer Rashid, beating Haleema and Hameedul Haq.

### 1997

- Shabana Akhtar, the sprint queen of Pakistan, is placed in the first position in long jump and later adds another gold medal to her kitty by winning the 4x 200m relay. Zeenat Parveen wins silver in

shot put, Bashiran Bibi bronze in 400m while Nida Waqar gives an outstanding performance in the swimming events at the second Islamic Solidarity Games in Tehran in December. She clinches five individual bronze medals and helps her team win three silvers in relay events.

- ▶ Ghazala Roohi and Raheela Anjum beat Nimal and Dopika from Sri Lanka in the final of the Quaid-i-Azam Golden Jubilee Table Tennis Championship held at the Sports Complex in Islamabad.

## **1998**

- ▶ Shabana Akhtar stars once again at the 27<sup>th</sup> National Games Women Athletics Championship in Peshawar, capturing gold medals in heptathlon, 100m hurdles, 200m and long jump. Shazia Hidayat wins gold medal in 3,000m, and sets a new record in 5,000 metres clocking 19 minutes and 27.97 seconds. She wins top honours in 1,500m too. In 400m race, Erum Khanum touches the finishing line first.
- ▶ Asma Butt wins the singles and doubles titles at the National Women's Badminton Championship in Peshawar. She beats Ayesha Akram in the singles event and pairs up with sister Uzma Butt to take the doubles title as well, defeating Ayesha Akram and Saira.
- ▶ Pakistan Hockey Federation President Akhtar Rasool appoints Barrister Shahida Jamil secretary of the federation's women wing in place of Parveen Gill who vacates the office.
- ▶ Huma Sheikh scores a hat trick in the National Hockey Championship in Karachi in December.
- ▶ Erum Jahan from Karachi beats Bushra Haider in the National Women's Squash Championship held at PC Bhurban in May.
- ▶ Sana Wahid wins five gold medals and Nida Waqas captures three at the National Women's Swimming Championship in Islamabad.
- ▶ Tayyaba Gul beats Mehtab Alam in the singles events at the 9<sup>th</sup> Punjab Table Tennis Championship in Rahimyar Khan. The girls' singles title goes to Seemab Alam.
- ▶ Salma beats Bilqees in the Adsite Junior Tennis Tournament in Islamabad in July.

## **1999**

- ▶ In the National Women's Badminton Championship in Peshawar, Ayesha Akram once again proves to be no match for Asma Butt in

the final. She and Afshan also lose the final of the doubles event to the sister duo of Asma and Uzma Butt.

- ▶ Bushra Haider proves to be a better player in the final of the National Women's Squash Championship in Karachi, beating Erum Jahan.
- ▶ Salma Noorani beats Halima Noorani in the women's singles event at the National Rating Tennis Tournament held in Karachi in October.

## **2000**

- ▶ Gul Naz wins silver medal and Bashiran Bibi, bronze, in 400m while Saadia Parveen takes gold and Zarin Naz, bronze in the 300m event at the International Athletic Meet in Karachi in May.
- ▶ Pakistan's boxing authorities seriously consider starting women boxing if an encouraging response is received.
- ▶ Nousheen Ehtesham captures the women's singles event at the National Ranking Tennis Championship in Karachi in November. Fifty-year-old Nousheen shows superb fitness and consistency and beats 20-year-old Haleema Rahim.
- ▶ Sana Wahid bags four gold medals in 100m butterfly, 400m individual medley, 50m freestyle and in 4x100 medley events at the Sindh Women's Swimming Championship in Karachi in October.

## **2001**

- ▶ Farah Naz creates a new record in the 100m hurdles at the National Athletics Championship held in Lahore in March.
- ▶ Zeenat Parveen wins a gold medal and sets a new record in hammer throw, while Shazia Hidayat claims first position in 10,000m event.
- ▶ Asma Butt beats Ayesha Akram in the singles event at the National Badminton Championship in Karachi.
- ▶ Hina Khalid clinches the top position in the ladies air rifle shooting competition at the National Games Shooting Competition in Lahore.
- ▶ Kiran Khan wins gold medals in 50m freestyle, 50m backstroke and 200m individual medley events at the National Games Women's Swimming Competition in Rawalpindi.
- ▶ Kiran Khan also clinches two gold medals in the 100m backstroke and freestyle events at the Third Islamic Women's



Solidarity Games Swimming Competition in Tehran in October.

- Erum Jahan beats Humaira in the singles event at the National Women Squash Championship in Hyderabad in February.
- Amna Najam beats Misbah Durrani in the final of the Guard Filter Women Squash Tournament at Lahore in November.

## **2002**

- Irum Khanum establishes a new triple jump record, covering a distance of 10.96m at the National Athletics Championship in Peshawar. She bags another gold in 100m dash, crossing the line in 11.84 seconds.
- Defending champion Asma Butt wins the singles event of the National Badminton Championship in Islamabad, beating her long time competitor, Ayesha Akram.
- The general body meeting of Pakistan Federation of Baseball (PFBS) decides to establish a women wing of the federation due to the growing popularity of the game among women.
- Tahira Nazir wins the 41<sup>st</sup> Amateur Golf Championship title. She had also won the championship in 1997 and 1998.
- Carla Khan claims the singles title at the National Women's Squash Championship in Murree by beating Bushra Haider.
- Misbah Rani beats Shakila Noor to win the Women Open Squash Championship in Faisalabad.
- Ghazala Roohi beats Raheela Kashif to win the singles title at the All Pakistan Almas Baig Masters Cup Table Tennis Championship in Karachi.
- Mariam Rahim completes a hat trick of wins in the singles final, defeating Nousheen Ehtesham at the Salma Noorani Ranking Tennis Championship in Karachi in October.
- The Pakistan Tennis Federation (PTF) establishes a women's wing to be headed by Dr. Saira A. Khan.

## **2003**

- Seventeen-year-old Noshee Parveen shatters the national women's triple jump record with a leap of 11.33m on the second day of the National Athletics Championship in Rawalpindi. Saira Fazal takes the gold medal in long jump as well as in 200m. In 100m hurdles, Fouzia Aurangzeb is the victor. Abida Jameel grabs gold with a throw of 37.77m in discus throw event.
- The Pakistan Cricket Board (PCB) decides to take charge of



women cricket.

- ▶ Carla Khan beats Muqadas Ashraf in the National Squash Championship in Islamabad in July, and Melissa Martin from Australia in the final of International Squash Tournament held in Canada three months later.
- ▶ Sana Wahid steals the limelight with her outstanding performance in the pool, taking six gold medals at the Sindh Women's Swimming Championship in Karachi.
- ▶ Kiran Khan wins five gold medals and improves upon three records, while Rubab Raza bags four gold and establishes a new record in the National Women's Junior Age Group Championship in Karachi.
- ▶ Mariam Rahim beats Shazia Ihtesham in the Clay Court National Ranking Tennis Championship in Islamabad.

## **2004**

- ▶ Sumera Manzoor becomes the third woman athlete to represent Pakistan in the Olympics, by taking part in 1,500m event in Athens.
- ▶ Noshee Parveen is declared the best athlete at the National Athletics Championship in Quetta in October after she wins gold medals in long jump, 100m hurdles, triple jump and heptathlon. Young athlete Parveen Akhtar creates a new record in javelin throw.
- ▶ Qudsia Dossa and Zeenat Azwar win the Pakistan Super Bowl Bridge Federation (PBF) contest held at Aslam Memorial Bridge Hall, Karachi, in April.
- ▶ Rehana Saigol is unanimously re-elected president of Pakistan Bridge Federation (PBF).
- ▶ Pakistan win the third and fourth match by 20 and four runs, respectively, to level the cricket series with West Indies in Karachi. All rounder Kiran Baloch, who slammed 47 off 80 balls and took one wicket for 31 runs, is named Woman of the Match.
- ▶ Raheela Bano wins the second National Women Cycling Championship in Lahore in February.
- ▶ Capt. Farhat secures a gold medal in the National Shooting Competition held in Karachi in October. Capt. Azra bags silver and Shagufta Zulfiqar gets bronze.
- ▶ Unseeded Habiba Khan surprises everyone by beating third seed Sumea Khan in only 21 minutes in the pre-quarterfinals of the

- ▶ National Women Squash Championship in Karachi in July.
- ▶ SAF Games silver medalist Misbah Rani outplays Zeba Pervaiz to win the National Junior Squash Championship under-19 girls event in Quetta in May.
- ▶ Fourteen-year-old Maria Toor becomes the youngest woman squash champion after she defeated top seed Muqaddas Ashraf in the final of Kapadia Trade-Karachi Club Women National Championship.
- ▶ Sara Awan outclasses Maria Toor in the final of the National Women Squash Championship in Bhurban in July.
- ▶ Pakistan's promising young swimmer Rubab Raza is set to write her name in history books by becoming the first female swimmer to represent her country in the Olympic Games in Athens.
- ▶ Aamna Hameed clinches the ladies title in the 5<sup>th</sup> Salma Noorani National Ranking Tennis Championship with an easy victory over Nida Rahim at the Karachi Club Hard Court in December.
- ▶ Mehek Khokhar wins the girls under-11 title in the ITA Hard Court Tennis Championship by beating Alya Wahid in the final.

## **2005**

- ▶ Parveen Akhtar sets a new record in javelin throw at the National Ranking Athletics Championship in Islamabad. Zeenat Parveen wins gold in the shot put event.
- ▶ Nadia is declared the best athlete in the Punjab Sports Board Girls Under-17 Athletics Championship in Lahore.
- ▶ Ayesha Akram of NBP clinches the women singles title at the All Pakistan Ranking Badminton Championship, beating Sara Khan in the final in Bahawalnagar.
- ▶ Women boxing may be included in the next Olympic Games 2008, announces the head of International Boxing Association (AIBA) in Karachi in May.
- ▶ A fine half century by Kanwal Naz helps Karachi beat Lahore by six wickets in the final of the first National Women Cricket Championship at Gaddafi Stadium in March.
- ▶ Sana Javaid's unbeaten 80 helps Lahore beat Karachi by 34 runs and lift the first Triangular Women Cricket Series Trophy in Quetta.
- ▶ Raheela Bano wins the National Women Cycling Championship in Lahore in May.
- ▶ Balochistan beat Sindh to finish third in the first National Women

Football Championship held at Jinnah Stadium in Islamabad in September.

- ▶ Pakistan Football Federation (PFF) appoints Rubina Irfan chairperson of the PFF Women's Committee.
- ▶ In the 4<sup>th</sup> Women Islamic Games in Tehran in September, Pakistan capture a gold medal in the team golf event while Jamila Jabbar bags silver and Tahira Nazir secures bronze in the individual event. In the swimming competition, Kiran Khan wins two gold medals while Rubab Raza claims one. In athletics, Zeenat Parveen clinches silver and two bronze medals while Carla Khan claims bronze in the squash event.
- ▶ The National Games gold medalist Azra Nasir scores a hat trick in the 21<sup>st</sup> National Women Hockey Championship held in Karachi in September.
- ▶ Kulsoom Hazara grabs gold, Neelam Afzal, Sundas Salam and Mahajabeen win silver while Humaira Akhtar secures bronze in the National Women Karate Championship at Sports Complex, Islamabad, in April.
- ▶ Shcka Nazir nets the all-important goal off a penalty kick rebound as Punjab defeat favourite Wapda to win the National Women Soccer Championship in Islamabad in September.
- ▶ Maria Toor beats Misbah Rani in the final of the National Women Squash Championship in Bhurban in June.
- ▶ Maria Toor clinches the Hashim Khan Junior Squash Champion title in Islamabad after ousting Zeba Pervez from the final in 22 minutes.
- ▶ Sara Awan defeats Maria Toor in the longest ever match of the Pakistan National Women Squash Championship at the Jahangir Khan Complex in Wah Cantonment in March.
- ▶ Fourteen-year-old Sara Mehboob outclasses Nida Rahim in the final of the National Women's Ranking Tennis Championship in Islamabad.
- ▶ Unseeded Sara Mansoor causes a major upset by beating No. 7 seed Anushay Aslam in the first All-Pakistan National Women's Ranking Tennis Tournament in Islamabad.
- ▶ Sehar Khawaja wins her first major title beating former champion Sana Bhagat in the National Hard Court Tennis Championship in Karachi in May.
- ▶ Sara Mehboob earns the distinction of becoming the youngest ever winner of the women's singles title in the National Clay

Court Tennis Championship in Rawalpindi in May.

The Punjab Tennis Academy (PTA) wins the Pakistan-India Friendship Series, beating Chandigarh Academy in Lahore in June.

## 2006

Saajda Afzal crosses the finish line first in the 5,000m event at the National Rating Athletics Championship held at Sports Complex in Islamabad in June.

In the women's final of the National Badminton Championship in Lahore, Asma Butt beats Ayesha Akram to win the title for the 10<sup>th</sup> time.

Sara Khan beats Palwasha in the girls final and wins the title for the second time at the National Junior Girls Badminton Championship in Karachi.

Raheela Bano completes a dream run in the 4<sup>th</sup> National Women Cycling Championship in Lahore, winning all seven gold medals at stake.

Raheela Bano gives her country the first ever medal in the cycling event at the 10<sup>th</sup> South Asian Games in Colombo in August. Pakistan women's team win a bronze medal in the Table Tennis Championship.

Flight Lieutenant Nadia and Adeeba Junaidi lift the runner-up trophy at the ladies slalom event of skiing in Shemshak, Iran.

The national women cricket team makes a clean sweep in the three-match Asian qualifier series with the visiting Hong Kong team, defeating them by a comprehensive margin of 246 runs in the final match at Gaddafi Stadium in Lahore.

World No 41 Carla Khan wins the National Squash Championship at Bhurban, trashing Maria Toor Pakey in straight sets in the final.

Top seed Sarah interrupts Anushay Aslam's unbeaten run when she beats her in the final of the National Hard Court Tennis Championship in Karachi in March.

Selection of eight girls from Balochistan in the national football team is a matter of pride for the province and these players should make all out efforts to show they are truly worthy of the honour bestowed on them, says Pakistan Football Federation Women Wing Chairperson Rubina Irfan.

- National women team participates in the football championship held in Amman from May 11-18. This is the first time ever that a women football team from Pakistan takes part in an international event.
- Maria Buland Khan leads Mardan region to a record 60 runs victory against Peshawar with her all round performance in the final of the Inter-Region Girls Cricket Championship at Qayyum Sports Complex in Peshawar.
- Keeping in view the increasing popularity of rugby among women, the Rugby Union of Pakistan establishes a women wing and makes arrangements to train female players.
- Prime Minister Shaukat Aziz distributes cash awards among medal winners of the 4<sup>th</sup> Women Islamic Games 2005, 30<sup>th</sup> Asian Boxing Championship and first Asian Indoor Games at the Prime Minister's House in Islamabad.
- Ghazal Mir Masood wins two titles at the two-day 16<sup>th</sup> Optimist Sailing Championship at PAF Yacht Club in Karachi.  
Thirteen-year-old Ghazal takes the Optimist National as well as the Optimist Girls' championships.  
Maria Sehr grabs the second place in the Optimist Girls' championship while Ayesha Rao and Fabia share the third position.
- Pakistan rowers Kiran Ikram and Sama Khawaja clinch fifth position in the double scull competition at the 12<sup>th</sup> Asian Junior Championship held in Singapore. In the single scull event, 16-year-old Kiran Ikram finishes at seventh position.
- Pakistan Army win the first National Women Karate Ranking Championship held at Pakistan Sports Complex in Islamabad.  
The army claim four gold and two silver medals, while WAPDA secure second position with two gold, three silver and two bronze medals.
- Fifteen-year-old Sara Mahboob takes less than an hour to defeat Sara Bhagat in straight sets in the final to retain her ladies singles crown at the Arif Habib Group Tennis Championship in Karachi.
- Football authorities drop restrictions on men watching women play soccer. "Anybody can come and watch the matches," Pakistan Football Federation Technical Director Mir Farooq says.
- Federal Minister for Environment and Pakistan Football

Federation (PFF) President Makhdoom Faisal Saleh Hayat announces establishment of the federation's women wing and allocation of five seats for female representatives in the Football General Council body.

- Pakistan female cyclist Raheela Bano earns her country the first ever medal in cycling event at the 10<sup>th</sup> South Asian Games in Colombo. In the 20km individual time trial, Raheela finishes second behind gold medalist Sriyalatha Wickramasinghe from Sri Lanka. India's Chaoba Devi takes the bronze medal.
- Left-winger Rifat scores a hat-trick and guides Balochistan Reds to beat Sindh Reds 4-0 in Group B match of the second National Women's Football Championship 2006 in Lahore.
- Dr Aneesa Al Hitmi, President of Qatar Women's Sports Committee and member of FIFA Women's Committee, praises Pakistan Football Federation (PFF) and says it has set an example for other Muslim countries to start women's football.
- A sweetly-timed goal by Shabana Kausar steers last year's runner-up WAPDA into the final of the second National Women Football Tournament at Islamabad's 40,000-capacity Jinnah Stadium under floodlights.
- WAPDA win the second National Women Football Tournament, beating Islamabad in the final at the Sports Complex's Jinnah Stadium.
- Four national players, including top ranking Maria Toor, advance into the next round of the second POF Wispa International Squash tournament by beating their respective opponents at the Jahangir Khan Squash Complex, Wah. Besides Maria Toor, Muqaddas Ashraf, Aliya Sarfaraz and Saima Shaukat also qualify for quarterfinals of the championship.
- FIFA and Pakistan Football Federation organize a one-day camp in Hazara Division for promotion of football among girl students and women.
- Aliya Khurshid wins the final of the singles event at the Karachi Open Women Table Tennis Tournament. The doubles title is taken by Aliya Khurshid and Sadia Yasmin.
- Women cyclists from the NWFP win two gold and five silver medals at the second Inter-Provincial Games in Lahore. Shazia Mubarak captures gold in the individual 6km road race as well as in the team time trial 5km race along with Faiza Tariq,

Ayesha Hayat and Rabia Farooq.

- Girls Under-17 Judo and Karate coaching and training camp commences in Peshawar in which 45 players from across the NWFP participate.

# YEAR 2008

## January

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